

The Gazette

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

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VOL. 21, No. 3

March 2024

★★★★★



The 7th Annual St. Patrick's Day Parade will march down Park Avenue starting at 1 p.m. on Sunday, March 3, 2024.

File photo above: Rutherford St. Patrick's Parade, March 5, 2023.

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Marching Into Spring

The winter of our soul is tired of the contrived hysteria of the screeching rhetoric, partisan politics and stale propoganda, magnified by fanatic media ... It's time to move on. Let it go.

Segue without rancor. We warmly welcome the soothing characteristic cadence of Spring! The assurance that crocuses will peep from winter leaves. Watch the tulips and daffodils planted last fall, standing tall. Gardeners emerging from bored caves to work the soil and plant flats of pansies, peonies, marigolds, bluebells. The bold brush strokes of forsythia and azaleas delight the spirit.

In a blink of an eye, our horizons are filled with flowering fruit and Magnolia trees. All done in normal order, naturally, without intolerance. Look... a Robin!

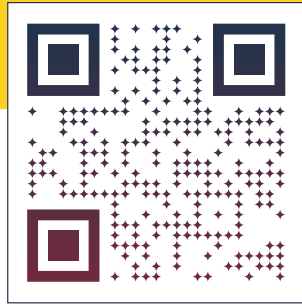
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- Cybersecurity Fundamentals
- Genetics and Society
- History of Graphic Design
- Introduction to Esports
- Introduction to Financial Markets

Session II – Starts July 22

- American Musical Theater
- Creative Imagery with Photoshop
- Introduction to Criminal Justice
- Principles of Modern Biology
- Social Psychology



To Learn More, Scan Code or Visit fdu.edu/ecsummer

St. Patrick's Day Parade March 3

The Rutherford Irish would love you to attend the 7th Annual St. Patrick's Day Parade, starting at 1 p.m. on Sunday, March 3, 2024.

The parade, with extensive pipe and marching bands, steps

off at the corner of Woodland and Park Avenues and continues to Ames and Park Avenue.

The 2024 Parade Dignitaries are: Grand Marshal - Joe Kelly, Deputy Grand Marshal - Brendan Dunphy, Law Enforcement Officer of the Year - Ret. NJSP Colonel, Rick Fuentes, Firefighter of the Year - William Rood, EMT of the Year - Carmen Addeo and Member of the Year - Karen McDermott.

Any questions, contact Pat O'Neill at 201-725-1606 or email: rutherfordparade@gmail.com

View the 6th Annual Parade at: <http://www.the-gazette-newspaper.com/images/gazette/apr23.pdf>

W-R Knights Irish Night March 16

The Knights of Columbus of Saint Anthony Council 11585 in Wood-Ridge will host their 12th Annual St. Patrick's Day Dinner on Saturday, March 16, 2024.

The dinner will be served from 6:30 to 10 p.m. and will take place in the Father Patrick Morris Hall in the basement of The Assumption Church.

The menu will consist of mouth watering tender corned beef with flavored potatoes and cabbage. This will be served with both Irish soda bread and rye bread. Catered by Annabella's.

Members of the Knights are selling the tickets. For more information, call Richard at 201-615-5163. ###

Good manners are always in style

Shamrock 5K Run

The 13th Annual Michael Cassidy Shamrock 'N' Run 5K will be held rain, shine or cold, at 10 a.m., Saturday, March 16, 2024, at Monona Avenue, Memorial Park in Rutherford. Pre-registration ends March 9, 2024. Cost is \$30 plus \$3.04 fee at runsignup.com Mail In registration (*no SignUp fee*) can be found at www.shamrocknrun.org. Registration, day of race, \$35. Check-in starts at 8 a.m.

First 300 registrants receive a race shirt. Post race refreshments and entertainment. Race packets, shirts and bib numbers may be picked up at Rutherford High School, Thursday, March 14, 2024, between 5 and 8 p.m. Use Fairview Avenue entrance.

Scenic Rutherford neighborhood event sanctioned and course certified by USATF-NJ Certification # (NJ24006JLW)

Timing and scoring by Elite Racing Systems. Race results will be posted at eliteracingsystems.com and RunSignUp.com Proceeds to benefit National Brain Tumor Society. For details go to www.shamrocknrun5K.org

For more information, call Marilyn at 201-280-3748 or email at: marilynussocassidy@gmail.com

For photos of the 2023 Shamrock 5K run, see page 13 of this link: <http://www.the-gazette-newspaper.com/images/gazette/apr23.pdf> ###

Spring Model Railroad Show

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

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

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

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

installed by the members to depict Northern New Jersey.

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

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

The Society's Annual Spring Train Show will be open Saturdays and Sundays on March 2/3, March 9/10 and March 16/17, 2024 from 1 to 5 p.m. Admission is \$8 for adults. Children 12 and under free. For more information call 201-939-9212 or go to: www.ModelEngineers.org ###



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2023



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2023



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Wide Selection of Spring Wreaths

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Woman's Club of Carlstadt Meets March 5

The Woman's Club of Carlstadt will meet 7:30 p.m., Tuesday, March 5, 2024 at First Presbyterian Church Community Hall, Division and Third Street.

Our program will be "Let's Celebrate Easter." We will have the Easter Hat Parade, wear your fancy or silly hat, the Bunny Hop, refreshments and wine.

Please join us for an evening of fun. Guest are always welcome. *Provided by Janet Drogo. ###*

MomLife Event March 28

MomLife is where other moms understand and accept your mommy flaws and all.

Limited KidLife childcare available by reservation only. Monthly get together and outings too. Please RSVP by March 26, 2024. Event hosted by Bible Baptist Church, 31 Passaic Avenue, Hasbrouck Heights. For more info: hasbrouckhtsmomlife@gmail.com; Fb – Hasbrouck Heights NJ MomLife

Moms from any NJ town can come. ###

HH Community Rummage Sale April 20

Save the date for a Rummage Sale on Saturday, April 20, 2024, from 9 a.m. to 2 p.m. at Woodland Park in Hasbrouck Heights. Residents "buy" a table for \$25 (*limited available!*) to sell their treasures and keep their proceeds. All are welcome to attend and see what bargains you can find from your neighbors!

Proceeds benefit the Civic Engagement Scholarship Fund awarded annually to Hasbrouck Heights High School seniors. To buy a table or for more information, call/text Dana at 201-694-3034. ###

Vendor/Craft Show April 13

The East Rutherford Fire Department Ladies Auxiliary is hosting a Spring Vendor/Craft Show on Saturday, April 13, 2024, from 9 a.m. to 4 p.m. at the East Rutherford Civic Center, 37 Vreeland Avenue, East Rutherford.

Find some unique items. Food and beverages will be available. ###

Hydrate

Jersey Tones Doo-Wop Music March 2

Get your dancing shoes on! American Legion Post 310, 100 Liberty Street, Little Ferry, presents The Jersey Tones on Saturday, March 2, 2024 starting at 7 p.m.

They specialize in Doo Wop music, rock 'n' roll, 50s, 60s and 70s -- music the older generation can appreciate.

Free event. Free food while it lasts. No outside drinks allowed. No tickets for this event, just come down and strut your stuff. ###

Resorts World Trip Mar. 26

On Tuesday, March 26, 2024, the Hasbrouck Heights Post 4591, is sponsoring a trip to Resorts World Casino, Monticello, NY. The cost is \$40 (*paid in advance*).

Join us for a continental breakfast starting at 9 a.m. To help pass the travel time there will be Bingo, 50/50 and a movie.

A slot voucher will be given upon arrival. The bus leaves the parking lot at 10:00 a.m. sharp.

For information call Diane at 201-475-8898 or Gladys at 201-288-9074. ###

Resorts Casino AC Trip April 21

On Sunday, April 21, 2024, the American Legion Post 310, 100 Liberty Street, Little Ferry, is hosting a bus trip to the Resorts Casino in Atlantic City, NJ.

The cost is \$40 per person, paid in advance. The Casino will give you \$10 back at the slots.

Breakfast sandwiches will be served at 8 a.m. On the bus, Bloody Marys and Mimosa.

The bus departs promptly at 9 a.m. Only 50 passengers max. Contact Elizabeth Pezzillo for advance payment at 201-410-9584. ###

Shred-It March 9

Hasbrouck Heights Recycling Program will hold a paper shredding event on Saturday, March 9, 2024, from 9 a.m. to 1 p.m., at the Central Avenue parking lot. Rain or shine. The truck will depart once it is filled. This event is co-sponsored by the Bergen County Utilities Authority. For more information, call 201-288-1072. ###

Come On Barbie... Let's Go Party March 14

On Thursday, March 14, 2024, Wallington High School Home and School Organization, will host a Fashion Show/Dinner/Tricky Tray in the High School Gymnasium, 234 Main Avenue, Wallington.

Tables and chairs will be set up. Food will be available for purchase. Admission is \$10 pp.

• Doors open at 6 p.m. Fashion Show begins at 7:45 p.m.

• Tricky Tray drop-in begins at 6 p.m. Calling begins approximately 7 p.m.

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

• Super raffle \$10 per ticket. Purse Spin \$10 per spin.

For tickets, call Allison McGinn at 201-458-3880, Joe Brunacki 973-632-3845 or wallington.hso@gmail.com ###

HH Garden Club March 20

The Garden Club will be meeting on March 20, 2024, at 5:30 p.m., at the Hasbrouck Heights Public Library located at 320 Boulevard on the second floor of the Borough Hall.

Refreshments will be served at 5:30 p.m. followed by a short meeting! All meetings are concluded by 7:45 p.m.

The speaker for the evening is Arnie Friedman. He is a former instructor at the New York Botanical Gardens and a NYBG –certified landscape designer.

His topic will be "History of Landscape Design." Our meetings are open to all area residents. Come and bring a friend! All programs are free. ###

Aviators Track Meet April 12

The Hasbrouck Heights Track and Field Team will host about 40 high schools in the Invitational on Friday, April 12, 2024, starting at 4 p.m., at Depken Field. This is the 17th track invitational. The public is welcome. Admission is \$5. No rain date. ###

KEYWORD

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

Tricky Tray March 12

St. Irene Philoptochos of St. Athanasios Greek Orthodox Church is holding their Annual Tricky Tray, Tuesday, March 12, 2024, at 7 p.m. at the Church Community Center, 51 Paramus Road, Paramus, NJ (*snow date March 14, 2024*).

Entrance ticket \$30 includes coffee and Greek pastries plus 1 sheet of tickets for lower tier prizes. Bundles available. 18 years or older please. Refreshments available. For tickets call Church Office 201-368-8881, Anna 201-265-5613 or Thea 201-446-9144. ###

Free Line Dancing Apr. 5

American Legion Post 310, 100 Liberty Street, Little Ferry, NJ, hosts FREE line-dancing on Friday, April 5, 2024, at 8 p.m.

Come down and have a great time. For more information, call 201-807-0470. ###

Yield to Pedestrians

Palm Sunday - March 24 • Easter - March 31

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 Please send photos as attachments.

Corned Beef & Cabbage Dinner

The Hasbrouck Heights Knights of Columbus Msgr. Fitzpatrick Council #7041, will be hosting their Annual Corned Beef and Cabbage Dinner on Saturday, March 16, 2024, from 6 p.m. to 8 p.m., in the Corpus Christi School Cafeteria.

Dinner includes corned beef and cabbage, seasoned potatoes and carrots, Pechter's rye bread, soda and water, cake and coffee, plus hot dogs.

Cost is \$25 adults, kids under 12 free. Event includes a Tricky Tray. Tickets will be available after Mass, at the door or by calling John at 201-370-9635. ###

Elvis Tribute April 12

American Legion Post 310, 100 Liberty Street, Little Ferry, NJ, presents an "Elvis Tribute Show" by Ralph Carey, on Friday, April 12, 2024, at 8 p.m.

Cost is \$20 pp and includes food and draft beer. Limited tickets will be sold. No refunds.

Come down and listen to the songs of the late Elvis Presley. For more information, call 201-807-0470. ###

W-R Lions Pancake Breakfast March 24

On Palm Sunday, March 24, 2024, the Wood-Ridge Lions Club will hold their annual pancake breakfast in the High School All Purpose Room. This is the longest continuous fundraising activity in the Borough.

Come on out and meet your neighbors and kick off the start of spring! You will enjoy a breakfast of orange juice, hot buttered pancakes with syrup and fruit toppings, sausage, coffee and tea. While waiting for your breakfast to be served, you can enjoy a nice piece of Mills crumb cake.

Tickets are \$5 and may be purchased in advance or from any Club member. They will also be available at the door. Children under four are free.

All of the proceeds will be used to help the blind, sight impaired and others in need. We thank you for your continued support!

For additional information call Jack Nagel 201-641-2803 or email janpro911@aol.com or any Club member. ###

March Flower
Daffodil

St. Patrick's March 9

American Legion Post 310, 100 Liberty Street, Little Ferry, NJ, Annual St. Patrick's Day Corned Beef, Cabbage and Potatoes Dinner, Saturday, March 9, 2024, from 4 p.m. until 8 p.m. Indoor event, but take-out is available while it lasts. No outside beverages allowed. DJ Jack Jam will be spinning the tunes for the party. There will be a bagpiper and a real live leprechaun. Cost is \$15 per order. All proceeds to benefit Veterans and children's programs. For additional information please call 201-807-0470. ###

Fish Fry March 29

American Legion Post 310, 100 Liberty Street, Little Ferry, is hosting their annual Good Friday Fish Fry, Friday, March 29, 2024, from 4 p.m. to 8 p.m.

Fried Flounder, potato salad and coleslaw salad, dinner rolls, coffee and dessert. Cost \$15 pp. Proceeds to benefit Veterans and Children's programs. For more information call 201-807-0470. Dine-in or take-out available. ###

Dinner Dance March 3

Bergen County American Legion Commander Sophia Dmoch, President Debe Free and SAL Comander Keith Slotwinski invite the public to a dinner dance, Sunday, March 3, 2024, from 1 to 5 p.m., at The Graycliff. Cost is \$60 pp.

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

Reservations only. Deadline is February 18, 2024.

Make checks payable to Bergen County American Legion. Send to Mike Carroll, 234 Forest Avenue, Lyndhurst, NJ 07071.

For more information call 201-933-1814. ###

Beefsteak & Comedy Show March 23

The New Jersey and New York Volunteer Firemen's Association will host a Beefsteak and Comedy Show, Saturday, March 23, 2024 at the Montvale Firehouse, 35 West Grand Avenue, Montvale. Doors open at 7 p.m. Cost is \$50 pp. No one under 12 admitted.

Featured comedian is Bob Nelson.

Food by Nightingale Catering includes vegetables, pasta, beefsteak, beer, soda and water. Coffee and tea with dessert.

For more information contact Tony Chiodo 201-679-9978 or Jerry Naylis 201-240-0414. ###

March Birthstone
Aquamarine or Bloodstone
(Heliotrope)

Corned Beef Dinner Mar. 16

Polish National Catholic Church of Transfiguration, 135 Hathaway Street, Wallington, will host a Corned Beef & Cabbage Dinner on March 16, 2024, from 5 to 7 p.m.

Dinner includes Corned Beef & Cabbage, chicken, potatoes, vegetables and cole slaw, cake, coffee or soda.

Adults \$20, Children \$8. Eat in or take out. Reservations only. For reservations/tickets contact the Rectory at 973-779-4329 or Barbara Puzak at 201-939-3533. ###

Lodi KC Pancake Breakfast Mar. 10

The St. Michael's Council of the Knights of Columbus are having their monthly buffet-style Family Breakfast on Sunday, March 10, 2024, 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: \$12; children over 6: \$6; children 6 and under: free. Profits to benefit local charities. For more information, call Joe at 201-805-4576. ###

Fish Fry March 29

Knights of Columbus, St. Anthony Council #11585 2nd Annual Lenten Fish Fry is March 29, 3:30 to 6:30 p.m. at the W-R Intermediate School Parking Lot. Menu: Fried Fish, French Fries, Cole Slaw, Tartar Sauce, ketchup, utensils/napkins. \$18 pp. Reserve by March 27. Send check to jmabel13@gmail.com or drop off at Assumption Church Rectory. ###

Free Lunch Saturday

The First Presbyterian Church of Moonachie for the "Free Lunch Saturday" program, will be held March 2, 2024, 11:30 a.m. to 12:30 p.m. March lunch is chili (while supplies last).

We average 100 meals each month both inside and To-Go bags are available.

A pantry table is also set up for common staple items for those with a need (pasta, sauce, cereal, rice, beans, soup, tuna, proteins sources, etc). All donations are gladly accepted (but please avoid glass jars).

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. ###

Turkey Luncheon March 12

The Ladies Aid Society of the First Presbyterian Church of Carlstadt will be hosting a Turkey Luncheon, Tuesday, March 12, 2024 in the Community Hall on Third Street (next to the Church) in Carlstadt from 11:30 a.m. till 1 p.m.

Turkey, mashed potatoes, stuffing, a vegetable, gravy and cranberry sauce, beverages, coffee, tea and desserts will be served. Cost is \$15 for adults and \$7 for children under 10. 50/50 tickets and a "This & That" table will be available.

As always, lunch take-outs are available. Please call the Church office at 201-438-5526 for further info or in case of inclement weather. ###

Lasagna Dinner March 1

Please join us for our Annual Lasagna Dinner on Friday, March 1, 2024, from 5:30 to 7:30 p.m. in the Corpus Christi School cafeteria.

A delicious dinner of meatless lasagna (ziti optional), salad, bread, tea/coffee, soft drinks and dessert will be served. Take-out is available.

The evening will include a 50-50 and Gift Certificate Raffle. The dinner donation is \$20 for adults and \$5 for children 12 and under (toddlers free). For tickets call Carol at 201-288-4095 or Karen at 201-288-5738. ###



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St. Patrick's Day Special

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- 1/2 Tray Corned Beef & Cabbage
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Easter Menu Special

Order by March 29 for March 31 Pick-up

\$229

- Honey Glazed Spiral Ham
- 1/2 Tray House or Caesar Salad
- Stuffed Shells or Baked Ziti
- Italian Roasted Potato or Mashed
- Sauteed Broccoli with Garlic and Oil or Glazed Carrots





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March Madness Food & Fun Day March 9

The Rutherford Education Association's (REA) March Madness Food & Fun Day will be held on Saturday, March 9, 2024 and will benefit the Rutherford Food Pantry. The inclement weather date is March 23.

The event will be held at the Pierrepont School gym, 70 E. Pierrepont Avenue, Rutherford, NJ, and staffed by members of the REA.

The price of admission is 2 items for the Rutherford Food Pantry per adult, and 1 item per child.

For information, please contact Maria De Trizio at 201-438-7675, Ext. 4603 or mdetrizio@rutherfordschools.org.

The event will feature entertainment, which will include a balloonist, carnival games, and a magic show. Various activities will also be available, including arts and crafts and jewelry making. There will also be demonstrations of work completed by students in a variety of academic subjects.

This event is a Pride in Public Education activity carried out by the REA. Volunteering to organize this event is one of the many ways that Rutherford School District employees give back to the Rutherford community.

Last year, this event was attended by over 700 residents of Rutherford and the surrounding communities. The association was able to collect over 66 boxes of items for the food pantry in addition to monetary donations.

The Rutherford Education Association is an affiliate of the New Jersey Education Association (NJEA). Rutherford PRIDE is an ongoing campaign created to share the education successes of the Rutherford School District with all Rutherford residents and build strong community support for and involvement in our great public schools. *Provided by Maria DeTrizio. ###*

Spring begins with the Vernal Equinox, Tuesday, March 19, 2024 11:06 p.m.

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FOCAS Holds Flea Market

FOCAS kicks-off its 2024 Flea Market season, Saturday, March 23, from 10 a.m. to 4 p.m., at the American Legion, 100 Liberty Street, Little Ferry. Note that 2024 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. ###

Hasbrouck Heights Little League Pancake Breakfast

Help the Hasbrouck Heights Little League kick off the 2024 season with their 28th Annual Pancake Breakfast on Sunday, March 24, 2024, at the HH VFW, Post 4591. A breakfast of pancakes, sausage, coffee, tea and juice will be served from 8 a.m. to 12 p.m. The cost is \$5 per ticket and you can pay at the door. All HH Little League players are free including up to 4 family members. Interested in sponsoring this event? You can visit our website at www.hhlittleleague.com or email us at hllboard@hhlittleleague.com. ###

• 82 percent of Americans say they would prefer a chocolate or candy bunny for Easter, while only 4 percent say they would prefer a live rabbit. ###

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Fish & Chips April 13

Saint Margaret of Cor-tona's Parish Social Life Committee is sponsoring their 15th Annual Fish and Chips Dinner on Saturday, April 13, 2024.

Cooking will be done by Tastefully British. Dinner will be served from 6:15 to 7:30 p.m. at the St. Margaret's Auditorium on Chamberlain Avenue, Little Ferry (*wheel chair accessible*).

Cost is \$15 per meal, and includes fish, chips, cake, coffee and tea. Chicken available. Pre-order by April 6. No tickets will be sold at the door. Take-out orders are available. For information, call Sophia at 201-723-2091. ###

Bunco Night April 12

The Women's Club of Carlstadt is holding a Bunco Night on Friday, April 12, 2024. Doors open at 7 p.m. Games start at 7:30 p.m. The evening of fun will be held at the First Presbyterian Church Community Hall located on Third Street in Carlstadt. Tickets are \$20.

Don't worry if you don't know how to play, we will teach you. Bring your friends or spouses. Snacks, wine and cheese, beverages, desserts and coffee will be served. For info and tickets, contact Lori at 201-403-7252. ###

Brown Bag Auction Apr. 2

The Woman's Club of Carlstadt will meet on Tuesday, April 2, 2024, at the First Presbyterian Church of Carlstadt Community Hall on Third street and Division Avenue at 8 p.m.

Our program will be a Brown Bag Auction. Bring item valued at \$10 to \$15 or more in a brown bag. Our auctioneer will be the only one who knows what is in the bag. It will be a fun night. Contact Janet at 201-438-5892 for info. ###

Tea Party April 1

The Woman's Club of Rutherford invites members and guests to their Springtime Tea Party on Sunday, April 21, 2024 from 2 to 5 p.m. at their historic clubhouse at 201 Fairview Avenue in Rutherford.

Enjoy the company of friends while you partake in an old-fashioned afternoon tea - including scones, tea sandwiches, pastries, a variety of teas and more.

Take the opportunity to purchase lovely gifts from our Treasures Table. Tea party attire is encouraged!

Tickets are \$35 per person. Proceeds will benefit local charities and the restoration of our historic Carriage House.

For more information and to purchase tickets please call Sue Kevra at 201-893-6866. ###

Pocketbook Bingo April 28

55 Kip Center in Rutherford will be hosting a Designer Bag BINGO on Sunday, April 28, 2024 from 1 to 5 p.m.

Cost is \$45 per person and includes 10 games of Bingo, complimentary coffee/tea & dessert. BYO drinks and snacks. For more info call Cathy 201-460-1600. ###

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Volunteers Welcome

Knights of Columbus Msgr. Fitzpatrick Council #7041

Corned Beef & Cabbage Dinner

Saturday, March 16, 2024 • 6 p.m. to 8 p.m.

Corpus Christi School Cafeteria • Kipp Avenue • Hasbrouck Heights

Dinner includes corned beef and cabbage seasoned potatoes and carrots, Pechter's rye bread soda and water, cake and coffee plus hot dogs

Only \$25 per person • Under 12 free

Dinner tickets sold after Mass, at the door or call John at 201-370-9635.

Tricky Tray tickets sold separately.

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An Amazing Scientist That History Forgot

Celebrate Women's History Month at the Hasbrouck Heights Library. We proudly present a lecture on an amazing scientist that history forgot.

The Irish scientist, John Tyndall, published (1861) a paper on the infrared absorption properties of both carbon dioxide and water vapor (both important greenhouse gasses).

But, years earlier, American scientist Eunice Foote had published (1856) her findings on the greenhouse properties of both gasses.

Although scholars now acknowledge her contributions to climatology, her importance has still not "percolated downwards" in popular books/culture and school curricula.

This lecture is a small step towards addressing this injustice by focusing on this amazing woman, and her contributions to climate science and American feminism.

Presented by Dr. Robert Ingoglia, Adjunct Instructor of History at St. Thomas Aquinas College.

While pursuing graduate degrees in Medieval European/Ancient History, Dr. Ingoglia

studied Latin paleography at the Franciscan Institute (Saint Bonaventure University), and later on did postdoctoral work in military history at the U.S. Military Academy at West Point.

He has published articles on medieval church ritual in the Catholic Historical Review, the Archiv für Liturgiewissenschaft, Byzantion: Revue Internationale des Études Byzantines, and written 180 reviews of both books and websites for the American Library Association.

Dr. Ingoglia's research interests include Ancient and Medieval History (especially Church History), Climate History, Modern Italian History (especially Fascism) and Military History.

The Hasbrouck Heights Public Library has an array of resources on the topic of the environment and so much more.

Please stop by and inquire. We are happy to develop and nurture your lifelong learning. Call 201-288-6653 to speak to a staff member or visit us online at <https://hasbrouckheightslibrary.org/> ###

Dress for Success Announces Leadership Summit Mar. 27

Dress for Success NNJ 10 Counties announced its 5th Annual Women's Leadership Summit, "Rise and Thrive," on March 27, 2024 from 8 a.m. to 12 p.m. at the Mansion, Fairleigh Dickinson University Campus.

Our Women's Leadership Summit, launched in March 2020, occurs annually and was virtual due to the pandemic. We're excited to bring it back in person this year as we celebrate our 25th year of service in Northern New Jersey. We are thrilled to have Michele Meyer-Shipp, CEO of Dress for Success Worldwide, as our keynote speaker, along with other female leaders.

"We are thrilled to announce our first in person Women's Leadership Summit after five years. This event is pivotal for funding our essential services and programs, and it's a momentous occasion for connecting and empowering women," Loraimy Kendall Executive Director Dress for Success Northern New Jersey 10 counties

Tickets can be purchased online by visiting Dress for Success Women's Leadership Summit March 27.

• **Our Mission:** Dress for Success Northern New Jersey 10 Counties is dedicated to empowering women to achieve

American Legion \$300 Lottery Basket

Fund-raiser for community projects, the American Legion Auxiliary Unit #142, 135 East Passaic Street, Maywood, NJ 07607, will hold the drawing March 19, 2024, at 7 p.m.

Winner need not be present. Donation \$5. No substitution of prize given. Call 551-587-3699. ###

economic independence by providing a network of support, professional attire, and development tools to help them thrive in work and life.

• **Our Vision:** We envision a world where every woman has the opportunity to reach her full potential, breaking barriers and achieving success with confidence. Dress for Success Northern New Jersey 10 Counties strives to create a community where women can overcome obstacles and build sustainable futures.

• **Our Impact:** Since our first suiting event in 1998 in Morris County, Dress for Success Northern New Jersey 10 Counties has expanded its reach to 10 counties, serving over 26,000 women during this time. As we celebrate our 25th year of serving women in Northern New Jersey, our impact goes beyond providing professional attire. We offer mentorship, career development, and a supportive network, empowering women to embrace their potential and confidently enter the workforce.

We measure success not just in clothing donated or workshops conducted but in the stories of personal and professional triumphs that our women share. Join us in our journey to make a lasting impact on the lives of the women we serve and create a community where every woman can thrive.

Join us in our journey to make a lasting impact on the lives of those we serve and create a community where everyone can thrive. For more information contact: roslyn@dfsnorthernnj.org or call 973-822-3188 or go to: northernnj.dressforsuccess.org

"This Is Not A Fairleigh Dickinson University Program Or Event."

Prom Attire Available March 2, 9

Rutherford's Grace Episcopal Church, 128 W. Passaic Avenue, Rutherford, is hosting its third annual "Grace's Closet" to area students who may want to attend prom this season, but who may be unable to afford outfits and accessories. Tuxedos and suits have been added this year.

On Saturday, March 2 and Saturday, March 9, 2024 from 9 a.m. to 5 p.m.

Grace's Closet will give away dresses, shoes and accessories, tuxedos and suits, for 2024 junior and senior proms. All clothes and accessories have been donated, and are available at no cost to participants. Dressing rooms are available.

This event is open to all, regardless of town or county of residence. Last year 600+ local teenagers were provided with elegant prom attire and accessories, and having a transformative effect on their confidence and overall experience.

Donations welcomed. Items accepted are: gently used prom dresses, formal dresses, tuxedos and suits, men's and women's shoes for formal events, shirts for tuxedos or suits, men's ties or bow ties, jewelry, evening wear purses, shawls or coverups.

For more information: gracesclosetrutherford.org

Please contact Susan Muller with any questions at 201-312-2028. ###

Stitch One, Share One

Stitch One, Share One group meets the fourth Sunday of each month from 2 to 5 p.m. at Holy Trinity Lutheran Church, 92 Burton Avenue, Hasbrouck Heights. The next meeting will be March 24, 2024.

Our group extends an invitation to members of the community to join us anytime and meet women who enjoy sharing their talents and who will become friends. Come to learn to knit or crochet; come to advance your skills – come to help work on one of our charitable projects or you are welcome to come and work on your own project. Barrier-free facility. ###

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2024 Easter Egg Hunts

East Rutherford
Check with Borough Clerk.

Hasbrouck Heights
Saturday, March 23, 2024 at 10 a.m. (rd March 30), at the Athletic Field. Easter Bunny available for photos. Must wear rubber soled shoes, preferably-sneakers. Tickets distributed via elementary schools or Borough Clerk's office. Sponsored by the Mayor's Celebration Committee.

• Christ First United Methodist Church, 57 Burton Avenue will host an Easter Egg Hunt following 10:15 Worship on March 31.

Little Ferry

The Easter Bunny visit is scheduled for Saturday, March 23, 2024 at Borough Hall, from 11 a.m. to 1 p.m., for resident children up to age 12. Bring your camera. Event is rain or shine. This event is sponsored by the Recreation Committee.

• VFW Post Post 809 and Auxiliary, 100 Main Street, will be hosting an Easter Egg Hunt on Sunday, March 24, 2024 at 11 a.m. All are welcome.

Lodi

On Saturday, March 23, 2024 (rd March 30), Lodi Recreation will have its annual Spring Celebration. This year's event will be held at Memorial Park, from 9 a.m. to 1 p.m., for Kindergarten to 5th Grade. Lodi residents. The celebration includes two Bounce Houses, egg painting to make the day special for Lodi's young residents. The Easter Bunny will also attend for some special photos.

Please bring your camera. All children will receive an Easter giveaway and must be accompanied by an adult.

Moonachie

The Borough of Moonachie Annual Egg Hunt will be held 11 a.m., Saturday, March 30, 2024 at Robert L. Craig School Gymnasium, rain or shine. Refreshments will be served and the Easter Bunny will be there. Bring your camera. The event is open to all children.

Wallington

Wallington Recreation Department presents their Annual Easter event on Sunday, March 24, 2024 from 2 to 4 p.m. at the Wallington High School Gym. There will be fun games, activities, arts & crafts, music, bouncy houses, photo booth,, selfie with the Easter Bunny and goodie bags. Residents only.

Wood-Ridge

The Knights of Columbus St. Anthony Council 11585 will hold their Annual Easter Egg Hunt after the "Blessing of the Baskets," at noon on Saturday, March 30, on the Assumption Church grounds for Pre-K through 3rd Grade. Tickets may be obtained at the Rectory. In case of rain, the event will be held indoors. Refreshments to follow. ###

• The customary act of painting eggs is known as Pysanka.

• The first Easter basket was given the appearance of a bird's nest.

• On Easter, 76% people bite off the chocolate bunny ears first, while 5% bite the feet first and 4% eat the tail first.

Brunch & Tricky Tray April 14

The Children's Dyslexia Center of NJ/Hasbrouck Heights Learning Center will host their 7th Annual Brunch and Tricky Tray on Sunday, April 14, 2024, from 11 a.m. to 3 p.m., at Seasons Catering, 644 Pascack Road, Washington Township.

Menu includes Brunch, dessert, Mimosas, Bloody Mary's and more!! Plus one sheet of Tier 1 raffle tickets. Raffle tickets will be available for purchase at the event only. Value bundles available at \$50 and \$100.

Reservations only. No entry at the door. Adults \$90. Children \$50. Under 3 free. Purchase by April 1. Tables of 10 may be reserved. Prices increase after March 20.

Make checks payable to: Children's Dyslexia Centers of NJ (memo Hasbrouck Heights). Mail to Chairman D. Busico, 74 Hudson Avenue, Ridgefield Park, NJ 07660. Facebook updates: @HHDyslexiaCenter For more information, call 201-288-1183. ###

Advertising Supports Local Journalism

Boot Drive April 20

The Hasbrouck Heights Fire Department is hosting a Boot Drive fundraiser to benefit John Benkovic and his family on April 20, 2024, from 11 a.m. to 5 p.m., at Fire Headquarters, 248 Hamilton Avenue, Hasbrouck Heights. Proceeds benefit the Benkovic Family as they fight Diffuse Anaplastic Wilms Tumor, a very aggressive form of childhood cancer. Cash, Venmo and Paypal donations accepted. ###

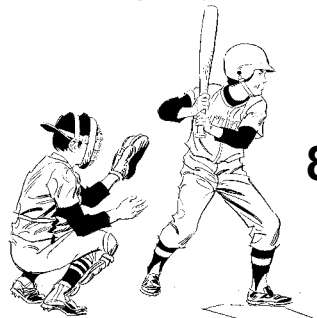
HLLL Opening Day

The Hasbrouck Heights Little League opening day is scheduled for April 6, 2024.

The traditional parade will assemble at Borough Hall. Team sponsorships, sign advertisements, and league donations are available. Contact HLLLSponsorships@hhlittleleague.com to learn more. ###

TEB Noise Complaint Line
201-288-8828
TEB Noise Office: 201-393-0399

Hasbrouck Heights Little League 28th Annual Pancake Breakfast and Tricky Tray



Sunday March 24
8 am to 12 pm
at the VFW

located at the end of Oldfield Avenue, HH

This year's breakfast and Tricky Tray style auction will be held from 8 a.m. to 12 p.m. **Breakfast will stop being served at 11:30 p.m.** Tickets available at the door. Cost is \$5 per person.

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Purim

Purim begins Saturday evening, March 23 and continues through evening of Sunday, March 24, 2023.

The festival of Purim commemorates the salvation of the Jewish people in ancient Persia from Haman's plot "to destroy, kill and annihilate all the Jews, young and old, infants and women, in a single day." It is celebrated with Megillah readings, gifts of food, charity, feasting, and merriment.

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

Pesach (Passover) 2024 is from April 22 to April 30 2024

Lift Up Your Heart

Brothers and sisters, we want you to know about those who have died. We don't want you to be sad like other people...those who have no hope. We believe that Jesus died, but we also believe that he rose again. So we believe that God will raise to life through Jesus any who have died and bring them together with him when he comes.

1 Thessalonians 4:13

Longing for someone dear to you who has passed away can be so painful that sometimes only a promise of a reunion in heaven can bring comfort.

Jesus promised that He will come back for us and reunite us with our departed loved ones who believed in Him.

Until then we are to keep our cherished memories of them, talk to them, and keep holding on to His promise which He will fulfill, in His time.

Give yourself time and space to mourn the passing of a loved one, accepting the comfort that no one but Jesus can offer. ###

Nowruz, The Persian New Year

Nowruz (*pronounced "No-Rooz"*), or "new day" in Persian, is a 3,000-year-old celebration, rooted in Zoroastrianism – an ancient Persian religion which predates Christianity, Islam and Judaism – that welcomes the arrival of Spring and marks the rebirth and renewal of nature.

The festivities begin with the vernal equinox, when the sun crosses the equator, usually around March 20 each year – this year in the late hours of March 19.

Before Nowruz, families do a thorough spring cleaning and set up their Haft-Seen (*seven S's*), a decorative display of symbolic items meant to represent life, health, beauty and more.

These essential seven items are often complemented with many other items meant to represent other aspects of life such as prosperity, wisdom and fertility. The Haft-Seen serves as the aesthetic focal point and centerpiece of the holiday and stays up for 13 days after Nowruz.

While specific traditions

vary based on personal customs of each family, this holiday, celebrated by hundreds of millions worldwide, centers primarily around the gathering of family, reading of poetry, exchanging gifts and eating a traditional Nowruz meal - Sabzi Poloba Mahi (*herb rice with fish*).

The thirteenth and final day of Nowruz is called Sizdah Bedar, which translates to "thirteen outdoors." On this day, families gather outside where they picnic together and enjoy nature, food, song and dance.

At every turn, Nowruz underscores the importance of family, community and nature – all hallmarks of what will accompany everyone in a new year.

This year's New Jersey Nowruz celebration will take place on March 16, 2024, at Il Villaggio Banquet Hall in Carlstadt. Senator Paul A. Sarlo will be presenting opening remarks. For more information, please contact the author at 201-375-8405. *Provided by Omid S. Irani, Esq. ###*

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Memorial Announcements

Format shown below. Size is 4" x 4". Deadline: 30 days before issue date. Cost is \$190. Payment with order. Typesetting included. Email contact info, copy & photo and month to be published to: gazettenewspaper@gmail.com

Deadline for April 2024 issue is March 5, 2024

In Memoriam

Name of Loved One

Special date(s) listed here

Black & white photo inserted here

Sample size and format

Appropriate comments with family names listed here.

Limit 15 words.

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. ###

About Easter

Easter, Pascha, or Resurrection Day, is the most important religious feast in the Christian liturgical year. It celebrates the resurrection of Jesus, which Christians believe occurred on the third day after his crucifixion some time in the period A.D. 27 to 33.

Many pagan elements have become part of the celebration, and those aspects are often celebrated by many Christians and non-Christians alike.

Easter also refers to the season of the Church year called Eastertide or the Easter Season. Traditionally, the Easter Season lasted for the forty days from Easter Day until Ascension Day, but now officially lasts for the fifty days until Pentecost. The first week of the Easter Season is known as Easter Week or the Octave of Easter.

Easter is termed a movable Christian holy day because it is not fixed in relation to the civil calendar. Easter falls at some point between late March and

late April each year (*early April to early May in Eastern Christianity*), following the cycle of the moon.

Easter is linked to the Jewish Passover, not only for much of its symbolism, but also for its position in the calendar. The Last Supper shared by Jesus and his disciples before his crucifixion is generally thought of as a Passover meal, based on the chronology in the Gospels.

Some, however, interpret "Passover" in John 18:28 as a single meal and not a seven-day festival. Interpretation of the Gospel of John differs from the Synoptic Gospels by placing Christ's death at the time of the slaughter of the Passover lambs, which would put the Last Supper slightly before Passover, on 14 Nisan of the Bible's Hebrew calendar.

According to the Catholic Encyclopedia, "In fact, the Jewish feast was taken over into the Christian Easter celebration." *Source: Wikipedia.org ###*

Make The Right Connections



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World Day of Prayer

The World Day of Prayer is an international ecumenical Christian laywomen's initiative. It is run under the motto "Informed Prayer and Prayerful Action," and is celebrated annually in over 170 countries on the first Friday in March: March 1, 2024.

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

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

The theme of the WDP 2024 program calls us to bear with each other in love, despite all difficulties and oppression. The program was written by a group of ecumenical Christian Palestinian women in response to the passage from Ephesians 4:1-7. We reflected collectively on this theme from the context of our suffering as Palestinian Christian women. We hope to inspire other women around the world to bear with one another in love during troubled times. For more information: <http://www.wdp-usa.org/> ###

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 ###

Emergencies: Call 9-11

Taizé Evening Prayer Service March 5

A Taizé prayer service will be Tuesday, March 5, 2024, 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. The service features a reflection and prayers based on Psalm 19.

Our Taizé prayer service takes place on the first Tuesday of every month between October and June. 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. For more information go to www.holytrinityhasbrouckheights.com ###

Lenten Midweek Prayer Services

Our companion on this year's Lenten journey will be the Book of Job.

Job struggled to do what seemed impossible—to keep believing in a loving, fair God even though all the evidence seemed to point against such a God. It seems we need the Book of Job, its wisdom and proclamation more than ever.

Wednesdays at Noon on March 6, 13, and 20; sandwich wraps, coffee and tea to eat-in or take away immediately following the service.

In-person or on Zoom. To receive a Zoom link, email Pastor Susan at htlchhpastor@gmail.com. For more information go to www.holytrinityhasbrouckheights.com ###

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Rev. Kim, Pastor • 201-240-7811
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Sun. 10:15 am • Worship & Sun School
11:30 am Fellowship Hour Weekly
Thurs. 7 pm Bible Study

Presbyterian



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221 Moonachie Road
Parish Office: 201-939-7920
Sun. Worship Service: 11:30 am
Linda Van Kampen, Pastor, 201-410-7522
Martha Day, Pastor, 201-755-1612

Assembly



TRANSFORMATION LIFE CHURCH
190 Valley Blvd. • Wood-Ridge
201-935-4719 • www.tlcassembly.org
Worship Services:
Sundays @ 9am & 11am
Livestream Services @ 11am
Rev. Jim Armpriester, Jr., Pastor
Email: info@tlcassembly.org

Lutheran



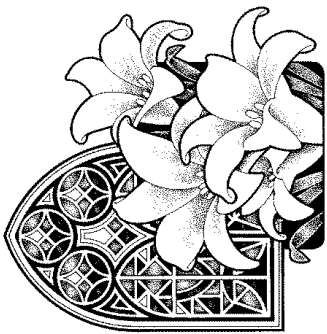
HOLY TRINITY LUTHERAN CHURCH
92 Burton Ave., Hasbrouck Heights
201-288-6889 • htlchnj@gmail.com
holytrinityhasbrouckheights.com
An ELCA Congregation
Susan Nelson-Colaneri, Pastor
Sunday Morning Worship 10:30 am

Take your Family to Church

Pray for Peace

During These Tough Times -- Support Your Food Bank

Easter Services



Corpus Christi Church Palm Sunday/Easter Mass Schedule

Corpus Christi Church: 260 Boulevard, Hasbrouck Heights
Corpus Christi Chapel: 215 Kipp Avenue (entrance through school)
Parish Center: 201-288-4844 • <http://corpuschristihh.org>

Palm Sunday, March 23rd/24th
Stations of the Cross Street Procession, March 23 - 2 pm
Mass: Saturday, 5 pm • Sunday 8 am, 10 am, Noon
Reading of the Passion & Palm Distribution at all the Masses/Church

Holy Thursday, March 28th
Morning Prayer, 8 am/Church
Solemn Liturgy of the Lord's Supper 7:30 pm/Chapel
Adoration, 9:30 pm - Midnight/Church

Good Friday, March 29th
Morning Prayer 8 am/Church
Solemn Celebration of the Lord's Passion, 3 pm/Chapel

Holy Saturday, March 30th
Blessing of the Food, Noon/Church
Easter Vigil, 8 pm/Chapel • No 5 pm Mass

Easter Sunday, March 31st
Mass: 7:30 am/Church • 9 am, 10:30 am, Noon/Chapel

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www.facebook.com/CFUMCHH Dial in 201-240-7811

Maundy Thursday Communion Service: Thursday, March 28
7 pm in Sanctuary

Good Friday Service: Friday, March 29, 7 pm in Sanctuary

Easter Sunday: Sunday, March 31
Sunrise Service: 6 am, in Sanctuary
Easter Worship & Praise: 10:15 am, in Sanctuary
Following Worship, Easter Egg Hunt on side lawn

HOLY TRINITY LUTHERAN CHURCH 92 Burton Ave, Hasbrouck Heights 201-288-6889
www.htlchhnhasbrouckheights.com

Palm Sunday - 10:30 AM
Maundy Thursday and Good Friday - 7 PM

Easter Day

10:30 AM **Sound the Trumpets!**

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please email Pastor Susan at htlchp pastor@gmail.com

Saint Francis de Sales Church

125 Union Street, Lodi, NJ 07644
Tel: (973) 779-4330 | saintfrancisdesaleslodinj.org

Holy Week Schedule 2024

Saturday, March 23rd
5:00 PM • English Vigil Mass (Procession in the Church)
7:00 PM • Misa de Vigilia en Español (Procesión Dentro de la Iglesia)

Sunday, March 24th - Palm Sunday
7:30 AM • English Mass (Procession in the Church)
9:00 AM • Misa em Português • Church (Procesión começa na gruta as 8:50 AM)
10:30 AM • English Mass • Lennon Hall (Procession starts at the grotto at 10:15 AM)
12:30 PM • Misa en Español • Lennon Hall (Procesion comienza en la gruta a las 12:15 PM)

Monday, March 25th
8:00 PM • Chrism Mass | Misa Crismal (Cathedral Basilica of the Sacred Heart - Newark)

Thursday, March 28th - Holy Thursday
7:30 AM • Morning Prayer
7:30 PM • Mass of the Lord's Supper (Trilingual) • Church
(Adoration in Repository until Midnight - Adoración en el Repositorio hasta la Medianoche)
12:00 AM • Night Prayer and Reposition

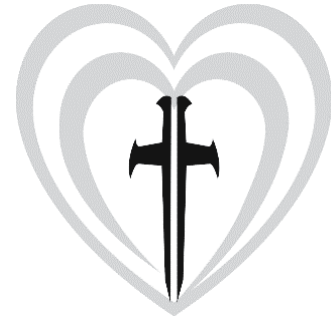
Friday, March 29th - Good Friday
7:30 AM • Morning Prayer
3:00 PM • Commemoration of the Lord's Passion (Followed by Stations of the Cross)
5:30 PM • Comemoración de la Pasión del Señor (Seguido por el Via Crucis, afuera)
8:00 PM • Comemoración da Paixão do Senhor (Veneration of the Cross until Midnight)
12:00 AM • Night Prayer

Saturday, March 30th - Holy Saturday
7:30 AM • Morning Prayer
11:00 AM • Confessions
12:00 PM • Blessing of the Easter Food • Convent Chapel
11:00 PM • Easter Vigil (Trilingual) • Lennon Hall

Sunday, March 31st - Easter Sunday
7:30 AM • English Mass • Church
9:00 AM • Misa em Português • Church
10:30 AM • English Mass with Bishop Saporito • Church
12:30 PM • Misa en Español • Lennon Hall

BIBLE BAPTIST CHURCH

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March 24
Palm Sunday Service 10:30 AM

March 29
Good Friday Service 7:00 PM

March 31
Resurrection Sunday Service 10:30 AM

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FIRST REFORMED CHURCH

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Palm Sunday, March 24
10 am Worship Service and Sunday School

Maundy Thursday, March 28
6:30 pm Potluck Dinner & Worship Service (RSVP 201-288-1122)

Easter Sunday, March 31
7 am Sunrise on the Lawn Service
10 am Worship Service

HAPPY EASTER! • Wesolych Swiat Wielkanocnych!

TRANSFIGURATION OF OUR LORD

135 Hathaway St., Wallington • www.transfigurationpncc.org • 973-779-4329

March 24, PALM SUNDAY
9:30 am Blessing and Distribution of Palms followed by Holy Mass
11 am Polska Msza, poswiecenie Palm.

March 27, 7 pm Stations of the Cross

March 28, HOLY THURSDAY
7 pm Holy Mass of the Lord's Supper • Procession to Side Altar of Repose.
Reading of Vespers, Stripping of Altars

March 29, GOOD FRIDAY - All Day Adoration of The Most Blessed Sacrament
All Societies are REQUIRED to partake in one hour adoration during the day.
10 am Reading of Lessons and Passion of Our Lord • Chanting of Summonses
Adoration of the Cross • Mass of the Pre-Sanctified • Vespers
Opening of Our Lord's Grave • Children Easter Confession
7 pm Stations of the Cross • Adult's Easter Confession

March 30, HOLY SATURDAY - All Day Adoration of The Most Blessed Sacrament
10 am Blessing of New Fire, Incense and Paschal Candle • Reading of the Prophecies
Blessing of Water and Baptismal Water • Litany of the Saints
Poswiecenie Wielkanocnych Pokarmow
1:30 pm Blessing of Easter Food

March 31, EASTER SUNDAY - Resurrection of Our Lord Jesus Christ.
9:30 am Procession and Mass of Resurrection
11:30 am Polska Msza Swieta Wielkanocna

Evangel Christian Church

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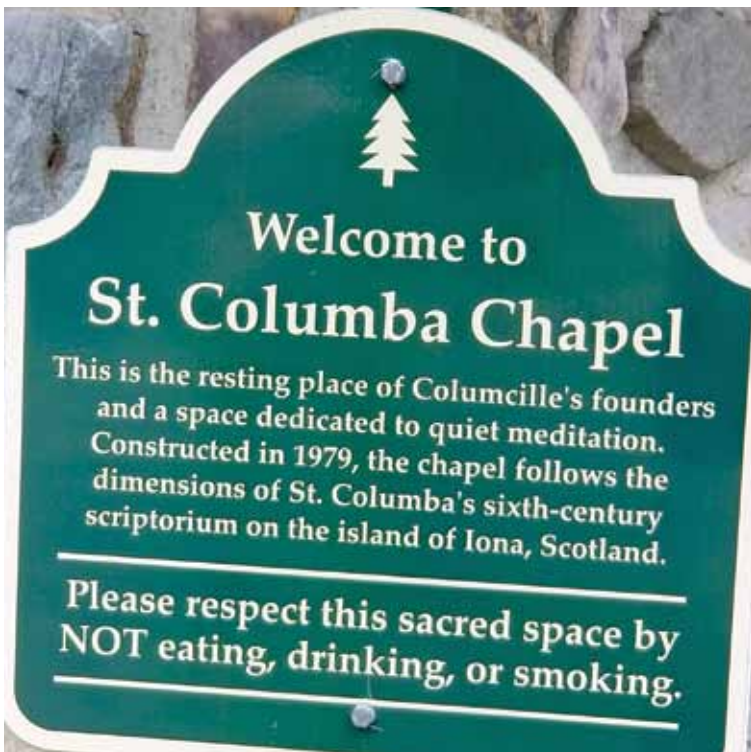
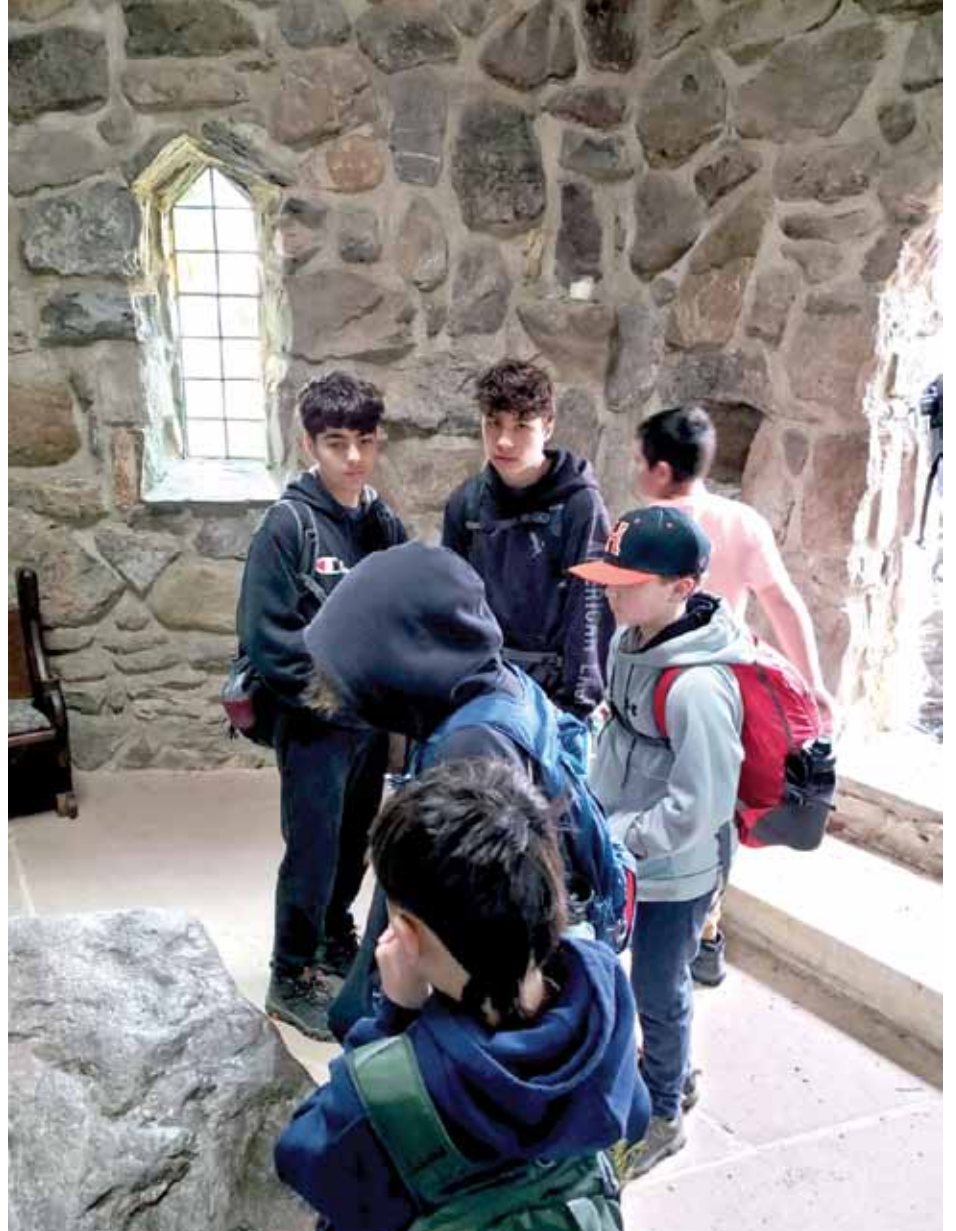
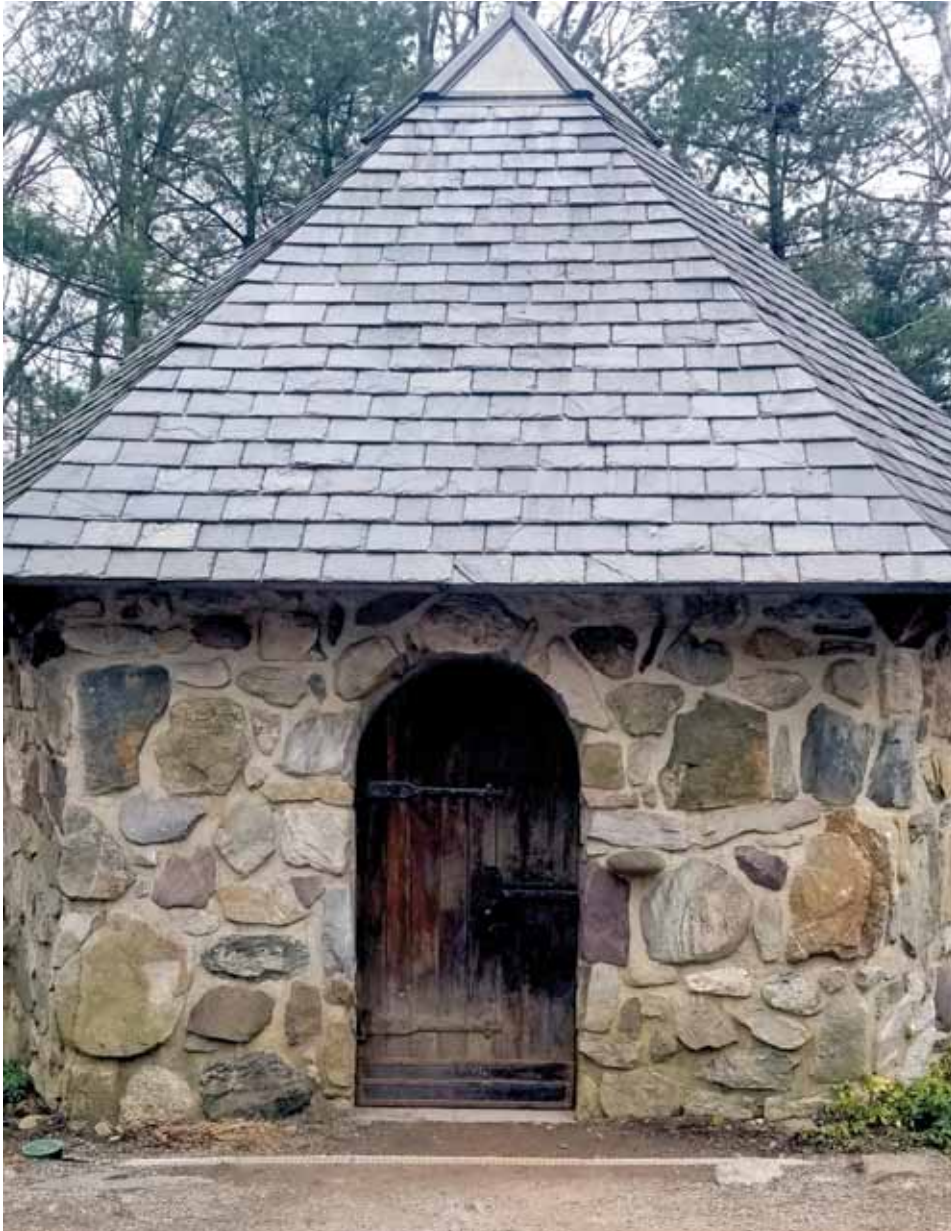
HOLY WEEK SERVICE SCHEDULE

Palm Sunday Service: Sunday, March 24th @ 10:30 am
Distribution of Palms / Exciting Children's Ministry

Good Friday Service, March 29th @ 7:00 pm
Tenebrae (Darkness or Shadows) Scripture Readings of Jesus' Final Week

Easter Service: Sunday, March 31st @ 10:30 am
Resurrection Themed, Special Children's Activities

Love God * Love People * Serve Others



On the weekend of February 10 and 11, 2024, seven Scouts from BSA Troop 17 were out camping at Camp NoBeBosco, where they worked on several rank requirements as well as hiking at Columcille Megalith Park Trail.

They enjoyed the beauty of the Celtic-inspired land of myth and mystery. Columcille Megalith Park is a private park open to the public. A unique sanctuary for the recreation of the human spirit. A sacred space and a space for meditation and renewal. *Provided by Craig Birth. ###*

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Leprechaun -- a creature in Irish mythology

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

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

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

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

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

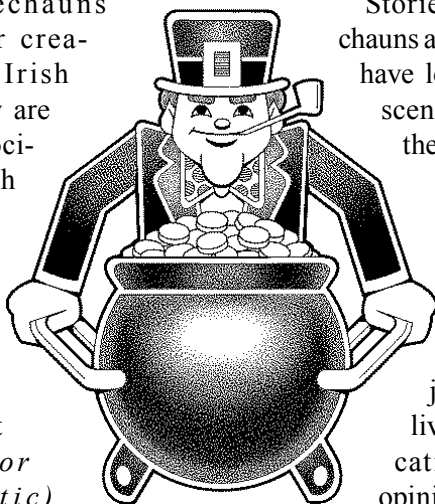
Leprechauns rarely appear in what would be classed as a folk tale; in almost all cases the interest of these stories centers around a human hero.

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

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

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

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



As Irish as Corned Beef and Cabbage?

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

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

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

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

From these locations came the vast majority of men who made up the famous 69th New York Infantry Regiment. The regiment was the cause of an international incident in 1860 when their commander, Col. Michael Corcoran, refused to parade the regiment in honor of the Prince of Wales' visit to New York on October 11, 1860. Col. Corcoran was placed under arrest but with the outbreak of the Civil War, all charges were dropped.

A green flag honoring their actions in defiance of the Prince

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

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

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

Their dealings with Eastern European Jewish immigrants in their New York neighborhood introduced them to a cheap cut of meat called corned beef.

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

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

inauguration dinner.

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

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

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

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

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

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

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

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

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

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

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Beware the Ides of March

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

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

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

But in Roman times the expression "Ides of March" did not necessarily evoke a dark mood—it was simply the standard way of saying "March 15."

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

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

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

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MFD 2024 Installation Dinner

The Moonachie Fire Department held its Annual Dinner at The Graycliff on Saturday, January 27, 2024, honoring the Members of the Moonachie Fire Department and recognizing outgoing Fire Chief Justin Derevyanik for his nine years as Chief.

Master of Ceremonies

was Ex-Chief R.J. (Bob) Jirouschek. 2nd Assistant Chief Chris Halloran led the Pledge of Allegiance. Ex-Fire Chief Tony Chiodo provided the Invocation and a moment of silence for all departed Department members.

The Mayor and Council,

honorary members, Communications Officer Caroline Sansavere, EMS, the Ladies Auxiliary and Mutual Aid Chiefs were recognized.

Mayor Dennis Vaccaro and Ex-Chief Justin Derevyanik, made comments.

Mayor Dennis Vaccaro

gave the Oath of Office to the Moonachie Fire Department Officers: Fire Chief William G. Hunt, 1st Assistant Chief Fred Dressel IV, 2nd Assistant Chief Chris Halloran, Captain Dave Kaneshige, Captain Louis Cappadonna, Lieutenant Augie DelValle, Lieutenant William

D. Hunt.

Presentations were made to Ex-Chief Derevyanik. 1st Assistant Chief Fred Dressel IV gave the traditional toast. A slide show concluded the program. Borough officials gathered for a group photo with Justin. ###



HHFD 2024 Installation Dinner

The Hasbrouck Heights Fire Department held its Installation Dinner for Chief Michael Greco and the Department Officers at The Fiesta on Saturday, January 20, 2024.

Master of Ceremonies was FF Eddie Diaz. Second Assistant Miguel Gonzalez led the Pledge of Allegiance. There was a moment of silence for all departed Department members

and wives. The Invocation was given by Fire Department Chaplain, Rev. Eric Dammann.

MC Eddie acknowledged Borough Officials, Mutual Aid Chiefs, retirees, ex-chiefs, etc., and visiting dignitaries who were in attendance.

The 2024 HHFD Officers are: Fire Chief Michael Greco, First Assistant Chief Robert Knobloch, Second Assistant

Chief Miguel Gonzalez, Secretary Edward Mucha, Treasurer James Carlin, Captain Daniel Wixon, Lieutenants Marc Pagan, Nicholas Lorenzo, Ryan Shute.

Guest speaker was FF Anthony Alosi from Upper Darby, PA Fire Department and Eckert Fire Tactics. Floral tributes were given.

A Citizen's Award was pre-

sented to Nancy Scaramuzzo for donating a kidney to Lodi FF Anthony Maiolo.

Commendations For Meritorious Service were presented to Chief Michael Greco and First Assistant Chief Robert Knobloch.

Knobloch made the traditional toast. Comments were made by HH Fire Commissioner Thomas Meli, Mayor

Ronald Kistner and Chief Michael Greco.

Mutual Aid Chiefs made presentations.

A slide show was presented. Wood-Ridge FF Phil Miuccio sang several Frank Sinatra songs while encouraging dancing.

The Bergen County Firefighters Pipe Band gave a grand performance. ###



Members of the Rutherford Green Team Committee with their Council Liaison Christie Del Rey-Cone

Rutherford Earns Sustainable Jersey Silver Certification

Rutherford has met the rigorous requirements to achieve Sustainable Jersey certification at the silver-level. Certified towns were announced at the Sustainable Jersey Annual Luncheon on November 14, 2023, in Atlantic City at the New Jersey State League of Municipalities Conference.

Sustainable Jersey's participating communities represent over 83% of the state's municipalities.

For the 2023 Sustainable Jersey application cycle, 20 towns achieved certification at

the more advanced silver-level to make a total of 70 towns that are silver-certified in the program.

Silver-level certification requires that a town meet a minimum of 350 points. Rutherford achieved an impressive 375 points across 33 actions in 9 different categories, including 5 priority actions.

The Green Team focused on Health, Energy, Arts and Food and Waste Actions, which accounted for 35% of the total points received.

This was a huge collab-

orative effort, as it wouldn't have been possible without all the Borough employees and committee members as well as other volunteers who worked with the Green Team to compile a tremendous amount of data.

Certified towns excelled in areas such as improving energy efficiency, health and wellness, reducing waste, sustaining local economies, protecting natural resources and advancing the arts.

About Sustainable Jersey
Sustainable Jersey pro-

vides tools, training and financial incentives to support communities as they pursue sustainability programs.

Sustainable Jersey participants have successfully implemented and documented over 25,569 sustainability actions. Sustainable Jersey has provided over \$7.6 million in grants to municipalities, school districts and schools for community-based projects that create healthy and sustainable communities in New Jersey. www.SustainableJersey.com

Provided by Kim Bogosian.
###



The New Jersey and New York Volunteer Firemen's Association have clothing bins around some towns. Moonachie Fire Department has one in their parking lot.

The proceeds are used for scholarships, death benefits and residents that were burned out. ###

Rutherford Community Pantry

The Pantry is located in the basement of Rutherford Borough Hall. It is a volunteer non-profit which is a joint effort of community faith congregations, organizations and concerned citizens. Call 201-460-3000 x3168 to volunteer. Food donations are welcome during hours of service.

Recipient eligibility is determined by local pastors, social services and other designated organizations. A completed and approved referral is required. Limitations apply. For more information go to: www.rutherford-nj.com/pantry ###

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33 Members dressed in red for Valentine's Day



Rosemarie Sees, VP of Programs, with Blue Chip Chorus

The Leisure Club of Hasbrouck Heights held its February meeting on Valentine's Day at the Senior Center. 71 members attended with 4 new members joining.

After the general meeting a performance was given by The Blue Chip Chorus of Bergen County (www.harmonize.com/bluechipchorus). This acapella group harmonized to entertain

the members with oldies and closed with a grouping of patriotic songs. The members were invited to join in singing if they knew the words. Everyone gave rousing applause at the end.

The Club would like to invite any individual who resides in Hasbrouck Heights to join. The next meeting will be March 13, 2024, at 12 p.m. A presentation by Pat Schuber

on George Washington will be given. Come on out and join the club. Dues are only \$15 per year. *Provided by Cynthia Sonzogni.*

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Diabetes Alert Day

American Diabetes Association Diabetes Alert Day is on March 28, 2023. Observed Annually on the fourth Tuesday in March, Diabetes Alert Day is a one-day "wake-up call" that focuses on the seriousness of diabetes and the importance of understanding your risk.

- As of now, more than 10.5% of the United States population is diabetic, whereas those at risk or at the prediabetic stage amounts to approximately 110 million of the total population.
- Nearly 1 in 5 adults living with diabetes, or 7.3 million

Americans, are unaware that they have the disease.

- Approximately 88 million people aged 18 years or older have prediabetes, a condition in which blood glucose levels are higher than normal, but not high enough to be diagnosed as diabetes.
- More than 84 percent of people living with prediabetes don't know they have it.
- About 50 percent of women with gestational diabetes go on to develop type 2 diabetes.
- There is a reason why diabetes is known as the silent killer. The human body some-

times shows no symptoms despite blood sugar levels gradually increasing until you are at fatal risk. So being aware of it, finding out about the risks, and getting tested are extremely important.

- Spreading awareness about diabetes encourages people to take time out to read up on it. People can get tested, get their blood glucose levels checked, and find out valuable information to help in the long run. For instance, did you know eating a cup of beans can lower blood sugar levels and minimize the risk of heart diseases?

Source: NIH ###

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W-R Memorial Foundation Scholarships

Applications are now available for the Wood-Ridge Memorial Foundation Scholarships. The Foundation is expected to award to 20 scholarships totaling in excess of \$65,000 this coming June.

Applicants must be residents of Wood-Ridge, graduating this year from Wood-Ridge High School, a Parochial or Private High School or the Bergen County Academies and attending college, a technical school, secretarial school, etc., (not limited to just colleges/universities) this coming fall. Deadline is Friday, April 12, 2024.

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

Applications are available at the Wood-Ridge High School Guidance Department. Also, by email request at janpro911@aol.com or mtomat24@gmail.com ###

Performing Arts Today

Care on the Corner announces the Winter 2024 program for Kids on the Corner, a Performing Arts Program for children in Grades 2 to 7.

This session marks the 44th production of Kids on the Corner. The children are offered opportunities to learn about history, culture, visual arts, theater production, set design, costume design, music and acting.

The Performing Arts group meets Fridays, February 23 to March 22, 2024, from 3:30 to 6 p.m. All are welcome to come out and see the performance on Friday, March 22, 2024, at 7 p.m.

The group meets at St. John the Divine Parish Hall, 229 Terrace Avenue, Hasbrouck Heights, NJ. Call 201-288-9460. There is a \$50 registration fee. Scholarships are available. ###

Michael A. Schwarz Memorial Scholarship

Engine Company Two of the Carlstadt Fire Department has established a Scholarship in memory of Michael A. Schwarz, a 20-year-old Marine killed in action November 2006 in Iraq. Michael was a member of the Carlstadt Fire Department and a 2004 graduate of Becton Regional High School.

The scholarship is open to all Carlstadt residents graduating from high school this spring and furthering their education. The scholarship will be awarded to students who show dedication and service to their school and community.

Applications will be available starting April 1, 2024, at the Carlstadt Borough Hall, 500 Madison Street, Carlstadt. The Borough Hall is open Monday through Friday from 8:30 a.m. to 4:30 p.m. Scholarship applications must be completed and returned no later than May 5, 2024.

The members of Engine Two wish to thank everyone who donated to this scholarship fund. With your generous support the memory of Michael and his devotion to serve his country and community will live for years to come. For more information about the scholarship, or to make a contribution, contact the Carlstadt Fire Department at 201-460-3942. ###

Nursing Scholarships

The Bergen County American Legion and Auxiliary announced the 2024 scholarship application process is now open for The George F. Axt Memorial Fund Nurses' Scholarship. The 2024 six individual awards will be \$3,000 each.

Applications and rules are accessible at this link: <https://bcnj.org/george-f-axt-memorial-fund-nurses-scholarship/>

The application deadline is March 31, 2024. Affiliation with The American Legion or The American Legion Auxiliary is not a requirement for consideration.

For more information, email alaunit136LodiNJ@gmail.com ###

W-R Lions Scholarship Awards

The Wood-Ridge Lions Club will be awarding a total of \$6,500 in scholarship awards this coming June.

Students graduating from Wood-Ridge High School, Parochial High School, the Bergen County Academies or any accredited High School and are residents of Wood-Ridge or Moonachie and will be attending college next September may apply.

Applications will be available March 11th at the Wood-Ridge High School Guidance Office, the Assumption Church Rectory and JAN PROMOTIONS, 50 Moonachie Road in Moonachie. They are also available by email request at janpro911@aol.com

Applications must be received by April 19th. ###

Audrey Nagel Scholarship

Applications are available for the Audrey L. Nagel Scholarship. Parochial School Eighth Graders who are registered parishioners of Assumption Parish in Wood-Ridge or residents of Wood-Ridge registered in another parish and will be attending a Catholic High School this coming fall are eligible.

The \$1,000 award is given in the name of Audrey Nagel. The award will be presented to a student that has shown a commitment to their education, their school and parish. Applications are available at the Assumption Rectory, Corpus Christi Grammar School or by email request janpro911@aol.com. Deadline for applications will be May 3, 2024. ###



Spring Forward

March 10, 2024. Clocks should be set forward one hour

RLC Pre-K and Kindergarten Registration

Pre-school and Kindergarten registrations are currently being held for children new to the Robert L. Craig School.

Call Mrs. Allison Maccarrone at 201-641-5833 ext. 117 for the Pre-school registration process. Children who will be 3 or 4 years old on or before October 1, 2024 are eligible for Pre-school.

Children who will be 5 years old on or before October 1, 2024 are eligible for Kindergarten. Call Ms. Linda Esposito for Kindergarten details at 201-641-5833 ext. 123.

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Full Worm Moon

The March full moon will appear on Tuesday, March 25, 2024, at 3:01 a.m. EDT. It is called the "Full Worm Moon." also known as the "Spring Full Moon."

If you have just a bit of rain on either of these nights, you may even get to spot a rare phenomenon called a moonbow. A moonbow is just like a solar rainbow but is created by moonlight (*rather than sunlight*) when it is refracted through water droplets in the air. Moonbows only happen when the full Moon is fairly low in the sky, so look for one in the hours after sunset when the sky is dark.

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

Northern tribes also referred to this Moon as the "Full Crow Moon" when the cawing of crows signaled the end of winter; or the "Full Crust

Moon," because the snow cover becomes crusted from thawing by day and freezing at night.

The "Full Sap Moon" marks the time of tapping maple trees in another variation.

The "Wind Strong Moon" refers to the strong, windy days that come at this time of year.

The "Sore Eyes Moon" highlights the blinding rays of sunlight that reflect off the melting snow of late winter.

For many years, we thought this name referred to the earthworms that appear as the soil warms in spring. This invites robins and other birds to feed—a true sign of spring!

March's full Moon often plays a role in religion, too. Specifically, in Christianity, this Moon is known as the Lenten Moon if it is the last full Moon of the winter season (*i.e., if it occurs before the spring equinox*) or as the Paschal Full Moon if it is the first full Moon of spring (*i.e., if it occurs after the spring equinox*).

This year, March's full Moon occurs after the spring equinox (*March 19, 2024*), making it the Paschal Moon. March's full Moon will be the first full Moon of the spring season and, therefore, determines the date of Easter this year.

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. ###

Rutherford Golden Age Club March 26

The Rutherford Golden Age Club meets the 4th Tuesday of each month at 30 Woodland Avenue, Tamblin Field Civic Center. Come join us at noon for coffee and refreshments. The meeting begins at 1 p.m. The next meeting is March 26, 2024.

On March 21, the Club will be going to the Brownstone for lunch and entertainment. There is also a trip planned to the American Dream Mall on March 7. All welcome!

Questions: Gerry 201-935-2937 or Micki 201-997-5041. ###

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/dominos.

Trips

All trips leave from the upper parking lot at Lester Stag Way and Garden Street. Arrive 15 minutes before. Money for trips will be collected first meeting of the previous month. Call Helene at 201-463-3000 for details.

- March 13. Resorts Catskills. Bring ID. \$25 slots/\$15 food. Bus leaves 9 a.m. \$4.
- April 24. FDR & Vanderbilt, New Hyde Park. Coppola's Restaurant. Veal Parm/Chicken Marsala/Cod. Bus leaves 9 a.m. \$74.
- May 29. Villa Roma.
- June 13. Papermill; Beautiful; Carol King. ###

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Little Ferry Seniors Club New Address

Meetings are held the second Thursday of each month at 1 p.m. Refreshments are served. Bingo is the 2nd and 4th Tuesday of each month at 12 p.m. All meetings and games are held at Little Ferry Senior Center at our new address at 250 Mehrhof Road. New members are always welcome. Dues are \$15 per year, per person. For more information, call Mary at 201-686-8424. ###

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.

- Atlantic City Friday trips are scheduled for March 15, April 19, May 17, June 21 and July 19. Cost is \$45pp. Get \$30 back from casino. ###
- March 6. Shore Club "St. Patrick's Celebration" from Ireland to America. Irish Tenor Mike Byrne with the Green Derby Band + Comedian + Bagpiper. 1 Hour open bar/lunch meal choice. Bus departs 9:30 a.m. \$72pp
- April 9. Villa Roma. Presents Caesar's Extravaganza Luncheon & Barry Manilow Tribute starring Anthony Duke Claus. Lunch meal choice. Bus departs 8:30 a.m. \$70pp
- May 2. Hunterdon Hills Playhouse. "Beehive." Lunch. Bus departs 9:30 a.m. \$85pp. ###

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AARP Chapter #2015 Lodi

The AARP Chapter #2015 of Lodi meets at noon the third Tuesday of every month at the Lodi Senior Citizens Building, 22 Walnut Place. Each meeting will have either a speaker or entertainment as well as light refreshments. New members are welcome. 2024 dues are \$10 for the calendar year (*Jan. 1 to Dec. 31*). National AARP membership is required. For membership information contact Stan at 973-779-8544 or email aarp.2015.lodi.nj@gmail.com.

- March 19: Regular monthly meeting. Speaker from Hackensack UMC (*Health Awareness Regional Program*).
- April 16: Regular monthly meeting. Election and Installation of Officers.
- May 21: Entertainment provided by the music students of the Felician School for Exceptional Children directed by Barbara Giaquinto.
- June 18: Regular monthly meeting. Bergen County Sheriff's Dept. K-9 Unit demonstration. *Provided by Kathleen Zalenski.* ###

Vic's Hoofers

The Vic's Hoofers, a women's social organization, meets the first Thursday of the month at the Carlstadt Civic Center, 425 Fourth Street, Carlstadt. You do not need to be a Carlstadt resident to join.

The next meeting will be held on Thursday, March 7, at 7 p.m. New members are always welcome to join us for an evening of fun and camaraderie. For information, call Alice at 201-933-8561. ###

Bergen County LGBTQ Seniors Meet March 12, 18, 15

Bergen County LGBTQ+ Alliance (BCLA), a 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, March 12, Monday, March 18 and Friday, March 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 Bldg*), 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. ###

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Artful Thinking

By Artie Maglionico • Lodi Historian

March 2024

March 17th, as we all know, is St. Patrick's Day so I'm going to start this month's column with a poem I wrote a few years ago called "I Dreamed I was in Ireland." To those of you who are reading this poem for the first time here's hoping that the color of green finds its way into your bill fold. To those who have already read it, you're about to read it again.

I Dreamed I was in Ireland By Artie Maglionico

I dreamed I was in Ireland. It was quite a lovely scene. flowers danced beneath the sun In fields of emerald green.

The people there were magical. I watched them dance and sing Playing harps and fiddles their eyes as soft as spring.

I dreamed of open farmland horses running free. Children playing in the hills Who then called out to me "join us if you will dear friend. Come rest beside the stream. Think tenderly of Ireland Though this be just a dream." Fini

Folks it is doubtful that I'll ever get to visit Ireland in person, but through this poem I can visit the Emerald Isle every St. Patrick's Day. Care to join me?

While I'm on the subject of St. Patrick's Day I'm here to tell you that your favorite Rock group "The Individuals" will be performing at Black Jack Mulligans in Garfield on March 17, at 2 p.m.

For those of you who will be seeing the group for the first time allow me to introduce them to you.

Joey Bart and Kenny Rocha play guitar and vocals, Glen Loicono drums and vocals, Tyler Gabbenelli doubles as bass player and singer as does keyboard player Donnie Maskal. The Group fell victim to the wrath of Mother Nature last summer when inclement weather forced them to cancel three consecutive shows at the Lodi Amphitheater. This time the luck of the Irish has sent the group indoors. The luckiest are those who get to watch them perform.

As Child growing up on Westervelt Place (*I lived on Arnot Street but I grew up on Westervelt Place*), I don't recall celebrating St. Patrick's Day

per se.

If the holiday didn't arrive with a day off from school then it sort of went by unnoticed. It wasn't until my 20s that I realized what I had been missing all of those years.

I remember being introduced to my first gastronomic helping of Corned Beef and Cabbage. My dear old Mom served the meal with a side order of Irish soda bread which to me tasted a lot like what the Italians refer to as Panettone. "Isn't this Panettone?" I asked as I wolfed it down. "No" answered Lena with a sly grin "It's Irish soda bread!" Come Easter time the opposite was true. "Mom can I have piece of Irish soda bread?" Lena looked at me with her familiar smirk and replied "It's Panettone!"

Why do they call it "Corned Beef?" Is there corn in it? Did the beef come from cows that ate corn on the cob or was the corn added during processing?

What I'm asking is how exactly do you corn beef. In other words only after the beef is mixed with corn can it be called "Corned" Beef. Can someone actually explain the corning process to me?

Also, what exactly am I eating? Sure the cabbage and boiled potatoes have no mystery attached to them. You know just by looking at them where they came from and how they're going to taste. When placed next to "Corned" beef they get overlooked. No one ever says "Why do they call this "cabbage?" Or "What's this boiled thing next to my Corned beef?"

The poor potato never gets recognition. Think about it folks! When was the last time you heard someone ask for Corned beef, cabbage and a boiled potato?

Never dare I say. Nor do you hear someone ask what this stuff is next to my Corned beef? What about freshness and taste? When was the beef actually corned? Is there an aging process like beer or wine? How long ago was this beef corned and do you need a license to be called a Corned Beef specialist?

Any way folks these are the questions that will be plaguing my mind as I sit down with my favorite pint and enjoy a sizeable helping of Corned beef and cabbage. Don't forget the potato.

Happy St. Patrick's Day!

Historically Speaking

By James J. Halloran



Irish Folklore

Ireland has a rich tradition of tales and legends dating back over two thousand years. These range from magical folk, leprechauns to giants, heroic warriors, kings and queens and sad love stories. Here is a list of some of the more prominent figures in Irish folklore:

- **Leprechauns:** These diminutive fellows, dressed in green, are well known and need no explanation.

- **Clurichauns:** These fellows, dressed in red, appear to be related to Leprechauns. They have a great fondness for strong drink. They are often found around breweries, wine cellars and pubs. They may appear to tipsy pub patrons, after many pints have been consumed. Some say that they are just Leprechauns on a drinking spree.

- **Pookas:** Another group of diminutive people. They are dressed in dark garments. They are practical jokers and like to confuse people. There is usually no harm in their pranks.

- **The Merrow:** These are Irish mermaids. Merrow are half fish and half beautiful women. They are said to be friendly and modest and sometimes take human lovers. This does not normally turn out well for the human.

- **The Cailleach:** She was called the Queen of Winter. She appeared as an old hag. It is said that she controlled the weather and the wind.

- **Balor of the Evil Eye:** Balor was a giant with one eye. He could kill with one look. If he fixed his eye on you, you were dead.

- **Fionn MacCumhaill:** This Celtic giant was better known as Finn MacCool. He was a great warrior and was leader of the Fianna, a band of warriors dedicated to defend Ireland from foreign invaders. He is also credited with the construction of the Giant's Causeway in Ulster.

- **Cu Chulainn:** He was a great warrior and has many stories about his battles and victories. He was reported to be half god and half human.

- **The Shee:** Forget about Tinkerbell and the fairy godmother. The Shee are Irish fairies. They are as big or bigger than a normal human and do not have wings. They can be invisible or just appear to individuals, but cannot be seen by others in the same group. They

can do good or bad, depending on their mood. Just don't cross them. Revenge is swift and painful. The Ban Shee can foretell a death.

The Shee live underground in fairy hills, fairy rings and forts. They can be found around Hawthorn plants. Do they hold influence on the Irish people?

In 1999, the County Clare Council decided to enlarge a major highway, M18. Surveyors and engineers laid out plans for the expansion. As construction progressed, it was seen that a Hawthorn bush was in the path of the proposed route. A hue and cry arose from the locals.

It seems that this bush is the site where the Connacht and Munster Shee meet to fight.

Locals claimed that the Shee, if disturbed, would cause major accidents with injuries and even death, on M18. Work stopped and the debate went on for a number of years.

The Clare Council finally ruled that the highway could not come within 5 meters (16.4 feet) of the bush. After 10 years from the start of the project, the work was done. As the Shee happily punch each other black and blue, the Garda (*Irish Police*) have not reported any major accidents on this section of M18.

If you do a pub crawl on March 17th, and meet a Clurichaun? Buy him a Guinness.

HAPPY SAINT PATRICK'S DAY! ###

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Looking Back
 By Rod Leith, Rutherford Historian

From Rutherford to Rutherford

Twelve decades after his death on Memorial Day 1961, Rutherford responded to an appeal by the local chapter of the Daughters of the American Revolution (DAR) to honor former United States Senator John Rutherford (1760-1840).

The crowd that stood in front of Borough Hall that Memorial Day watched as the DAR unveiled its plaque to pay tribute to John Rutherford, "American patriot and statesman for whom this Borough was named."

Rutherford, who was born next door to historic St. Paul's Church in lower Manhattan years before the start of the War of Independence, was a next door neighbor of Aaron Burr, best known as the murderer of Alexander Hamilton.

He was a close political ally of John Jay, first Chief Justice of the Supreme Court. As a staunch Federalist, he often consoled and cheered President George Washington.

He held the distinction of living to become the last surviving U.S. Senator from Washington's administration. He was also one of three men commissioned to plan the street grid of Manhattan while building an estate along the Passaic River in Rutherford.

Looking through a history book's pages, my index finger stops at the Rs, I'll find Benjamin Rush, a signer of the Declaration of Independence and noted physician. Rush was the Rutherford's family's doctor.

Historians don't find reason to mention John Rutherford, which might be due to his penchant for privacy after leaving

the Senate in 1798. And after the shooting death of Hamilton in 1804, Rutherford vowed not to ever speak again to Aaron Burr.

In "City on a Grid - How New York Became New York," the author Gerard Koepel was particularly critical of the participation of John Rutherford.

"Of the three men commissioned to plan Manhattan, John Rutherford was the only one born on the island, but he brought the least experience and interest to the work," Koepel writes.

At the time, Rutherford was planning his large estate, Edgerston, on the Passaic River, which he acquired in 1806 from two shipbuilders, Nicholas and Cornelius Joralemon.

Over the next two years, Rutherford traveled from Tranquility (now Allamuchy Township), a distance of more than 50 miles, to supervise construction of his manor, a three-story mansion, later converted to a hotel and destroyed by fire in 1870.

Rutherford was, when he died on February 23, 1840, the last remaining senator from the Washington Administration of 1789-1797.

The esteem held for him is well-documented. John S. Hobart (1738-1805), a prominent New York jurist, called Rutherford a "gentleman of established patriotism and firmness." Hobart pled unsuccessfully with Rutherford to rescind his resignation from the U.S. Senate in 1798. Rutherford and James Monroe (1758-1831), our fifth president, served in the senate together, often at political odds. But some years later, in a letter from the White House, Monroe recalled his

senate colleague as a man "whom I had the pleasure to serve and for whom I have great respect."

So how did Rutherford become Rutherford? There were many years of spelling inconsistencies in the common usage of the name.

Take, for instance, the census takers, who were notorious for misspelling names. In 1860, Rutherford's grandson, Robert W. Rutherford (1819-1904), was identified in the census as Robert Rutherford. However, in the 1870 census of Union Township, the Rutherford post office location was spelled Rutherford Park.

The mistake of exchanging the "u" for the "o" wasn't made only by census takers. Robert N. Merritt (1823-1895), Secretary of the New Jersey Episcopal Diocese, in a written communication on May 11, 1869 to the wardens of Grace Church Parish, referred to the newly established parish as Rutherford Park.

In James M. Van Valen's (1842-1904) history of Bergen County he recounts that in 1867 Boiling Spring became "Rutherford Park."

Perhaps the most significant of the "spelling mistakes" culminated in 1876, according to the research of Catherine M. Fogarty. Principals of David B. Ivison's (1835-1903) Mount Rutherford Company mischievously claimed its corporate filing in 1867 was meant to read, "Rutherford."

About 10 years later, Ivison's land company, rivals of Robert Rutherford's Rutherford Park Association, successfully petitioned the Postmaster to change the postal office to Rutherford Park.

For the first time, on April 6, 1876, the masthead of the Bergen Herald dropped the "Park," and announced itself as the newspaper of Rutherford. ###

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Real Estate Insight

By Mary Ellen Courtney

Reliance on Loved Ones

Quicken Loans & Wells Fargo have formidable competition these days. I read recently that 'The Bank of Mom and Dad' is now the country's seventh largest home lender.

A study from Legal & General Group states that parents lent their kids a total of \$47 billion last year, helping them to buy 1.2 million homes.

That's one in five parents who helped fund the purchase of \$317 billion worth of housing. Forty-three percent of those who received the help were under 35.

Without the gift from the Bank of Mom and Dad, these young adults say they would have had to delay their home purchase for years/infinitely.

"For many, perhaps most, young adults, buying a house without help is an increasingly unattainable goal," writes Nigel Wilson, chief execution at Legal & General.

A number of economic reasons - student loan debt,

stagnant wages, sky-high rents, the extreme cost of day care, etc. - make it no surprise that more and more millennials are turning to ma & pa to help fund their future.

And, for the most part, if they're able to, parents seem to be fine with fronting some money. But Wilson calls it a worrisome trend that so many young adults are relying on help from family to buy a home.

As realtors, we see it every day: homeownership is out of reach for many young people - and those who don't have family members to turn to are often out of luck.

I'm reminded of someone I met last year, a young lab technician who was hoping to purchase a condominium. She didn't use family money when she started searching but she had that option; it made, she said, the search a whole lot less stressful. Just knowing that, if there were issue with closing costs, she would be covered, that if something unforeseen occurred she would be able to

manage it; it made for tremendous peace of mind. In the end, she found her dream condo in Lodi and didn't have to turn to family/friends for financial help in buying it. It felt good, she said, to have accomplished it all on her own.

There used to be a time when people graduating from college could hold a reasonable expectation of home ownership.

Since the bottom fell out of the housing market in 2008, though, home prices have been steadily increasing to a point where this expectation has become unrealistic.

According to the US Census Bureau, home ownership rates for all age groups were lower in 2023 than in 2006, the year before the Great Recession; householders between 35 and 44 years of age showed 10 percentage points lower in 2023 than in 2006.

Obviously, the down payment is the biggest hurdle to a home purchase. Many renters who would be able to meet monthly mortgage payments can't qualify for a mortgage because they're unable to save the 20 percent or so of a home's sale price.

The median existing home

sells for over \$300,000 in our south Bergen area; that means having to have on hand around \$60,000 to secure a conventional mortgage...

Some programs allow first-time or lower-income homebuyers to put down a smaller payment, but (as I've read elsewhere) with nearly 60 percent of Americans unable to cover even a \$1,000 emergency expense, it's clear that any sort of down payment is out of reach for many people.

In that sense, generous parents are meeting a real need, the Legal & General report concludes. But is this state of affairs economically/socially sustainable? "The Bank of Mom and Dad enables the transfer of assets to the younger generation, but that only works if you have money to start with. What you end up getting is this increasing inequality across generations," writes John Godfrey, director of affairs at Legal & General. "It makes it that much harder for people to be self-made and successful."

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! ###



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.vilicca@njahof.org ###

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Footnotes

By Dr. Kenya Lazovik, DPM

Enjoy Pregnancy Without Foot Pain

Physician offers mothers-to-be remedies for aching feet.

Women often experience foot pain during pregnancy because of increased weight,

foot instability and swelling. In the last five years, our office has seen an increase in pregnant women with foot pain because more women than ever before are active, even running marathons, during their pregnancies. We recommend the following guidelines to help reduce foot

pain during pregnancy.

• **Painful, Swollen Feet.** Pregnant women often experience throbbing, swollen feet due to excess fluid build up (*edema*) in the feet from the weight and position of the baby.

To reduce swelling, put feet up whenever possible, stretch legs frequently, wear wide comfortable shoes and don't cross legs when sitting.

• **Arch Pain:** Pain in the arch can be due to both arch fatigue or over pronation (*or the flattening of the arch*) in response to extra weight or a hormone the body releases during pregnancy called relaxin. Over pronation causes extreme stress to the ligament (*the plantar fascia*) that holds up the arch of the foot. The best way to prevent arch pain is to

stretch daily in the morning and before and after any exercise, don't go barefoot and wear arch supports or orthotics.

• **Ingrown Toenail:** Excessive stress from tightly-fitting shoes causes painful ingrown toenails. Give your feet a break: wear wider shoes during the last trimester of pregnancy to avoid ingrown toenails. If you do experience an ingrown toenail, avoid attempting "bathroom surgery." Repeated cutting of the nail can cause the condition to worsen over time. It is best to seek treatment with a foot doctor.

It is also not uncommon for women to experience a change in their foot size during pregnancy. "A permanent growth in a women's foot, up to half a size, can occur from the release

of the same hormone, relaxin, that allows the pelvis to open to deliver the baby. It makes the ligaments in your feet more flexible, causing feet to spread wider and longer.

Pregnancy and pending motherhood should be a joy. If foot pain persists, call your local podiatrist's office. They can provide relief with conservative treatments such as physical therapy, foot orthotics, supportive shoes and minor toenail procedures.

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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Filling You In

By Jeffrey E. Mason, DMD, FAGD.

Temporomandibular Disorder

Located on each side of your face, the temporomandibular joints (TMJ) connect your lower jaw to your skull.

These joints and their accompanying muscles allow you to open and close your mouth and move your lower jaw from side to side. You can feel these joints by placing your fingers in front of your ears and opening your mouth.

• What is temporomandibular disorder?

Temporomandibular disorder (TMD) occurs when the TMJ is damaged or deteriorates or when the muscles surrounding the joint malfunction, causing imbalanced jaw movement. The chronic muscle pain and spasms associated with this condition can often be painful.

• What should I know about TMD?

Approximately 5 to 12 percent of people suffer from TMD, according to the National Institute of Dental and

Craniofacial Research. TMD refers to a variety of conditions affecting the joints, muscles and nerves in the jaw.

• What causes TMD?

In many cases, the cause of TMD is unknown. However, it may be caused by trauma, such as injury or dislocation, or an improper bite, which affects the chewing muscles. Stress and its related behaviors, such as clenching the jaw or grinding the teeth, may aggravate the condition.

Inflammatory conditions, such as rheumatoid arthritis, can also cause TMD. The condition appears to be more common in women than men, though there is no consensus as to why.

• How do I know if I have TMD?

Those with TMD may experience the following symptoms on one or both sides of the face:

- Jaw pain or soreness that is more prevalent in the morning or late afternoon.
- Jaw pain associated with chewing, biting or yawning.
- Clicking noises when opening and closing the mouth.
- Difficulty opening and closing the mouth.
- Locking or stiffness of the jaw when talking, yawning or eating.
- Tooth sensitivity not associated with dental problems.
- Headaches or neck pain.
- An earache not associated with an ear infection.

If you experience any of these symptoms, talk with your general dentist. He or she can perform an examination, checking the joints and muscles in your jaw for tenderness, clicking, popping or difficulty moving. Depending on the diagnosis, your dentist may refer you to a physician or a specialist.

• How is TMD treated?

Many TMD cases can be handled with simple treatments and lifestyle modifications, including:

- Eating soft foods.
- Applying a warm compress over the region of pain.
- Taking non-aspirin pain relievers or using heat packs to manage pain.
- Practicing relaxation, stress relief techniques and good sleep hygiene.

In more severe cases, your dentist may recommend physical therapy (*exercises to strengthen the jaw muscles*), appliance therapy (*a splint, mouthguard or bite plate*) or medication (*pain relievers, muscle relaxants, anti-inflammatory drugs, antidepressants or anti-anxiety drugs*).

• Is TMD permanent?

TMD is often a cyclical condition that can recur during times of stress. If you have TMD, see your dentist for regular checkups so that he or she can monitor your symptoms and manage your care.

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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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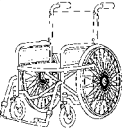
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Carlstadt Public Library

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

- **Bingocize.** Designed to benefit older adults who want to improve their balance, flexibility and strength while socializing and meeting new friends, Fridays, 10:30 a.m. through March 15.

- **Beginner Yoga with Onika.** Mondays, March 4, 11, 18 and 25, 10:15 a.m. Bring a yoga mat. Register for each session.

- **Author Visit.** Calling fellow bookworms! Renowned author, Laurie Frankel, Tuesday, March 5, 7 p.m. to discuss her novel "Family, Family." The Zoom link will be emailed after registration. Copies available at the Circulation Desk or access the e-book or audiobook on Hoopla and Libby!

- **Movie Madness.** Tuesday, March 5, 1 p.m. or Wednesday, March 6, 6 p.m., "My Sailor, My Love," winner of the 2022 Best Irish Film award. Seating is limited.

- **Sound Bath Meditation.** On Thursday, March 7, 7:30 p.m. This workshop is designed to promote relaxation and other mental health benefits. Bring a yoga mat and a small pillow.

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.

- **Playdough Playtime.** Friday, March 8, 10:30 a.m. Children, ages 2-5, come have fun playing with Playdough with your friends!

- **Children's Yoga Class.** Thursday, March 7 at 4 p.m. Bring some water and a yoga mat or towel! Open to ages 6-12.

- **Music with Miss Nita.** Wednesday, March 13 at 1 p.m. Join Miss Nita for singing, dancing, and more! Children ages 0-5 and caregivers.

- **Children's Pajama Storytime.** Thursday, March 14, at 5 p.m. Come in your pajamas, hear a story, and do a fun craft!

- **Children's Craft: Make a Blarney Stone.** Monday, March 18 at 3:30 p.m. Celebrate

- **Irish Spring Meadow - Painting Class.** Saturday, March 9, 11 a.m. for a morning of nature and painting. Participants will create a one-of-a-kind canvas art piece using watercolors. Materials provided.

- **Spring Garden Prep Workshop.** Sunday, March 10, 11 a.m. a hands-on Spring Garden Prep Workshop at the Carlstadt Community Garden with Jen Sarzo. Learn how to cut back perennials, cultivate the soil, and ready your garden for a bountiful growing season. Bring your gardening gloves and hand tools. Students can earn community service hours.

- **The Irish Balladeer.** In celebration of St. Patrick's Day, Richard Stillman, The Irish Balladeer, Tuesday, March 12, 1 p.m. This lively event will feature traditional stories, songs and dances with authentic Irish instruments.

- **Essential Nutrition for Health and Wellbeing.** Wednesday, March 13, 7 p.m. Attend a nutrition presentation, led by registered dietician Stephanie Sass from ShopRite of Wallington.

- **Financial Literacy: Becoming an Informed Investor.** Tuesday, March 19, 7 p.m. a personal finance presentation will cover the basics of savings and investing. Hosted by Seton Hall University School of Law students.

- **Cook the Books! - Cookbook Club.** Meet on Wednes-

day, March 20, 7 p.m. This month's club pick is "Modern Comfort Food" by Ina Garten. Copies are available at the Circulation Desk.

- **As the Page Turns - Adult Book Club.** "The River We Remember" by William Kent Krueger, Wednesday, March 27, 7 p.m.

- **Mah-Jongg for Beginners.** 5-week series on Thursdays, March 28, April 4, 11, 18 & 25 at 6:30 p.m. Learn to play the ancient Chinese tile game with the help of a certified instructor. Participants must be able to attend all five sessions.

- **Storytime at the Library.** Wednesdays, March 6, 13, 20 & 27 at 11 a.m. for ages 6 months to 5 years.

- **Music with Miss Nita.** Thursdays, March 7, 14, 21 & 28 at 10:15 & 11 a.m. Babies, toddlers and preschool children will enjoy songs, rhymes, movement and instrument play.

- **Little Bookworms: Yoga Storytime.** Babies and toddlers ages 18 months to 5 years old on Tuesdays, March 12 & 26 at 10:30 a.m. Explore a world of stories along with baby-centered yoga poses.

- **Mummies and More!** Children ages 8 and up, Saturday, March 23, 11 a.m., an interactive workshop on ancient Egypt. A mobile museum of authentic artifacts will be on display and papyrus will be available to take home. ###

- **St. Patrick's Day with this fun craft** inspired by the Irish Blarney Stone tradition!

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

- **Bright and Early Storytime.** Friday, March 22, at 10:30 a.m. Start your day off on the right foot by listening to a fun story and doing puzzles. Open to ages 5 years and younger.

- **Holi Spring Festival.** March 19 at 4 p.m. Holi is a popular and significant Hindu festival celebrated as the Festival of Colours, Love, and Spring. Join Bhavna for fun crafts and activities.

- **Adult Craft: Diamond Painting.** Wednesday, March 27, at 6:30 p.m. This craft uses an applicator to apply rhinestones in a pre-made design. We'll be making bookmarks!

- **Monday Afternoon Book Club.** Monday, March 11 at 2 p.m. We'll be reading "The Bandit Queens" by Parini Shroff.

- **Coloring Therapy for**

Hasbrouck Heights Free Public Library

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

The Library's winter 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 the book box at the rear of the Municipal Building. Registration is required for all programs unless otherwise noted. Any child under the age of 9 must be accompanied by an adult at all times.

The Library Board and Administration are asking for your support to help maintain the role of the Library for its traditional purpose (*to do homework, research, use of the computers, or reading*) after school.

• 2024 Membership Drive

The Friends of the Library Membership Drive is presently taking place. Please be on the lookout for membership renewal information or consider signing up to become a Friend and make a difference! For details, inquire at the Front Desk on your next visit.

- **Concert with Bill Galbo.** Saturday, March 23, 1 to 2 p.m. Hasbrouck Heights Library's very own "Tech Guy" has been performing in the Metro-NY area for over 40 years. This solo performance will feature Bill on vocals, keyboards and drum synth & will sound like a 4-piece band. A one-hour show featuring great songs from many of your favorite artists.

- **Save the Date.** Taste of Hasbrouck Heights & Friends, Wednesday, April 24 at the Fiesta. More details to come.

For CHILDREN

- **Read Across America Story & Craft.** Saturday, March 2, 11 a.m. Join the HH Junior Women's Club as they celebrate Read Across America week with a story and craft. All families are welcome. Registration is limited.

- **Oreo Cookie Challenge.** Wednesday, March 6, 3:30 p.m. until supplies last. Did you know that March 6 is National Oreo Day? Stop by the Creativity Room after school for an Oreo tasting and vote for your favorite flavor. Will the classic Double Stuff retain its crown?

- **Stuffed Animal Sleepover.** Friday, March 8, 6:30 to 7 p.m.; pick up animals on Saturday, between 10:30 a.m. to noon. Bring a stuffed friend on Friday evening and leave them for a night of fun. Come back the next morn-

ing to pick them up and see what adventures they had over breakfast. Seating is limited.

- **Kids' Book Club.** Thursday, March 21, 3:30 to 4:30 p.m. Calling all 3rd, 4th, and 5th Graders! Join our new monthly book club where we'll discuss a book, do an activity, and share a snack. Our first book is "Dogtown" by Katherine Applegate and Gennifer Choldenko. Subsequent meetings will be on the last Friday of the month.

- **Game Lounge Tournaments:** Super Smash Bros. - Tuesday, March 5, 3:30 to 5 p.m. (*best for ages 8 and up*).

- **Mario Kart - Thursday,** March 14, 3:30 to 5 p.m. (*best for ages 6 and up*).

- **All-Ages Story Times.** Wednesdays, March 6 and 20, 11 to 11:30 a.m. A casual all-ages story time for little ones and caregivers with books, songs, and fingerplay. There may even be bubbles!

- **Evening Storytime.** Tuesday, March 26, 6 p.m. The whole family is welcome to wind down the day with an all-ages story time.

- **Read-to-a-Dog.** Thursday, March 7, 6 to 7 p.m. Oscar is ready to listen! Come get some reading practice in.

- **Lego Club.** Wednesdays, March 13 & 27, 4 to 5 p.m. All builders are invited!

- **Little Artists: Welcome Spring Craft.** Friday, March 15, 3:30 to 4:30 p.m. for ages 5 and up.

- **Chess Club.** Wednesday, March 20, 4 to 5 p.m. for Grade 2 and up Whether you're an experienced player or just want to learn the basics, check out our new Chess Club.

For TEENS

- **Let's Make: Banana Pudding Parfaits.** Monday, March 18, 4:30 to 5:30 p.m. for Grades 5 and up

- **Teen Book Club.** Monday, March 25, 5 p.m. Join us once-a-month for book chat, activities, snacks, and more. This month we're reading "The Final Six" by Alexandra Monir.

For ADULTS

- **Friday Movie Matinee: "The Lost City."** Friday, March 8, 1 to 3 p.m. Refreshments provided.

- **Crafts-to-Share Club.** Tuesday, March 12, 6 to 8 p.m. Wednesday, March 27, 1 to 3 p.m. In-person and on Zoom by request.

- **Adult Book Club.** 4th Tuesday of every month, In-Person & via Zoom at 7 p.m., March 26. "The Thursday Murder Club" by Richard Osman.

- **English Conversation Practice Group.** Intermediate Level or above. No Drop-Ins. Must apply before attending. Mondays and Saturdays available. ###

Libraries Are Fun!

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 will be closed at 1 p.m. on Friday, March 1 and all day Saturday, March 2 for Library Mini Golf. The Library is also closed Friday, March 29.

The following programs require registration. Visit rutherfordlibrary.org/events

• **Rutherford Library Foundation Gala.** The Rutherford Public Library will celebrate 130 years on Saturday, March 23, at Il Villaggio. This year's honoree is Dan Meredith, owner of Dan Meredith Allstate Insurance and president of the Rutherford Chamber of Commerce, for his contributions to the Library and the community. Tickets are on sale through the Library's website and at the main desk.

• **An Evening with Bill Ervolino.** Monday, March 11 at 6 p.m. Come hear this humorist, columnist, author, and comedian for yourself!

• **Introduction to Hiking.** Monday, March 18 at 6 p.m., Mario Medici will cover what to bring, some sample trails, and more. Hikers old or new, non-hikers, and area historians will all find something of interest in this slide presentation.

• **Children's Department.** Story Time with Miss Jane on Wednesdays at 10:30 a.m., music and entertainment on Fridays, and crafts each month.

• **Teen Department.** The Teen Department regularly offers service hours, crafts, and social time for teens. Fantasy Map Makers meets on Wednesday, March 13 at 3 p.m. The Teen Advisory Board meets once a month. This group of

regular Library patrons contributes to programming, teen engagement, and plans for the Teen Lounge. Check the teen page of our website to apply.

• **Author Talks**
- The Power of Friendships with NPR Legal Affairs Correspondent Nina Totenberg, discussing "Dinners with Ruth" (*yes, as in... Bader Ginsburg*), Wednesday, March 6 at 4 p.m.

- 20 Years of Dragon-Riding in YA Fantasy with International Bestselling Author Christopher Paolini, Eragon, Eldest, Brisingr, and Inheritance, Thursday, March 14 at 4 p.m.

- On Retelling Greek Classics: An Exploration of the Modern Epics with Madeline Miller, *The Song of Achilles* and *Circe*, Thursday, March 21 at 7 p.m.

Each talk features the opportunity to participate in author Q&A or pre-submit questions during registration! While these talks are best experienced live, past Author Talks can also be accessed.

Regular Features

• **Monday Night Book Group** will meet Monday, March 18 at 6:30 p.m. to discuss "Man's Search for Meaning" by Victor Frankl.

• **Cook-a-Book Club** will share recipes from "Hungry Girl Simply Six" by Lisa Lillien on Tuesday, March 5 at 6:30 p.m.

• **Spice Club** will meet on March 19 at 6:30 p.m. via Zoom to cook together.

• **Read 'Em & Eat Book Club** meets March 27 at 5:30 p.m.

• **YA Teen Book Talk** meets Monday, March 25 at 4 p.m.

• **Story Time with Miss Jane** at 10:30 a.m. most Wednesdays

• **Virtual Mindfulness & On-Demand Yoga** Miranda Lee of "Find That Pause" will lead virtual mindfulness sessions Fridays at 9:15 a.m. March's theme is Self-Com-

passion. Enjoy yoga, meditation, even children's story time 24/7, anywhere with an internet connection, via Bold Yoga and the Bendy Bookworm. This video database has classes for all ages, time frames, and experience levels. If interested, send an email to reference@rutherford.bccls.org with your name and Library card number.

• **Creativebug Live Craft Classes and How-to Videos** Access live classes, how-to videos, and more for all crafts at creativebug. Visit our website to get started.

• **Grab & Go Doorside Pickup.** For those who may not want to enter the building. Order books from the BCCLS catalog at www.bccls.org or submit a Grab & Go form (*from our website*) for either the adult or children's collection! If you don't have computer access, call the Library and our team will order items for you!

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

• **Movie Night.** The Friends of the Library will be showing "Somewhere in Queens: (Rated R) on Tuesday, March 26 at 6 p.m. Event is free. Light refreshments will be served.

• **Tech Tutor.** Our tech librarian will be available by appointment for tech help or lessons. To make an appointment, fill out our online form or email marion.johnson@rutherford.bccls.org.

Wireless printing, digital borrows, downloadable collections, museum passes, genealogy and financial research, and job and homework resources always available.

Lodi Memorial Library

Lodi Memorial Library, One Memorial Drive, Lodi, NJ 07644. 973-365-4044. <http://lodi.bccls.org/> Registration required for all programs unless stated.

• **Chair Yoga.** A six-week yoga class for people experiencing joint pain and stiffness. Students will use chairs rather than yoga mats. Classes will be on Fridays 1:30 to 2:30 p.m. Class dates are March 1, 8, 15, 22 and April 5, 12. Registration required. You must reserve a spot for each session. Sponsored by The Friends of Lodi Memorial Library.

• **Tuesday Night Book Club.** Tuesday, March 12, 6:30 to 7:30 p.m. March's book is "Six Years" by Harlan Coben - 368 pages

• **Semi-Monthly Movie.** Afternoon movies twice a month at the Library. For March the movies will be "What Happens Later" on March 13 at 1 p.m. and "Priscilla" on March 27 at 1 p.m.

• **Adult Crafts.** March's craft will be no-sew fabric bookmarks. Craft will be held in-person on Wednesday, March 20 at 1:30 p.m.

• **Genealogy Hour.** Thursday, March 14, 1 p.m., using the Ancestry database, Family Search, and newspapers.com to help find records of your ancestors. Feel free to bring documents and family records to assist with your search. You will be able to print any records you find.

• **Color Your Stress Away.** Friday, March 8, 2024, 2:30 p.m. A coloring club for adults on the 2nd Friday of each month. A relaxing hour of coloring, complete with meditative music and refreshments. Materials provided, but feel free to bring your own crayons

or colored pencils.

• **Creative Writing Club.** Thursday, March 28, 1 p.m. Bring your creative juices to our writing club. Each month will feature a new prompt for our writing session. Attendees are also welcome to share works in progress

• **NJ Makers Day.** Saturday, March 16. 11 a.m. to 1:30 p.m. STEAM crafts for all ages. Available while supplies last.

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

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

• **NJ Maker's Day.** Saturday, March 16, from 11:30 a.m. to 1 p.m. Join us for space-related activities for all ages. No registration necessary. While supplies last.

• **Lodi Game Club.** All ages (*12 and under must be accompanied by an adult*). Join us for all kinds of games every Wednesday from 3 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. ###

Little Ferry Free Public Library

Little Ferry Free Public Library, 239 Liberty Street, Little Ferry, NJ 07643. 201-641-3721. lifycirc@bccls.org Hours: Monday through Wednesday 10 a.m. to 8 p.m., Thursday, Friday 10 a.m. to 5:30 p.m. Saturday 10 a.m. to 3 p.m.

Adult Programs

• **Friday Afternoon at the Movies!** Noon. March 1, "Unforgiven" (1992), March 8, "Yentl" (1983), March 15, "Brooklyn" (2015), March 22, "Knock at the Cabin" (2023), March 29, "Alice Darling" (2022).

• **Adult Book Club.** Join the Little Ferry Free Public Library Book Club which takes place every month. Every Book

Club meeting is bright and lively March 11 at 2 p.m. (*Book title to be announced*).

Little Ferry Children's Programs

• **Storytime with Cynthia.** A lively 30-minute combination of books, movement activities and songs best enjoyed by families with their children. May also include activities, such as crafts, storytelling, poetry, riddles, and more. Registration required. Registration required. March 7, 14, 21, 28 at 10:30 a.m. for ages birth and up.

• **Crafts with Sue.** Come check out our fun monthly craft on Saturday morning! Crafts are for children ages K and up. Registration is required. March 23, 11 a.m. for Grades K and up.

• **Read to Blossom.** For little ones just starting to read

or for children that would like to practice reading please read to Blossom! Blossom is a sweet, friendly Goldendoodle doggy who would love to hear stories read to her. Registration is required. March 14 and 28 at 3:30 p.m. for Grades Pre-K and up.

* This program schedule may be subject to change.

** Now offering free passes to The Aviation Hall of Fame & Museum of New Jersey for Little Ferry residents. Call the Library for more details!

*** Check out our assorted "used book sale." We have a unique assortment of used books on sale daily in our book nook located by the Circulation Desk. ###



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Practice Random Acts of Kindness



Modular classrooms behind Memorial School. The four-year leased modular cost an estimated \$1.04 million dollars.



The BOE awarded a bid in August for \$595,000 out of the district's capital reserve fund for the demolition, which was not part of the \$38 million referendum. During the demolition, a time capsule from 1914 was found in the cornerstone. No one knew it was there. It will be opened March 3, 2024 at 3 p.m. in the Memorial School Gym.

LF Public Schools Bond Referendum March 12

State aid will contribute toward the construction costs

The Little Ferry Public Schools Board of Education will ask the community to vote Tuesday, March 12, 2024, on a \$38 million bond referendum that would generate the up front funding needed to build a new middle school.

If voters approve, the proposal, a 65,000 square foot, three story building will be constructed.

State aid that is only available through a voter-approved bond referendum would contribute \$1.6 million toward the total project.

The Board is pursuing a referendum as part of a responsible financial strategy to build a modern educational environment with long-lasting benefits for Little Ferry.

“Our students need school facilities that support our mission to provide them with the tools and skills for success,” said Superintendent of Schools Matthew Perrapato. “The bond referendum would allow us to build a new school with the flexibility to meet the needs of every grade level and every student with the assistance of state aid to help offset the taxpayers’ local share of this investment.”

Investing in Our Future

The pre-K-8 district worked with financial advisers

and architects to find the option that balances the needs of Little Ferry students with the Board’s fiscal responsibility to the community.

If the bond referendum is approved, the owner of a home assessed at the borough average of \$375,501 would see a tax impact of \$50 per month.

Washington School

The 110 year old brick elementary school on Liberty Street was closed in 2018. The district had spent more than \$130,000 in emergency repairs in that year.

The classrooms were flooded, the roof leaked, the walls hid asbestos and the school did not meet accessibility standards. Four ceilings needed to be replaced at a costing \$12,000 to \$15,000 each. The gym had a leak that would have cost \$100,000. Superstorm Sandy flooded the gym, computer lab and five classrooms under four feet of water.

The estimated cost to rehabilitate the building in 2018 was \$8.3 million, but the addition needed to support current enrollment needs would cost an additional \$26.6 million. That \$34.9 million total would have been to repair the building at its current elevation, with it still

being prone to flood damage.

The cost of the new building would be \$38 million and it would be built above the high-water mark to significantly reduce the risk of flood damage. The building’s 13 classrooms were outdated and unable to meet the district’s need.

175 Kindergartners and First Graders were moved to Memorial School across the street. 75 preschoolers, 200 7th and 8th Grade students and some of the district’s special education programs moved into 16 modular classrooms behind Memorial School. The four-year leased modular cost an estimated \$1.04 million dollars.

Building a New Middle School

Little Ferry schools have served generations of community members, and a new middle school would help the district continue supporting the community for many years to come. If the new building is constructed, the Board plans to move all elementary students out of the modular they are currently using and into Memorial School.

A new middle school, to house Sixth through Eighth Grade students, constructed on the site of the former Washing-

ton Elementary School would provide:

- Safety and accessibility features so the building is welcoming to every student, staff member and guest
- Efficient, modern systems that support a healthy environment for students and staff
- Flexible spaces designed to meet current educational standards and practices, such as:
 - Three floors to maximize the available building lot
 - Classrooms designed for collaboration and hands-on learning
 - Spaces for small-group instruction
 - Unique rooftop recreation area in addition to one behind the building
 - Original plans included science labs, a cafeteria with a working kitchen, more common space areas.

Staying informed

The district is committed to creating opportunities for Little Ferry residents to learn about the referendum, including a dedicated website, lfboe.org/littleferryfuture, social media (*LittleFerryPS on Facebook and Instagram*), presentations, and a community bond referendum information forum.

“We encourage the community to learn about this bond referendum and how it would benefit our students and the community as a whole,” said Board of Education President Victoria Bradley. “This is an important time for Little Ferry. We can make an investment in our schools that would continue to make our community a special place to live.”

The Washington School story is bittersweet. Generations of borough children have passed through those doors since it opened in 1914.

Board member Raymond Vorisek said, “It’s sad for me. I went there, my mom went there, my whole family went there, but it’s time.”

Longtime residents have fond memories of their early years spent there: playing games on creaky wooden floors, Kindergarten classrooms with fireplaces, and Friday night dances in the gymnasium.

Officials say they want to honor that past while looking toward the future. Residents are invited to share photos and memories at lfboe.org/LittleFerryFuture. The school’s cornerstone will be preserved and used in the construction of the new building. ###

March is National Nutrition Month

• Watch Portion Sizes. Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. Complete the meal with a serving of fat-free or low-fat milk or yogurt. Measuring cups may also help you compare your portions to the recommended serving size.

• Explore New Foods and Flavors. Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that's new to you or your family.

• Slow Down at Mealtime. Instead of eating on the run,

try sitting down and focusing on the food you're about to eat. Dedicating time to enjoy the taste and textures of foods can have a positive effect on your food intake.

• Drink More Water. Stay hydrated and drink plenty of water, especially if you are active, an older adult or live or work in hot conditions.

• Get Cooking. Preparing foods at home can be healthy, rewarding and cost-effective. Master some kitchen basics, like dicing onions or cooking dried beans.

• Eat Seafood Twice a Week. Seafood – fish and shellfish – contains a range of nutri-

ents including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.

• Get to Know Food Labels. Reading the Nutrition Facts panel can help you choose foods and drinks to meet your-nutrient needs. When grocery shopping, compare ingredients in different food items. Select items that have higher amounts of vitamins, minerals, and dietary fiber and lower amounts of sodium, saturated fat, and added sugars.

• Eat Breakfast. Start your day with a healthy breakfast that includes lean protein, whole grains, fruits and veg-

etables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.

• Fix Healthy Snacks. Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese or hummus, or a tablespoon of nut or seed butter with an apple or banana.

• Consult an RDN. Whether you want to lose weight, lower your health-risks or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.

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

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



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