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Thanks, Veolia! The Haworth Water Treatment Plant welcomes more than 1,700 area residents for a behind-the-scenes look...

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NOVEMBER 2026

NORTHERN VALLEY

Sports Night of Champions

From Bergen ballfields to the Knicks, JCC celebrates sports leaders Nov. 23

Before Rob Kaminsky reached the major leagues, he was an Englewood Cliffs boy attending the Kaplen JCC on the Palisades and, later, a standout pitcher at St. Joseph Regional High School in Montvale.

On Monday, Nov. 23, the JCC will welcome him back as an inductee into the Kurtz Family New Jersey Jewish Sports Hall of Fame, alongside New York Knicks President Leon Rose, CAA Sports basketball co-head Jessica Holtz and Rutgers athlete, coach and educator Jeffrey Kleinbaum.

Sports Night of Champions 2026 runs from 6 to 9:30 p.m. at the JCC's Taub Campus, 411 E. Clinton Ave. Closter resident Kenny Albert, an Emmy-nominated sports broadcaster and past inductee, will host the biennial event, presented by Richard J. Kurtz.

The evening celebrates achievement while raising money for JCC programs and services, including Maccabi Access, which provides opportunities for Jewish athletes with intellectual and developmental disabilities to participate in the games.

"Sports Night of Champions is about more than celebrating achievement—it's about inspiring young people to dream big, build character and make a lasting

See SPORTS page 25 ▶

A MOTHER'S LEGACY

Demarest couple donates Hackensack building to Bergen Family Promise



Tim and Kristie Woods of Demarest, below, have donated a two-story building at 407 State St. in Hackensack to Family Promise of Bergen County, the nonprofit Nancy Woods helped found in 1987. "We've been looking for a permanent place to create a full-service headquarters for many years," said Paul Shackford, president of Family Promise's board of trustees. "Tim and Kristie Woods have answered our prayers. We can think of no better community to call home than Hackensack."

BY MICHAEL OLOHAN
OLOHAN@THEPRESSGROUP.NET

NEARLY 40 YEARS after Nancy Woods helped establish an organization to shelter and feed Bergen County families in need, her son and daughter-in-law have given that organization some-

thing it has long sought: a permanent home of its own.

Tim and Kristie Woods of Demarest have donated a 4,750-square-foot, two-story building at 407 State St. in Hackensack to Family Promise of Bergen County, the nonprofit Nancy Woods helped found in 1987.

See LEGACY page 2 ▶



EYES ON NATURE

At Flat Rock Brook Nature Center's Great Falls Festival, wildlife, weaving, and woodland walks abound. Hillary Vidars was there!

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TENAFLY

Welcoming the word-smiths

Poetry, memoir take center stage at Tenaflly church

Poetry and memoir are on the menu this fall at the Presbyterian Church at Tenaflly, whose arts outreach program invites the community to gather across boundaries of faith, politics and culture.

The Magnolia Avenue church will host a Poets Café on Sunday, Nov. 15, at 4 p.m., featuring poet and former Tenaflly High School teacher Gary Whitehead, his former student Genevieve Sarnak, and current Tenaflly High School students.

The following Sunday, Nov. 22, at 4 p.m., local author Sandra Nunez will discuss and sign her memoir, "Officers' Mess," about growing up in a military family in Sri Lanka, then known as Ceylon.

Both events are free and open to all.

"Our program celebrates the arts in every form, believing that art is an important, even essential, part of life," said the Rev. Martin Ritchie. "This month, words are added to our Fall experience of music and visual art. We're so looking forward to welcoming the wordsmiths and thinking about how their craft helps us to see and think about the wonder and challenge of being human in this extraor-

See PCAT page 9 ▶

Rock in time...

Before Woodrow Wilson was our 28th president, he was our governor. In fall 1910 he was on the campaign trail in Englewood.

Page 4 ▶

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2 Legacy:

FROM PAGE 1

The gift will allow Bergen Family Promise to move from its basement offices at Ridgewood United Methodist Church to a larger, permanent headquarters by year's end. Executive Director Kate Duggan told Northern Valley Press.

Tim had been helping the organization search for a headquarters, drawing on his construction

background, according to an account on Family Promise's website.

"We looked at five or six buildings and went to the edge and pulled back," he said in the website account.

As a tenant's lease at their State Street office building was ending, he and Kristie saw another possibility.

"We thought, 'Why not just donate our building?'"

They brought the idea to Frank Skuthan, the board member leading the search. According to

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NANCY WOODS: "My mother was a hard lady to say no to," Tim said. "When she needed something done for Family Promise, she usually found a way to get us involved..."

the account, Skuthan was initially speechless, then replied, "That'd be great!"

"We've been looking for a permanent place to create a full-service headquarters for many years," said Paul Shackford, president of Family Promise's board of trustees. "Tim and Kristie Woods have answered our prayers. We can think of no better community to call home than Hackensack."

A legacy of service

Tim and Kristie were high school sweethearts at Northern Valley in Demarest, according to the organization's website. Over the years, they have moved furniture, renovated transitional apartments, prepared meals for the Walk-In Dinner program and helped wherever needed.

"My mother was a hard lady to say no to!" Tim said. "When she needed something done for Family Promise, she usually found a way to get us involved. Looking back, we're grateful she did because it



Family Promise of Bergen County Executive Director Kate Duggan and Board of Trustees President Paul Shackford with gala honorees Tim and Kristie Woods and their daughters, Niki and Sydney Woods, at the organization's annual gala Oct. 14 at Seasons in the Township of Washington. *Courtesy photos.*

gave us an appreciation for the organization and the important work it does in our community."

Nancy Woods, a longtime Demarest resident, was among the founders of the Interreligious Fellowship for the Homeless in 1987. The organization became an affiliate of Family Promise National in 2010.

According to Family Promise's history, Nancy advocated for a shelter for parents and children at St. Cecilia's in Englewood, which opened in 1988. In 1991, she helped establish the meal program that became Family Promise's

Walk-In Dinner.

"Nancy became a consistent presence for these families, in the midst of the chaos of homelessness, and welcomed them with compassion and an open heart. She stood beside each and every one, she listened, and she offered assistance in countless ways," Duggan recalled.

Nancy died in 2020 at age 92. She was the mother of 14 children and had 38 grandchildren and 14 great-grandchildren.

"She didn't just talk about

CONTINUED ON PAGE 25

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Englewood Cliffs adds official Facebook, Instagram pages

Residents have two new ways to follow borough news: official Facebook and Instagram pages offering updates directly from Borough Hall.

Announced Aug. 27, the pages will share municipal news, community events and programs, public safety information, road closures and emergency notifications.

“Our goal is to make it easier than ever for residents to stay informed about what’s happening in Englewood Cliffs,” Mayor Mark Park said in the announcement. “These official social media platforms will serve as trusted sources for important municipal information and help us better engage with our community.”

Residents can follow the bor-

ough on Facebook and on Instagram at @englewoodcliffsnj.

Additional municipal information is available at englewood-cliffsnj.org.

Animal rescue group plans holiday fair Nov. 7

NEW MILFORD — Save the Animals Rescue Team II (S.T.A.R.T. II) will host a walk-through tricky tray and holiday fair Saturday, Nov. 7, from 11:30 a.m. to 3:30 p.m. at the New Milford VFW, 267 Madison Ave.

The fundraiser will benefit the volunteer-run animal rescue organization's shelter and homeless animals. Prize drawings will begin at 3 p.m.

The fair will feature new holiday gifts and pet supplies for sale, including toys, beds, coats, sweaters, leashes and collars.

Admission is free, and all are welcome. S.T.A.R.T. II is a registered 501(c)(3) nonprofit staffed entirely by volunteers. For more information, visit startii.org.

Community Church hosts Autumn Bazaar Nov. 13-14

HARRINGTON PARK — The Community Church will hold its Autumn Bazaar Friday, Nov. 13, from 2 to 5 p.m. and Saturday, Nov. 14, from 10 a.m. to 2 p.m. All proceeds benefit local organizations and world missions.

Shoppers will find stitchery,

crafts, holiday decor and gifts, plus jewelry and women's accessories in the Treasure Cove. The Kids' Corner will offer games, books, puzzles and toys. Homemade foods will be available to eat in or take out at the

See BRIEFS on page 12 ▶

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Northern Valley Press welcomes old photographs depicting scenes in any of the towns in the region: Alpine, Closter, Cresskill, Demarest, Englewood, Englewood Cliffs, Harrington Park, Haworth, Northvale, Norwood, Old Tappan, Rockleigh and Tenafly.

Specifically, we're looking for materials dating to the 1970s and earlier. These can be photos of local buildings, notable people, homes, streets, parks, stores, special events — you name it. Old advertisements for businesses in the Northern Valley are also most welcome.

The submissions are sought for publication in the weekly "Back in Time" local history feature, which appears to the right of this column.

Photographs can be submitted by scanning the photo or taking a good digital photo (the highest resolution possible to facilitate clear printing) and emailing a copy of the photographs along with some detailed information to northernvalleypress@thepressgroup.net

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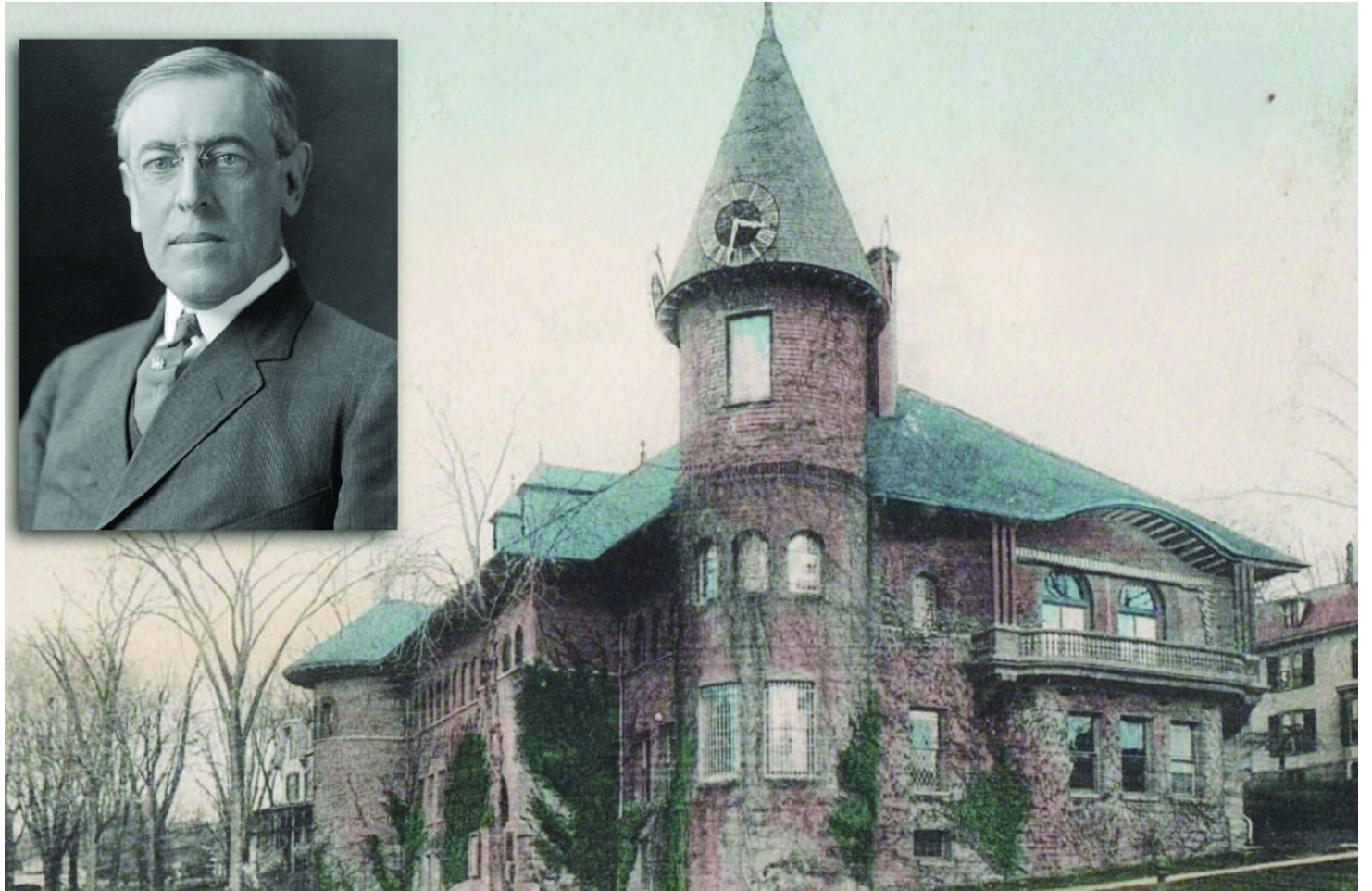
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Back in time...



Woodrow Wilson (inset), before he had his sights set on the presidency, spoke at the Englewood Lyceum, above, during his 1910 campaign for governor of New Jersey. The building still stands at Palisade Avenue and Engle Street.

Woodrow Wilson's campaign stop in Englewood

BY KRISTIN BEUSCHER
FOR NORTHERN VALLEY PRESS

WOODROW WILSON was the 28th President of the United States from 1913 until 1921, but before that he was New Jersey's governor.

In fall 1910 he was on the campaign trail in an effort to clinch the state's top seat—and one of his stops was in Englewood at a building that locals drive past every day.

The 1910 gubernatorial election in New Jersey pitted progressive Democrat Wilson, a political newcomer who had been serving as president of Princeton University, against Republican Vivian M. Lewis, a former assemblyman and the state commissioner of

banking and insurance.

In Englewood, Wilson spoke at the Lyceum at Palisade Avenue and Engle Street. Democrats and Republicans alike attended the event, and newspapers reported that many women were in the audience.

"The Englewood Lyceum was entirely too small to accommodate the vast throng which clamored for admission. Long before 8 o'clock, the hour set for the meeting, every available inch of standing room was occupied," the Bergen Democrat reported.

Wilson told the crowd during his speech, "It is very necessary, if this state is to be well-governed, that the people of sections like this should think where they vote, and vote as they think, not vote as they are in the habit of voting."

He added, "There is nothing more disadvantageous to a free government than having men vote by habit."

Wilson ended up carrying Englewood over by two to one.

Englewood's Lyceum opened in 1890. The Citizens' National Bank was housed in its iconic tower, but the building also had a ballroom, a concert hall, a gentlemen's club on the second floor, and three library rooms, with separate ones for men and women.

The Lyceum hosted many important events throughout Englewood's history, from political debates to fund-raising galas. During World War I, the Lyceum was used as a Red Cross headquarters

TASOC exhibit explores time, healing, and human connection

"Time Heals All Wounds?" featuring work by the Raccoonica Collective, is on view through Nov. 14 at the Mikhail Zakin Gallery, 561 Piermont Road, Demarest. A closing reception is planned for Nov. 14 from 4 to 7 p.m.

The exhibition brings together artists Emily Cross, Brenda Gallagher, Karly Mintz, Carrie Ortiz, Gail Rutigliano and Jeanne Stella. Through six distinct artistic

practices, they examine the passage of time and the scars it can leave, questioning the familiar promise that healing inevitably follows.

The gallery adjoins The Art School at Old Church. Hours are Monday through Friday, 10 a.m. to 5 p.m., and Saturday, 10 a.m. to 3 p.m. For much more information, contact Justin Lerant at 201-446-6104 or justin@tasoc.org.

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CONTINUED ON PAGE 27

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Families set the pace at Englewood Cliffs 5K

BY HILLARY VIDERS
OF NORTHERN VALLEY PRESS

Runners and cheering families filled Witte Field and nearby streets Oct. 25 for the borough's ninth annual 5K, a recreation fundraiser that paired competition with a morning of community activities.

Nine-year-old Serena Yang of Tenafly was the first female finisher, completing the 3.1-mile course in 25 minutes, 54.6 seconds. Dimitry Boyko of New York led the men in 18:42.7.

And we're off!

The morning began with a noncompetitive children's fun run at 8:30, followed by the 5K at 9. Volunteers registered participants and distributed navy blue T-shirts, while spectators encouraged friends and relatives along the route.

Nickolas Joannidis of Nick's Complete Running Coaching directed the race, with timing provided by Split Second Racing. Participants checked their results electronically after crossing the finish line.

Medals recognized the top three male and female finishers, age-group leaders and the top male and female Englewood Cliffs residents. All children in the fun run received medals.

Mayor Mark Park and Recreation Director Dan Dubelman dis-



tributed awards as Joannidis announced the winners. Councilwoman Rivka Biegacz and Councilman Phillip Liang were among the borough officials joining residents at the event.

"The Englewood Cliffs 5K is a wonderful opportunity to bring our community together around something that benefits everyone," Park said. "It encourages healthy, active lifestyles while giving families, neighbors, and residents of all ages a chance to connect and enjoy our community."

Bagels, bananas, energy bars and bottled water were available before the race. Afterward, participants gathered for a buffet that

included pizza, burritos, chicken, cheesesteaks, pancakes and sushi. Proceeds support Englewood Cliffs Recreation.

It's a privilege...

For Dubelman, the event's appeal extends beyond the finish line. "Over nearly a decade, we've had the privilege of watching children who once took part in the Fun Run grow up and eventually line up for the 5K itself," he said.

He added, "Parents, children, and even grandparents share this experience, creating memories and traditions that bring families back year after year."



Hillary Viders photos

Fantasy authors in panel Nov. 21

Area author Jane McGarry will join five fellow writers for a free fantasy author panel and book signing Saturday, Nov. 21, at 1 p.m. at Barnes & Noble, 634 Route 17 North, Paramus.

Presented by the Fantasy Author Legion and Barnes & Noble, the event also features Olivia Boothe, Shanti Hershen-son, Nicole Zamlout, Caitriona Drexler and Kristen Kail Roberts.



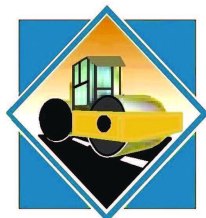
MCGARRY

The authors will discuss their books and writing experiences, answer audience questions and sign books.

McGarry, pen name of Township of Washington resident Maureen Zuppichini, writes fantasy, adventure and romance. Her books include "Not Every Girl" and "A Holder of Hope: A Pandora Retelling."

Register via the event's registration page.

— Staff



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From U.S. Navy chaplain to Haworth pastor

7

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■ *Sacred Heart welcomes the Rev. Ulysses L. Ubalde; retiring pastor Robert Wolfee reflects on nine happy years*

After more than 23 years of active-duty military service, ministering aboard Navy ships, at overseas bases and during combat deployments, the Rev. Ulysses L. Ubalde is beginning a new chapter

lowed by a deployment to Afghanistan from July 2009 to April 2010. He returned to Afghanistan in 2018, serving as a task force chaplain in Helmand and Nimroz

Navy and Marine Corps Commendation Medals, and two Navy and Marine Corps Achievement Medals. In 2021, he also received special recognition under the Commander in Chief's Annual Award for Installation Excellence in Manama, Bahrain.

Following his military retirement, Ubalde returned to the archdiocese. Cardinal Joseph W. Tobin, archbishop of Newark, appointed

him pastor of Sacred Heart.

"It is a joy and a blessing to welcome our new pastor, Fr. Ulysses L. Ubalde, to our church family here at Sacred Heart," the parish said in its announcement.

The parish also expressed gratitude to Wolfee for his nine years of service and wished him well in retirement.

"As I end my pastorship here at Sacred Heart and begin my retire-

ment, I have many good memories," Wolfee wrote in the parish bulletin. "This has been not only my longest assignment as a priest but also one of the happiest."

Those wishing to write to Wolfee may do so at St. Joseph's Church, 115 E. Fort Lee Road, Bogota, NJ 07603.

For information about Sacred Heart and its ministries, visit sacredhearthaworth.com or call 201-387-0080.

Northern Valley Press welcomes feature leads! Write editor@thepressgroup.net



"It is a joy and a blessing to welcome our new pastor, Fr. Ulysses L. Ubalde, to our church family here at Sacred Heart," the parish said.

as pastor of Sacred Heart Church.

Ubalde, who retired from the Navy as a lieutenant commander June 30, succeeds the Rev. Robert Wolfee, who is retiring after nine years leading the parish at 102 Park St.

For Ubalde, the appointment marks a return to parish ministry in the Archdiocese of Newark, where he served for a decade before entering the military.

Born in the Philippines, Ubalde graduated from Aquinas University in 1986 with a bachelor's degree in chemistry and a minor in mathematics. He earned a Master of Divinity in pastoral ministry from Immaculate Conception Seminary School of Theology at Seton Hall University.

Ordained May 29, 1993, he served as a parochial vicar at Our Lady of the Visitation in Paramus from 1993 to 1999, the Church of the Madonna in Fort Lee from 1999 to 2002, and Our Lady of Lourdes in Mountainside from 2002 to 2003.

With the support of then-Newark Archbishop John J. Myers, Ubalde pursued service as a Navy chaplain. He was commissioned as a Navy lieutenant April 9, 2003, in New York City, then reported to Navy Chaplain School in Newport, Rhode Island.

His military career took him to assignments in Okinawa, Sicily and Bahrain, aboard ships including the USS Saipan, USS Enterprise and USS Kearsarge, and to Marine Corps Recruit Depot San Diego, where he served recruits and staff.

According to his parish-supplied biography, Ubalde served a combat tour in Iraq in 2009, fol-

lowed by a deployment to Afghanistan from July 2009 to April 2010.

His work also included coordinating with U.S. embassies on community relations during overseas port visits. While assigned to the Kearsarge, he oversaw religious ministry teams serving two additional ships.

His decorations include two Meritorious Service Medals, six

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Families pour in for Veolia's second Touch-A-Truck — more than 1,700 guests

HAWORTH

The Haworth Water Treatment Plant opened its gates on Saturday for Veolia's second annual Touch-A-Truck event, welcoming more than 1,700 area residents for a behind-the-scenes look at the specialized vehicles, heavy machinery and essential services that help protect and support local communities.



Throughout the event, children and their families had the opportunity to explore Veolia's water operations fleet and learn more about the equipment used to ensure reliable service and superior water quality. Young visitors especially enjoyed climbing aboard the vehicles, sitting in the driver's seats and imagining themselves operating the trucks and machinery.

More than 300 visitors also participated in guided tours of the facility, gaining insight into the plant's daily operations and the processes involved in treating and delivering safe, reliable water.

The event featured emergency response vehicles, including the fire and police departments of River Vale and Haworth, the Bergen County Sheriff's Office and the Bergen County Regional SWAT Team. Visitors were able to



get an up-close look at fire trucks, police cruisers, SWAT vehicles and other specialized emergency response equipment.

"The enthusiasm from the children and families who attend-

ed was wonderful to see," said Debra Vial, Veolia's director of communications. "This event gives our community an opportunity to learn about the important work happening at the water treat-



ment plant while also meeting the local professionals who help keep our neighborhoods safe. We are

grateful to everyone who helped make this event such a success."

— Submitted feature



The Haworth Water Treatment Plant opened its gates on Saturday for Veolia's second annual Touch-A-Truck event. *Courtesy photos*



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Habitat's Race to Build steps off Nov. 7

Habitat for Humanity of Bergen County will host its Race to Build 5K and 1-Mile Walk on Saturday, Nov. 7, at 9 a.m. at Overpeck Park in Ridgfield Park.

The event raises funds and awareness to support affordable homeownership for local families. Runners, walkers, volunteers and business sponsors are invited to participate.

For more than 31 years, with the support of generous community partners, donors, and volunteers, Habitat for Humanity of Bergen County has partnered with hard-working individuals and families to build homes and fulfill dreams.

For registration and sponsorship information, visit habitatbergen.org or email info@habitatbergen.org.

PCAT:

FROM PAGE 1

dinary, wonderful world.”

Poets Café

Whitehead’s fifth poetry collection, “Seeing Double,” was released in May. Blending elegy and ode, the collection explores loss and renewal.

His previous collections include “Strange What Rises,” published by Terrapin Books in 2019; “A Glossary of Chickens,” selected for the Princeton Series of Contemporary Poets and published by Princeton University Press in 2013; “Measuring Cubits While the Thunder Claps,” published by David Robert Books; and “The Velocity of Dust,” published by Salmon.

He has also written three poetry chapbooks, two of which won national competitions. His honors include a New York Foundation for the Arts Fellowship, the Anne Halley Poetry Prize from The Massachusetts Review and the PEN Northwest Margery Davis Boyden Wilderness Writing Residency Award.

His poems have appeared in The New Yorker, Poetry, Ploughshares, The North American Review and The New Criterion. His work has also been featured on Poetry Daily, Verse Daily, “The Writer’s Almanac,” Ted Kooser’s American Life in Poetry, the Guardian’s Poem of the Week and the BBC’s “Words and Music.”

Sarnak, a writer and librarian based in western Massachusetts, is



Genevieve is a writer and librarian based in Western MA; currently working on her first novel. Her poetry has appeared in PHIL LIT Journal, Scapegoat Review, AC/DC, and Neon & Smoke

working on her first novel. Her poetry has appeared in PHIL LIT Journal, Scapegoat Review, AC/DC and Neon & Smoke.

Author discussion and signing

Nunez’s “Officers’ Mess” interweaves her family’s history with the attempted coup in Ceylon in 1962, examining the political upheaval and its toll on the families involved.

Born in Sri Lanka, Nunez lived there until she came to the United States on a theater scholarship. She earned a bachelor’s degree from Hollins College in Virginia, a master’s degree in English from Columbia University and a law degree from St. John’s University in New York.

She wrote her first book, about the legal rights of minors, while practicing international custody law in New York.



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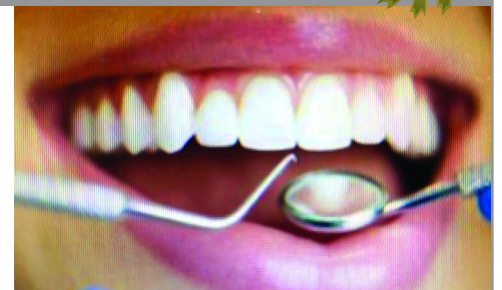
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Gary’s fifth book of poems, *Seeing Double*, was released in May. His poems have appeared in The New Yorker, Poetry, Ploughshares, The North American Review and the New Criterion.

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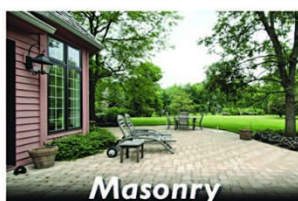
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Flat Rock Brook celebrates Wiessner's 20 years of leadership

ENGLEWOOD — Flat Rock Brook is celebrating Executive Director Steve Wiessner's 20th anniversary, recognizing his leadership in improvements to the nature preserve and his knowledge of its history.

During his tenure, Wiessner has helped lead projects including the Exhibit Room renovation and "Walk in the Woods" installation, the



WIESSNER

improvements, according to the

aviary, an accessible boardwalk and the Jones Road Improvement Project. The latter included a nature-inspired playground and bridge and ramp

organization.

At a recent event, Englewood Mayor Michael Wildes praised Wiessner's standing in the community.

"Everyone in Englewood knows Steve and I don't know a single person who doesn't like him," Wildes said. In an announcement marking the anniversary, Flat Rock Brook's board, staff and supporters

thanked Wiessner for his continued service and friendly, optimistic manner. The organization also highlighted his institutional knowledge, including the stories behind such preserve features as Mystery Bridge.

The milestone comes as Flat Rock Brook reports record summer Nature Camp attendance, with more than 200 camp slots filled. First-time Camp Director Julie McElroy led programming that included nature experiments, crafts, outdoor activities and forest treasure hunts, supported by the education staff and summer counselors.

The preserve is also preparing

for its annual Great Fall Festival on Sunday, Oct. 18, from noon to 4 p.m. Planned activities include live music, canoe rides, raptor programs, guided hikes, a nature scavenger hunt, face painting, arts and crafts, and specialty food trucks. Businesses and individuals interested in sponsoring the festival may contact Sandy Pinto at sandyp@flatrockbrook.org.

Flat Rock Brook, at 443 Van Nostrand Ave., is a 150-acre non-profit nature preserve. The preserve is open free of charge year-round for public enjoyment and education.

Father Jim McKenna Memorial Fund events

The Father Jim McKenna Memorial Fund will hold its Third Saturday Recovery Mass and Meeting of Hope this fall at the Church of St. Mary, 20 Legion Place, Closter.

The Recovery Mass begins at noon, followed at 1:15 p.m. by a Meeting of Hope featuring a recovery speaker in the Parish Hall.

The gatherings are scheduled for Saturdays, Nov. 21 and Dec. 19. The September gathering coincides with National Recovery

Month.

The events are open to people affected by substance use and addiction, including those in recovery, those currently struggling, family members, friends and other community members. People of all faiths or no religious affiliation may attend. Participants are not required to be Catholic or belong to a recovery fellowship.

For more information, visit FatherJimMcKenna.org or email Info@FatherJimMcKenna.org.

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— LOCAL AUTHOR SPOTLIGHT —

BY JOHN SNYDER
OF NORTHERN VALLEY PRESS
TENAFLY

■ *Tenaflly's Sophie Rose Cheson and creative partner Lonnie Hues explore belonging, control, and the cost of fitting in through their debut psychological thriller*



CHESON



HUES



FOR ELIZABETH, a soccer scholarship to Charlotte Academy promises more than an education. It offers a way out of her father's house, where she has learned to measure his moods and make herself smaller.

She arrives carrying those habits along with her belongings. The school has its own rules, its own hierarchies and its own people eager to decide who she should become.

"I thought this letter was my escape," she tells the reader. "I didn't realize it was my leash."

That uneasy passage from home to school drives "Straight Girls Are Dangerous," the debut psychological thriller novella from Tenaflly's Sophie Rose Cheson and collaborator Lonnie Hues.

Released Aug. 4, the book follows a young woman whose desire to belong leaves her vulnerable to people who mistake — or deliberately disguise — control for care.

For Cheson and Hues, it also marks another step in a creative partnership that began with a family connection and has grown largely through conversation across a distance.

Readers may remember the pair from our coverage last year of their earlier project, "Perfect Sylvia." Cheson, an actress, writer and photographer, met Hues through her father, who had attended college with him decades earlier. Hues works across acting, filmmaking, art and performance.

What began as mentorship became a collaboration. In their authors' note, they describe nearly two years of working together despite having met in person only once. More than three decades apart in age, they built their working relationship through ques-

tions, listening and an interest in what people leave unsaid.

Their new book gives those interests an unsettling setting.

Charlotte Academy is a place where Elizabeth must learn to read far more than her assignments. Clothing, hairstyles, money and friendships signal who belongs and who holds power.

Classmates' casual references to expensive cars and vacations underscore the distance between their lives and hers. Remarks about her Mexican background sharpen that exclusion.

Even her name becomes a small struggle over autonomy: She asks to be called Elizabeth, but others shorten it to Liz.

"Survival has always been about subtraction," she observes.

The line captures a habit she brings from childhood. Before the scholarship, she writes privately with the shower running to conceal what she is doing. At school, she studies the people around her and adjusts what she shows them.

Rachel, a commanding presence among her peers, offers attention and belonging on increasingly troubling terms. Jonathan Willow, the academy's first male teacher, appears to recognize Elizabeth's isolation, introducing another relationship in which trust and boundaries become fraught.

The story ventures into abuse, coercion and violence. Its school

setting holds familiar wishes — to make friends, to be noticed, to find someone who understands — alongside the danger of having those wishes exploited.

One quiet moment makes Elizabeth's loneliness particularly clear. Watching other students with their families, she says, "I watch it all like it's a movie I wasn't cast in."

Told largely through her first-person narration, the novella moves in short chapters, with memories, dreams and observations complicating the reader's

sense of what can be trusted. Ordinary objects, including dolls and a small succulent brought from home, take on significance as Elizabeth tries to understand her relationships and her own place in them.

The authors give the provocative title a meaning beyond sexual orientation: a life that appears to follow a straight path may have been shaped at every turn by someone else's expectations. Questions of sexuality and attraction remain part of Elizabeth's experience, intertwined with the

larger question of who gets to define her.

"We weren't interested in writing a story that simply entertains people," Hues said in the book's release announcement. "We wanted to create one that quietly changes the questions they ask themselves after they've closed the book."

The novella is the first release from HuesManity, the pair's creative studio. In a September update, Cheson said they were developing a podcast, seeking independent bookstore placements and planning a New York-New Jersey reading or event. They also were exploring a screen adaptation; those efforts remained in development.

"Beyond the book itself, we're continuing to build our creative company and develop additional screenplays and projects together, so this is really the beginning of something much bigger for us," the authors wrote.

For now, the book offers readers a conversation of their own. Its closing discussion questions return to a distinction that troubles Elizabeth's story throughout: Surviving someone else's control and becoming free of it may be very different things.

"Straight Girls Are Dangerous" is available through Amazon, including a Kindle edition, according to the authors. Updates are posted on Instagram at @straightgirlsaredangerous.

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Holiday gifts abound at annual Paramus Thanksgiving Craft Show, Nov. 29

Get a head start on your holiday gift list at the Thanksgiving Craft Show at Paramus High School on Sunday, Nov. 29, from 10 a.m. to 5 p.m.

The holiday shopping event will feature 145 exhibitors from

three states offering arts, crafts and photography. Explore two gyms, the vestibule and the cafe to discover something for everyone on your list.

The event is sponsored by Project Graduation and organized



by P.J.'s Promotions.

Browse hand-painted ornaments and glassware, holiday decor, apparel, handcrafted jewelry, table runners and pillows, fiber crafts, crocheted animals, soft sculpture, country crafts, outdoor wooden trees and snowmen, jeweled utensils, heat packs and ceramics.



Other finds include wooden bowls, pens, charcuterie boards, birdhouses, bonsai, soaps, candles, stained glass, chocolates, sports clocks, florals, pottery and diamond art. Homemade pickles, kettle corn, desserts and tie-dye

items will be available outside.

Make a day of it with breakfast and lunch available in the cafe.

Admission is \$4. For more information, visit pjspromotions.com or call 201-410-5416.

Briefs:

FROM PAGE 3

Baked Goods Market and Lunch Cafe. The church is at Spring Street and Harriot Avenue. For information, call 201-768-2457, email cchp@verizon.net or visit cchpchurch.org.

Grief Cafe offers free gatherings in Teaneck

A new community gathering will offer people experiencing grief a place to connect in person, share their stories or simply listen over coffee or tea.

What's Your Grief Cafe meets on select Saturdays from 1 to 3 p.m. in Carroll Hall at St. Mark's Episcopal Church, 118 Chadwick Road. Fall gatherings remain Nov. 14 and 28, and Dec. 12 and 26.

Founder Gregory J. Sladovich describes the cafe as a welcoming, nonjudgmental space for neigh-

bors coping with recent or long-held losses, including the death of a cherished pet. Free and open to the public. Registration requested to ensure seating.

For registration and updates, text 201-916-2701, call and leave a message with a return phone number, or email whatsyourgrief@aol.com.

Gottheimer joins Haworth Day celebration

U.S. Rep. Josh Gottheimer joined residents, local business owners and community leaders at Haworth Day, the borough's annual community celebration.

"It was wonderful to spend the day with Jersey families, our local small business owners, and the neighbors who make Haworth such a wonderful place to live, work, and raise a family," Gottheimer said.

The event brings residents, businesses and community organizations together to celebrate the borough.

Religious education at Sacred Heart

HAWORTH—Registration for the 2026-2027 Religious Education Program is open. Registration forms are available at the parish office and on the parish website. Questions? Contact the Religious Education Office.

"We look forward to helping

your children continue to grow in faith and in their relationship with Jesus this year." Call 201-387-0080, email Barbara at bagawel613@gmail.com, or visit sacredhearthaworth.com for more information.

Consider becoming an altar

server at Sacred Heart Church. Any child from grades 3-8 is welcome to join this ministry. Call 201-387-0080.

Consider joining the choir. Adult Choir rehearses on Wednesday at 7 p.m. in the church; sings at 10 a.m. Sunday Mass. The Joyful Noise Youth Choir sings at one 10 a.m. Mass monthly and rehearses on Wednesday from 4 to 5 p.m. in the church prior to the Sunday Mass. Contact music director Corinn Somers at shhaw@aol.com or 201-387-0080 for more information.

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BY HILLARY VIDERS
OF NORTHERN VALLEY PRESS
ENGLEWOOD

Turtles, birds of prey and hands-on crafts brought visitors closer to the natural world during Flat Rock Brook Nature Center's

Great Fall Festival on Oct. 18.

The annual gathering featured live music, canoe rides on Quarry Pond, guided hikes, animal presentations and activities throughout the preserve on Van Nostrand Avenue. Naturalist Laura Hoogstrate introduced children

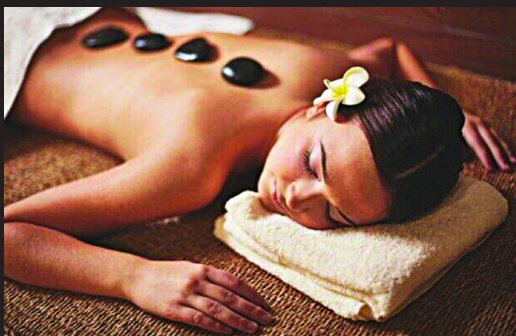


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ed wood and visited face-painting tables. Environmental organizations, including Hackensack Riverkeeper, staffed information tables, while a wingspan poster and talon-grip activity offered another way to learn about birds.

Visitors also tried SAORI weaving on two Japanese looms and circle weaving with paper plates. A section of the Rotary Club of Englewood's community SAORI tapestry was displayed in the exhibit room.

The Blue-Plate Special band provided live music. Food vendors included The Brownie Bar, Gringo's Arepas and Jerusalem Pizza.

Staff and volunteers helped visitors navigate the activities, which paired a seasonal celebration with the center's work in environmental education and conservation. "We strive to create stewards of our planet through an understanding and appreciation of the natural world," Executive Director Stephen Wiessner said.

— Hillary Vidars photos



Hackensack Riverkeeper honors enviro-leaders

Hackensack Riverkeeper honored New Milford Councilwoman Lisa Sandhusen, the Meadowlands Research and Restoration Institute and Veolia at its annual gala Oct. 28 at the Estate at Florentine Gardens in River Vale.

The event's theme, "One River, Many Voices," celebrated the river's watershed, wildlife and communities, as well as the partnerships supporting its recovery. Honorees were recognized for their work in environmental research, stewardship and public service.

"As we approach our Thirtieth Anniversary just a few short months from now, I'm reminded of how much our honorees mean to me and this organization," said Captain Bill Sheehan, Riverkeeper and executive director.

"Everything we do is done as a team, especially with partners like those we honor tonight. It's my honor to thank them for everything they do."

Sandhusen received the Excellence in Environmental Stewardship Award. Now serving her third term on the New Milford Council, she is the council's liaison to the borough's Environmental and Energy Commission and founded the New Milford Green Team in 2020.

Earlier this year, Sandhusen coordinated a community land-use visioning initiative for properties along the Hackensack River purchased through the New Jersey Department of Environmental Protection's Blue Acres program. She holds a master's degree in public leadership from the University of San Francisco.

Sandhusen was joined at the gala by her family, New Milford Mayor Michael Putrino and Council President Matthew Seymour.

The Meadowlands Research and Restoration Institute received the Excellence in Public Service Award. Led by co-directors Francisco Artigas and Theresa "Terry" Doss, the institute operates under the New Jersey Sports and Exposition Authority.

Its research focuses on the Hackensack Meadowlands' natural resources, including preparations for climate change and sea-level rise.

The institute also works with researchers, regulators and the public on conservation partnerships and provides technical assistance and environmental education.

Veolia received the Corporate Environmental Stewardship Award for its work in the upper Hackensack River watershed.

The company's New York division manages Lake DeForest, the first of the river's four reservoirs. Its New Jersey division manages Lake Tappan, Woodcliff Lake and Oradell Reservoir, which supplies water directly to more than 1 million people daily.

The two divisions support

public outreach, educational events, cleanups and Riverkeeper's Reservoir Paddle Series. Veolia is also a longtime financial sponsor of Hackensack Riverkeeper.

Others attending included Hudson River Fishermen's Asso-

ciation trustees Dan Harrison and Gil Hawkins, New York/New Jersey Baykeeper Greg Remaud and Raritan Riverkeeper Bill Schultz. The gala drew support from businesses, utilities, community organizations and individual sponsors throughout the region.

"I'm rarely at a loss for words but the gratitude we feel for what our honorees, sponsors, supporters and volunteers have done — and keep doing — is simply incredible," Sheehan said. "Because of them, our river — and her communities — speak in clear, strong

voices."

Founded in 1997 by Sheehan, Hackensack Riverkeeper works to protect, preserve and restore the Hackensack River through environmental action, advocacy, education and litigation.

Film fest: Big screen, urgent questions

A Teaneck doctor's experiences in Gaza. A hometown filmmaker's exploration of the Jewish Catskills. Fathers organizing to support their transgender children. And Bea Arthur, looking back on a life that reached well beyond the television screen.

The 21st Teaneck International Film Festival will bring those stories and their storytellers to local audiences Nov. 5–12, pairing screenings with conversations about the lives, choices and conflicts behind them.

A project of The Puffin Foundation, the eight-day festival

will feature documentaries, narrative films and shorts at venues in Teaneck and Fort Lee. Its recurring theme, "Activism: Making Change," connects a lineup exploring immigration, civil rights, identity, reproductive rights, environmental activism and other issues.

"TIFF has always believed that film can do more than entertain—it can start conversations, bring communities together and inspire people to make change," Executive Director Jeremy Lentz said in announcing the lineup.

"For our 21st anniversary,

we're bringing together an extraordinary group of filmmakers and films that reflect the issues, histories and personal stories shaping our world."

Following the Saturday, Nov. 7, screening of Poh Si Teng's "American Doctor," Teaneck native Dr. Andrew Sher and Dr. Halla Shami are scheduled to discuss their experiences on a humanitarian medical mission to Gaza. They will be joined by local nurse Zahed Rahman, who traveled to Gaza in March 2024 and again in 2025.

The documentary follows

three American doctors—Palestinian, Jewish and Zoroastrian—as they enter Gaza to provide care while confronting the intersection of medicine and politics.

Another hometown connection comes Sunday, Nov. 8, with "We Met at Grossinger's," Teaneck native Paula Eiselt's exploration of the Jewish Catskills and the Borscht Belt. Eiselt is scheduled to attend.

LEARN MORE

The schedule, venues and ticket information are available at TeaneckFilmFestival.org.



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Catching up to dad's wartime experiences



BY JON FELZ
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Dear Jon,
My father was a pilot before, during, and after WWII. He volunteered to help the Chinese fight the Japanese several years before the United States entered the war. He was very secretive about his wartime experiences, telling us only that he flew several types of aircraft before and during the war. After the Japanese attack on Pearl Harbor brought the United States into the conflict, he joined the U.S. Army Air Corps as a fighter pilot.

When we emptied his safe deposit box after his death, we found the item I've photographed for you. I had never seen it before, and we've been unable to find any information about it. Can you tell us anything about this item?

— Dan

Hi, Dan,

Every now and then, a piece of history crosses my desk that doesn't just tell a story — it practically echoes with the roar of a radial aircraft engine.

To the untrained eye — no offense to the antique dealers — these may look like ordinary military aviator wings. But to histori-

► Senior appraiser Jon Felz of R.Z.M. Fine Arts & Antiques Inc. answers your questions on fine art, American coins, and great antiques. Send your questions and photos to rzmantique@aol.com

ans and military collectors, the letters they bear represent one of the most thrilling, dangerous and often overlooked chapters of wartime aviation.

You appear to have a rare and historically significant pair of World War II-era China National Aviation Corporation (CNAC) pilot wings, complete with their original box.

These aren't simply vintage silver wings; they represent an extraordinary chapter in aviation history, one marked by courage, endurance and remarkable flying under some of the world's most dangerous conditions.

Let's examine their history and what makes them so collectible.

As you explained, your father flew in China before America's entry into World War II. The enamel letters CNAC stand for China National Aviation Corporation, an organization established before the war that played a vital role in supporting Allied operations in China. CNAC pioneered air routes



"Hardly simple vintage silver wings, these represent an extraordinary chapter in aviation history, one marked by courage, endurance and remarkable flying under some of the world's most dangerous conditions..."

across the formidable Himalayan region between India and China. Its aircraft transported personnel and supplies to Flying Tigers bases, helping sustain American volunteer pilots fighting Japanese forces.

After the Flying Tigers were incorporated into the U.S. military in July 1942, some of their pilots joined CNAC. Given your father's history, it's possible he followed a similar path, although his service records would be needed to establish that connection.

The work was extraordinarily dangerous.

Flying as many as 150 hours a month, often in unarmed transport aircraft, CNAC pilots navigated treacherous mountain passes, severe weather and the constant threat of Japanese fighters. Many missions were flown through

clouds or at night to reduce the risk of enemy interception.

After the Burma Road was lost in April 1942, the air route over the Himalayas — famously known as "the Hump" — became a critical supply lifeline.

Between April 1942 and August 1945, CNAC crews completed more than 38,000 flights over the Hump, transporting approximately 114,500 tons of essential personnel and supplies to Chinese and American forces operating in China, Burma and India.

The operation demonstrated the potential of large-scale military airlift and helped establish methods later employed during the Berlin Airlift.

CNAC also supported the Burma campaign, delivering supplies to Allied ground forces, evac-

uating Chinese and British troops, and transporting personnel and equipment for construction of the Ledo Road.

It was a grueling and unforgiving assignment. Many aircraft and their crews never returned.

Now, let's turn to your wings.

Based on the photographs, they appear to be made of sterling silver and remain in very good condition. Equally important, you have retained what appears to be the original cardboard presentation box.

Collectors place considerable value on original packaging, particularly when it accompanies rare military insignia. Surviving examples of these boxes are difficult to find, making yours especially noteworthy.

And now for the question you've been waiting for: What are they worth?

Based on their apparent authenticity, condition and the presence of the original box, I would place their current market value at approximately \$3,500.

That is a substantial valuation for a small piece of military insignia, but rarity, historical significance and condition are powerful factors in the military collectibles market.

I recommend keeping the

CONTINUED ON PAGE 20

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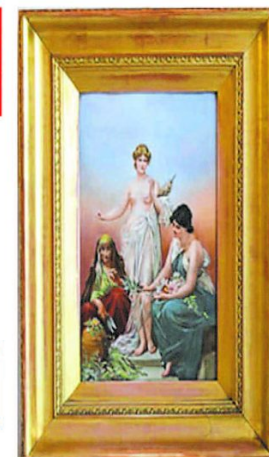
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A mile of encouragement, \$7.5K for Valley students 17

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With family, friends, police officers and cheerleaders encouraging them along Summit Street, Valley Program students and staff turned a mile-long walk into support for their classrooms and activities.

Sixth-grader Dominic Capicchioni led the program's first walk-a-thon after raising \$1,200. The event brought in \$7,500 for

the Valley Regional Programs PTO as of Oct. 1, according to organizer Jessica Capicchioni.

Oliver the Owl accompanied the walkers, while Northern Valley Old Tappan cheerleaders and other supporters cheered them on.

"It was a beautiful morning at our first walk-a-thon," Jessica Capicchioni said.

The money will support educational programs, classroom resources, student activities, com-

munity events and special opportunities for students, she said.

The Valley Program serves students on the autism spectrum from ages 3 to 21, with opportunities for inclusion in general education at all levels, according to background information published by the Valley Program Foundation for Children with Autism. The foundation describes a program serving more than 180 students.

Its Summit Program, introduced in 2016 for students ages 18 to 21, works with the Northern Valley Regional High School District's special education department on daily living skills and community-based employ-

ment opportunities.

Organizers credited Bari Shore, Monika Reisenauer, Kristy Germain, Chris Saxton and Jessica Capicchioni with helping make the inaugural walk-a-thon possible.



Leading the way: Sixth-grader Dominic Capicchioni raised \$1,200 and led the Valley Program's first walk-a-thon. From left: Candice Cinotti, Dominic Capicchioni, Terry Mueger, James Santana and Cara Bayer. Photo courtesy Jessica Capicchioni.

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International Festival in Bergenfield Nov. 13–14

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St. Anthony's Orthodox Church in Bergenfield welcomes foodies and shoppers to its International Festival on Friday, Nov. 13, and Saturday, Nov. 14, from 11 a.m. to 10 p.m. The annual festival offers mouthwatering food, unique shopping and live entertainment.

St. Anthony's is at 385 Ivy Lane. Its fabulous food has been

drawing crowds to the festival for more than 40 years.

Enjoy delicious Greek, Middle Eastern, Slavic and Eastern European entrees, from shish kabob and spanakopita to kielbasa and more. The bakery has an amazing variety of cookies and pastries, including the ever-popular baklava, honey-drenched cookies and light and airy tea cookies.

This year's festival will feature a marketplace of new and "like new" items, all at bargain prices. Merchandise will include fall, Thanksgiving and Christmas decorations, home decor and linens. It also offers a large selection of jewelry, scarves, handbags and women's accessories.

Much of this merchandise is new and will make great gifts at a fraction of the original retail price! Our religious booth will offer jewelry, icons, books and beautiful gift items, and our vendor area will feature unique items, such as olive wood carvings and hand-knit sweaters.

In addition to delicious food and great shopping, enjoy the big band sound on Friday from 5 to 7 p.m. and live jazz entertainment on Saturday night. Take a tour of our beautiful church or listen to the moving music of St. Vladimir's Seminary Choir on Saturday afternoon. There is even a Kids' Zone on Saturday afternoon with face painting and games just for kids. There is something for everyone!

And if you love chances, we have a giant raffle! Just 200 tickets are being sold. Each is \$100 but can be divided into \$20 increments, so the pot gets big, and we have multiple winners.

Come for lunch, dinner or takeout and enjoy all that the festival has to offer!

About St. Anthony's

For 70 years, St. Anthony's has served the needs of Orthodox Christians of all ethnic backgrounds. It is a regional church with parishioners living in communities within Bergen County and the metro area.

Directions: Teaneck Road to Liberty Avenue to Ivy Lane, or Knickerbocker to Ivy. For more information, call St. Anthony's Orthodox Church at 201-568-8840 or visit stanthonybergen.com/festival.

Rising Above Bakery to debut recipe book at Nov. 8 fundraiser

RISING ABOVE BAKERY celebrates the debut of its first recipe book, "Baked Side by Side," at its annual Cookies & Sprinkles fundraiser Sunday, Nov. 8, from 11 a.m. to 3 p.m. at Fire & Oak in Montvale.

The \$115-per-ticket event includes brunch, a live baking demonstration, and hands-on cookie-decorating stations where guests can work alongside the nonprofit bakery's crew. The book pairs favorite cookie recipes with stories of the people who make them.

"Everyone on our crew is an equal member of the team, with an apron, a job to do, and a place at the counter," the bakery wrote in its invitation to supporters.

Based in Nyack, N.Y., Rising Above Bakery was founded by Shiri Reuveni-Ullrich, a long-time speech therapist whose bak-



ing sessions with autistic individuals inspired her to create a workplace centered on inclusion, purpose, and belonging. The nonprofit welcomes people of all abilities as equal, contributing team members.

For tickets and more info visit RisingAboveBakery.org.

— Staff

This Dracula gives back—Players host blood drive

ORADELL — Before taking the stage as Count Dracula, Cresskill actor James Perlas took a seat in a donor chair.

Perlas joined theater supporters and local residents Oct. 17 for a community blood drive hosted by Bergen County Players and Vitalant outside the Little Firehouse Theatre.

The event coincided with preparations for the company's production of "Dracula: A Comedy of Terrors," giving its leading vampire a chance to play against type.

"Usually, Dracula is known for taking, but today was all about giving," Perlas said in a



PERLAS

statement supplied by Bergen County Players. "It was wonderful to see so many people come out to support Vitalant. It truly proves that our community has a lot of heart—and plenty of life-saving blood to go around."

Donors gave blood inside Vitalant's mobile unit outside the theater. According to organizers, the donations will help hospital patients across the region. A collection total was not provided.

Written by Gordon Greenberg and Steve Rosen, "Dracula: A Comedy of Terrors" reimagines Bram Stoker's vampire tale as a fast-paced comedy. The production opened Oct. 24 at the Little Firehouse Theatre, 298 Kinderkamack Road.

Bergen County Players is an all-volunteer community theater company. For tickets and performance information, visit bcplayers.org or call 201-261-4200.

Photo: Cresskill actor James Perlas in character as Dracula, from Bergen County Players' production of the same name. Credit:

Richard Frant/Frant Visuals LLC



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School News

Registration open for free, full-day pre-K and kindergarten

Advertisement

ENGLEWOOD — Families can register eligible children for the Englewood Public School District's tuition-free, full-day prekindergarten and kindergarten programs for the 2026-27 school year.

Children must live in Englewood. For pre-K3, children must have turned 3 on or before Oct. 1, 2026; for pre-K4, they must have turned 4 by then. Kindergarten students must have turned 5 by Oct. 1.

Pre-kindergarten programs are offered at Donald A. Quarles Early Childhood Center and Bergen Family Center, with placement determined by the district. Kindergarten is located at Quarles, 186 Davison Place.

The programs provide instruction in language arts, mathematics, science, social studies and related arts. According to the district, the curriculum supports



English and dual-language learners, advanced learners and children with disabilities.

"We are excited to welcome new families to the Quarles community," Principal Arlene Ng said.

She added, "Our goal is to provide every child with a strong and engaging beginning to their educational journey in an environment where children can learn, grow, and thrive."

Families should first visit the district's Registration Office web-

page and complete the Genesis online registration form. After submitting it, they must call or email the Registration Office to schedule an appointment.

The office is in King Hall on the Dwight Morrow High School campus, 274 Knickerbocker Road. Office hours are Monday through Thursday, 9 a.m. to 3

p.m., with evening appointments available upon request.

To schedule an appointment or ask about registration, call 201-862-6212 or email registrar@epsd.org.

Attendance, Registration and Residency Coordinator Andre Hampton can also be reached at 201-862-6225 or

ahampton@epsd.org.

Through the district's Child Find program, families concerned that a child is developing or learning differently may request an evaluation for special education and related services.

For more information, email cstsecretary@epsd.org or crodriguez@epsd.org.



ENGLEWOOD PUBLIC SCHOOL DISTRICT PRE-KINDERGARTEN AND KINDERGARTEN REGISTRATION 2026-2027



EPSP is proud to offer **tuition-free, full day Pre-Kindergarten and Kindergarten** programs to children currently residing in the City of Englewood. Our programs provide instruction in language arts, mathematics, science, social studies, and the related arts. The curriculum supports all learners, including English and dual-language learners, advanced learners, and children with disabilities.

Free Full Day Pre-K

Pre-Kindergarten 3 & 4 Program (located at DA Quarles Early Childhood Center and Bergen Family Center)

- Student must reside in Englewood
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- For Pre-K4 student must be 4 years old on or before October 1st

*Placement location for Pre-K3 and Pre-K4 is at the discretion of the Englewood Public School District.

Kindergarten (located at DA Quarles Early Childhood Center)

- Student must reside in Englewood
- Student must be 5 years old on or before October 1st

Begin your child's registration now!

Visit the [EPSP Registration Office](#) webpage or open the QR code to complete the Genesis open registration online, then call or email the Registration Office for an appointment. M-Th 9:00AM-3:00PM. Evening appointments available upon request.



EPSP Registration Office
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Child Find

If you are concerned your child is developing or learning differently, you can request an evaluation for Special Education and related services. For more information, email cstsecretary@epsd.org or crodriguez@epsd.org



GOT YOU COVERED

Pre-kindergarten programs are offered at Donald A. Quarles Early Childhood Center and Bergen Family Center, with placement determined by the district. Kindergarten is located at Quarles, 186 Davison Place.

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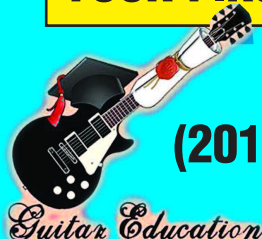
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THE GROWING MYOPIA EPIDEMIC — AND WHAT PARENTS CAN DO ABOUT IT

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By Lorenzo Stampone, OD

As summer winds down and a new school year begins, parents are busy preparing their children for academic success. While shopping for school supplies and organizing schedules, one important item should also be on the back-to-school checklist: a comprehensive eye examination.

Children spend more time than ever reading, using computers, tablets, and smartphones, while spending less time outdoors. This shift in lifestyle has contributed to a dramatic increase in myopia (nearsightedness), making it one of the fastest-growing eye health concerns worldwide. In fact, experts estimate that by 2050, nearly half of the world's population will be myopic.

Many parents think myopia



Learn whether myopia management is right for your child. Schedule a Myopia Assessment at River Vale Eyecare, 688 Westwood Ave., River Vale with Dr. Robin Semegran or Dr. Lorenzo Stampone. Scan the QR code to schedule an appointment, or call or text (201) 664-5596.



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simply means a child will need stronger glasses each year. While that is certainly inconvenient and costly, the greater concern is that worsening myopia often means the eye is growing longer than normal. As the eye elongates, the risk of serious eye diseases later in life—including retinal detachment, glaucoma, and myopic macular degeneration—increases significantly.

The good news is that myopia can often be slowed. Advances in eye care have led to proven treat-

ments that help reduce the progression of myopia during childhood. At River Vale Eyecare, we offer two FDA-approved options: Essilor Stellest™ eyeglass lenses and CooperVision MiSight® 1 day contact lenses. These specially designed lenses help slow the eye's growth by changing how light focuses on the retina, sending signals that reduce the stimulus for the eye to continue elongating.

Clinical studies have shown these treatments can slow myopia progression by approximately 60%–70%, helping many children maintain lower prescriptions and reducing their long-term risk of vision-threatening eye disease.

The earlier myopia management begins, the more effective it can be. Children whose prescriptions are changing each year or who have one or both parents who are nearsighted may be especially good candidates for treatment.

Again, experts estimate that by 2050, nearly half of the world's population will be myopic.

If you'd like to learn whether myopia management is right for your child, schedule a Myopia Assessment at River Vale Eyecare, 688 Westwood Ave., River Vale, with Dr. Robin Semegran or Dr. Lorenzo Stampone. Scan the QR code to schedule an appointment, or call or text (201) 664-5596.

Wartime:

FROM PAGE 16

wings and their box together, carefully protected and stored in a secure location.

One additional consideration could make this discovery even more significant: documentation.

If you have your father's flight logbook, military service records, photographs, uniform or other materials establishing his connection to CNAC, they could add considerably to the historical importance and potential market value of the wings.

Such records would help establish provenance — the documented history of an artifact — which is particularly valuable to serious collectors.

Your father clearly had a remarkable aviation career, and these wings may offer a tangible connection to a chapter of his life that he rarely discussed.

Thank you for sharing this fascinating piece of aviation history and allowing me to examine it.

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Health, Wellness & Fitness Guide



Understanding pain: Finding a path to better movement



BOOST YOUR BRAIN POWER

By Dr. Eric Kaplan,
DC, DACNB,
FACFN, FABVR

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HAVE YOU Ever bent down to pick up a sock and suddenly felt like you needed a crane to get back up? Or turned your head while driving and discovered your neck had the flexibility of a rusty door hinge? Pain has a way of reminding us that our bodies deserve attention.

October is National Chiropractic Health Month, making it a good time to understand why pain develops and what we can do about it. Pain can have several contributing factors, and an appropriate evaluation can help guide treatment—even when a single cause cannot be identified.

Muscular pain can develop from overuse, strain or tension. Spending hours hunched over a computer, looking down at a phone or sleeping in an awkward position can leave muscles feeling tight and sore.

Posture may contribute to dis-

comfort, although posture alone does not explain every case of pain. The goal is not to sit like a statue. It is to move regularly and avoid staying in one position all day.

A sedentary lifestyle can also affect how well we move and function. Research published in PeerJ in 2022 reviewed 16 studies involving more than 100,000 adults. It found an association between sedentary behavior and greater disability related to lower back pain, but did not find that longer sedentary time increased the likelihood of developing lower back pain. The authors cautioned that the findings were tentative because of limitations in the underlying studies. Sitting is not automatically the enemy, but taking regular movement breaks is a practical habit.

Pain can also involve nerves, spinal discs and joints. A herniated or bulging disc may irritate or compress a nerve, sometimes causing pain, tingling, numbness or weakness that travels into an arm or leg. However, disc changes can also occur without symptoms. Arthritis and other joint conditions can cause stiffness and discomfort, sometimes with swelling. Injuries and changes in how we move may contribute as well.

Staying hydrated is important, especially during heat or strenuous activity, but drinking extra water is not a treatment for every ache. Pain can have many contributing factors, including injuries, medical conditions, sleep problems and stress. The body is complicated, which is why guessing is not a treatment plan.

The nervous system also plays a central role. It helps us detect and respond to potential harm. Sometimes pain persists after an injury has healed, in part because the nervous system becomes more sensitive.

That does not mean the pain is imaginary. Pain is a real, complex experience influenced by physical, neurological, psychological and social factors.

So what should you do? An appropriate evaluation can help. A thorough history and physical examination can identify possible contributing factors and determine whether further testing or referral is needed. A specific structural cause is not always identifiable, and effective care does not always depend on finding one.

For low back pain, treatment may include education, therapeutic exercise, rehabilitation and other

approaches suited to the individual. Guidelines generally discourage routine imaging when there are no signs of a serious underlying condition.

For chronic primary low back pain, the World Health Organization recommends individualized care that may include exercise, psychological therapies, certain medicines and some physical therapies. Spinal manipulation may be offered as part of that care, although the supporting evidence is uncertain. These recommendations do not apply equally to every type or cause of pain.

Movement is often an important part of recovery. Walking, strengthening exercises and gradually returning to activities can help many people improve function. Take breaks from prolonged sitting, adjust your workstation for comfort, choose movements that suit your abilities and pay attention to sleep.

You do not have to become a marathon runner. Sometimes the first victory is simply getting off the couch before it starts recognizing you as permanent furniture.

Some symptoms require emergency care. Seek immediate emergency evaluation for back

pain accompanied by new difficulty urinating, loss of bladder or bowel control, numbness around the groin or anus, or rapidly worsening leg weakness. Back pain following a serious accident also requires emergency evaluation. Fever or feeling generally unwell with back pain, or other new or worsening weakness, warrants urgent medical assessment.

For National Chiropractic Health Month, Kaplan Brain & Body is offering a physical and neurological examination for \$21, normally \$600. We will assess your symptoms, look for possible contributing factors and discuss an appropriate plan or referral based on the findings.

No examination can guarantee a single cause will be identified, but a careful evaluation is a sensible place to start.

Call 201-261-2150 or email info@kaplanbrainandbody.com. Visit www.kaplandc.com to learn more. Listen to Boost Your Brain Power with Dr. Eric Kaplan Saturdays from 8 to 9 a.m. on AM 970 and from 2 to 3 p.m. on AM 710. My book, Boost Your Brainpower: A Guide to Improving Your Memory and Focus, is available on Amazon.

Legacy:

FROM PAGE 2

giving back; she lived it every day," Tim said. "Whether it was preparing meals, collecting donations, finding furniture, or helping a family in need, she was always doing something for someone else and encouraging those around her to do the same."

A home for its work

Family Promise has operated

from space belonging to others throughout its history, first in Englewood, then in rented offices in Teaneck and, since 2011, at the church in Ridgewood, according to its website.

"This new home will give us a permanent place to bring together the people, programs, and partners that advance our mission of helping working families achieve housing and food security," Duggan said. "I worked with Nancy for many years and she would be delighted that Tim and Kristie have made such a meaningful gift to the organization to which she gave her heart and

soul."

The organization serves working families with children younger than 18, including single-parent and two-parent households. Its existing programs provide temporary housing, rental assistance, homelessness prevention services and other support to help families regain financial stability and remain housed.

Depending on a family's needs, that support can include case management, job training, financial education, a savings program, help with child care and transportation, and life skills work-

shops, according to the organization.

"Bergen County is a wonderful place to live, but the high cost of housing and everyday expenses can make it extremely difficult for many families to make ends meet," the Woods said. "People don't always realize how quickly an unexpected job loss, medical expense, or family emergency can put a family at risk of losing their home."

The move also strengthens an established connection to Hackensack. Family Promise's Walk-In Dinner provides a free meal every night of the year and has operated at the Bergen County Housing, Health and Human Services Center since 2008. Established in 1991, the program has served more than 1.5 million meals, according to Family Promise.

"We are proud to support an organization whose mission reflects the values Nancy lived every day," Kristie said. "This gift represents more than an investment in a physical space — it is an investment in families, in opportunity, and in the comprehensive support that can help create lasting stability and brighter futures."

After the Emerson setback

The donation follows an unsuccessful effort to establish a headquarters and temporary housing in Emerson.

On Feb. 20, 2025, Emerson's Municipal Land Use Board voted 6-1 to deny Family Promise's application to convert a commer-

cial building at 436 Old Hook Road into offices, program space and eight living units for working families with children facing homelessness.

The proposal went through four hearings and required a use variance and several bulk variances. Plans included individual kitchenettes and bathrooms, a library, playroom, laundry facilities and classrooms for workshops.

At the time, Duggan told Pascack Press that Family Promise was considering an appeal.

The Hackensack gift provides a permanent location for offices and programs. The announcement does not describe plans for residential units at the donated building.

"For us, this donation is about much more than a building," Tim said. "It's about giving Family Promise a place to continue growing, bringing people and resources together, and serving families for generations to come. We can't think of a better way to celebrate her legacy than to help ensure that the work she was so passionate about continues long into the future."

In Nancy Woods' obituary, her children offered a simple suggestion for honoring her memory: "If you truly want to honor her, go out today and help someone less fortunate." Visit bergenfamilypromise.org/our-future-home or call 201-833-8009.

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CRESSKILL WOMAN’S CLUB SHARES FOOD, SERVICE, AND FELLOWSHIP

MEMBERS OF THE Cresskill Woman’s Club recently explored Polish cuisine and volunteered to help prepare donated items for people in need.

For their monthly Country Cuisine Cultural Luncheon, members chose Polish food to represent the letter “P” and gathered at Krakas Polish Restaurant in Wallington. The group tries a different cuisine each month.

On Sept. 26, members marked National Day of Service by volunteering at the Never Alone Again Domestic Violence Organization and Resource Center. They helped organize and bag items for distribution to those in need. “A wonderful organization, and we were glad to be of service!” the club said.



Cresskill Woman’s Club members help organize and bag items for people in need at the Never Alone Again Domestic Violence Organization and Resource Center on Sept. 26. They also enjoy Polish cuisine in Wallington during their monthly Country Cuisine Cultural Luncheon. Photos courtesy Cresskill Woman’s Club.





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Sports:

FROM PAGE 2

impact,” said JCC CEO Sue Gelsey. “These honorees lead with purpose, uplift others and turn their values into meaningful action.”

A hometown pitcher

Kaminsky’s path began close to home. He attended Solomon Schechter Day School through eighth grade before moving on to St. Joseph Regional, where the left-hander earned Gatorade New Jersey Baseball Player of the Year honors in 2012 and 2013.

According to his event bio, he finished his senior season 10–0 with a 0.10 ERA, striking out 126 batters in 64 innings. He also earned first-team All-American honors from Baseball America and Rawlings–Perfect Game.

The St. Louis Cardinals selected him 28th overall in the first round of the 2013 MLB draft. He chose pro baseball over attending the University of North Carolina.

His career took him through the Cardinals’ minor-league system and, following a 2015 trade, Cleveland’s organization. After returning to St. Louis, he made his major-league debut against the Chicago White Sox on Aug. 16, 2020.

His major-league record includes five appearances for the Cardinals. He also represented



KAMINSKY



Two-time Emmy Award-winning sportscaster and NJ Jewish Sports Hall of Famer Tracy Wolfson interviews radio show hosts Gregg “Gio” Giannotti and former NFL Quarterback and sportscaster Boomer Esiason at The Kaplen JCC’s Sports Night of Champions in November 2023. *Courtesy photo.*

Israel in the 2023 World Baseball Classic.

From representation to team leadership

Rose became president of the Knicks in March 2020, taking responsibility for the team’s basketball operations and personnel after a career representing some of the NBA’s biggest names.

As co-head of CAA Sports’ basketball division, his clients included LeBron James, Allen Iverson, Carmelo Anthony and Dwyane Wade. He also worked alongside fellow honoree Holtz, with whom he represented Chris Paul, Karl-Anthony Towns and Devin Booker.

Rose played varsity basketball at Dickinson College and earned



ROSE

his law degree at Temple University. His early coaching experience included Cherry Hill High School East and Rutgers–Camden. He practiced law before joining CAA in 2007.

His community work includes volunteer coaching in the JCC Maccabi Games. He received the South Jersey Jewish Community Center’s Lifetime Volunteer Award in 2009 and was inducted into the Philadelphia Jewish Sports Hall of Fame in 2011. In 2025, UJA-Federation of New York honored him with the David J. Stern Leadership Award at its Sports for Youth event.

Building athletes’ careers

For Holtz, a childhood love of sports grew into a career helping professional athletes manage opportunities on and off the court.

A New Jersey native, she studied sports journalism at Penn State before turning to the business side of the industry. She worked at the



NBA and Excel Sports Management, then joined CAA Sports in 2014.

Now the agency’s basketball co-head, Holtz represents Booker and Towns, according to her event biography, shared with Northern Valley Press. Her work encompasses playing contracts, endorsements, business ventures and philanthropy.



HOLTZ

Changers class, which recognizes women making an impact in the sports business industry. She also holds an MBA from Baruch College and is a certified National Basketball Players Association agent.

Her induction alongside Rose brings two former colleagues together for recognition of careers that have shaped opportunities for some of basketball’s most recognizable players.

A Rutgers story, preserved

Kleinbaum had a choice to make when the New York Mets selected him in the 1972 baseball draft. He chose Rutgers and a basketball scholarship, beginning a college career that would include four years in both sports. He was a member of Rutgers’ historic 1975–76 Final Four basketball team and captained the university’s

baseball team as a senior.

His next chapter began in the classroom and on the sidelines. He joined Spotswood High School’s inaugural faculty in 1976–77 and became its first varsity basketball head coach. He later taught history and economics and coached basketball at Union High School.

After an 11-year career as a stockbroker and analyst, Kleinbaum returned to education at Middletown North, then moved to Whippany Park. He coached basketball there for 16 years and retired from teaching in 2023.

His coaching honors include Middlesex County Coach of the Year in 1979 and Morris County Boys Basketball Coach of the Year in 2003.

He has since written “Unforgettable Knights: A Player’s Account of the Legendary Rutgers Final Four Season,” marking the 50th anniversary of the team’s run. Encouraged by former teammates, he set out to preserve a player’s perspective on a season that rallied fans throughout New Jersey.

Founded in 2019, the Kurtz Family New Jersey Jewish Sports Hall of Fame recognizes Jewish athletes and others in the sports world who have distinguished themselves in and around New Jersey.

Past inductees include MLB executive Noah Garden, sportscasters Bruce Beck and Tracy Wilson, former WNBA President Donna Orender and former New Jersey Nets owner and president Joseph Taub.

The celebration also sup-

CONTINUED ON PAGE 28

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BY HILLARY VIDERS
OF NORTHERN VALLEY PRESS
LEONIA

Rain couldn't dampen the spirits of several hundred guests who gathered at Bergen Equestrian Center in Overpeck Park for the annual "Equine and Chocolate" fundraiser benefiting the Women's Rights Information Center (WRIC).

The Oct. 11 event brought together families, volunteers and supporters for an afternoon of food, entertainment, children's activities and visits with the center's horses, all in support of an organization that serves nearly 2,000 Bergen County residents each year.

A large tent kept guests dry, while DJ Scott Reddin provided music lively enough to get some attendees dancing in the rain.

"We hold Equine and Chocolate to raise critical dollars to pro-



Hillary Vidars photos



vide services to our community and fulfill our mission to provide knowledge and opportunities that support the economic aspirations and emotional wellbeing of people that WRIC serves," said WRIC

Executive Director Lil Corcoran. "Equine and Chocolate, held at the beautiful Bergen Equestrian Center, is what I call a 'fun'-

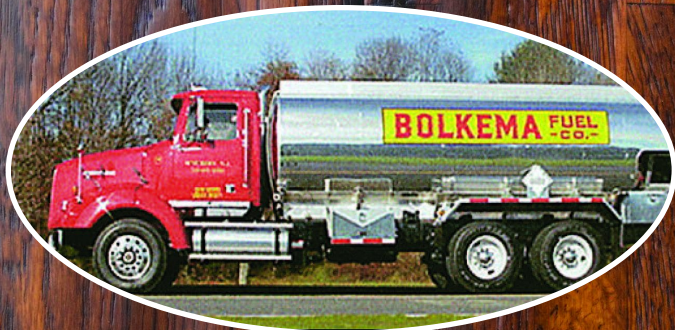
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HOME IMPROVEMENT GUIDE

Churches:

FROM PAGE 5

Word is meant for them, too, and that they have a special place in our Sacred Heart parish family.

• **Help needed in the parish:** The parish seeks lectors and Eucharistic ministers at each Mass. Sister Joanne will provide training, support and ongoing information. Contact her at 201-387-0080, ext. 204, or shpahaw@aol.com.

• **Save the dates:** A beefsteak dinner is planned for Nov. 7, followed by trivia night on Nov. 20. Both offer opportunities to gather with friends and family and meet people in your community. Call 201-387-0080 for details.

St. Anthony Church

199 Walnut St., Northvale;
201-768-1177

• **Christmas raffle:** Help us care for St. Anthony Church this Christmas. We are collecting new items, gift cards and gift baskets for our Christmas raffle to support

church repairs and maintenance. We are grateful for your generosity last year and hope we can count on you again.

If we receive more donations than needed, we will save the extra baskets for next year's parish picnic and other parish events. Your generosity will continue making a difference throughout the year.

The raffle celebration will take place Dec. 20 at 1:30 p.m. in the St. Anthony School building. Join us for hot chocolate, cookies and Christmas cheer! Email Maria at contactministry@stanthonys-nv.org with questions or speak with Father Carlos.

• **Christmas celebration:** Join us Saturday, Dec. 5, at 7 p.m. for a festive evening of international food, music, dancing, Christmas tree lighting and a special visit from Santa. Bring your favorite food or drink to share if you wish. Everyone is welcome, even if you don't bring anything! Sign up at the welcome desk if you plan to bring something.

• **Family Promise Ministry:** A new volunteer leader is needed

to coordinate the ministry, along with volunteers to help prepare and cook meals for families in need. Contact Tim at 201-734-2000 for more information.

• **Young Adult Group:** The group seeks a new leader. Contact Jenny at jennyhubert18@gmail.com or 201-961-2409 for more information.

• **Church of St. Anastasia**
1095 Teaneck Road, Teaneck;
201-837-3354; saintanastasia.org

• **Pancake breakfast:** The Youth Ministry hosts its annual pancake breakfast on Sunday, Nov. 8, from 9 a.m. to 1 p.m. Tickets are \$10 each. Proceeds will support the Summer Mission Experience. Email Ashley at youthministry@saintanastasia.org for more information.

• **Wreath sale:** Support our Youth Ministry and decorate your home! Call the Youth Ministry at 201-837-3354 for information.

• **Haiti Support Group dinner dance:** Join the Saint Anastasia Haiti Support Group for its 16th annual dinner dance on

Saturday, Nov. 14, at 6 p.m. in the Redmond Center. Tickets are \$65. For more information, call Georgetown at 862-223-1348.

Our Lady of Mount Carmel

10 County Road, Tenafly;
201-568-0545

• **Mount Carmel Book Club:** Next meets Tuesday, Nov. 10, at 9:15 a.m. and 7:30 p.m. in the conference room. The morning group is reading "Didn't You Use to Be Queenie B?" by Terri-Lynne DeFino; the evening group is reading "The Astral Library" by Kate Quinn. Contact Elliot at guerra@academyolmc.org or Mary Ann at 201-568-0545 for more information.

• **Altar Server Ministry:** Boys and girls in grades 3-7 are invited to join. Contact Sister Regina at 201-568-0545 for more information.

• **Veterans Day ceremony and brunch:** All are invited to OLMC Church on Wednesday, Nov. 11, at 11 a.m. for a ceremony honoring veterans. Veterans and seniors are invited to brunch in the

Odyssey Theatre following the ceremony. The event is sponsored by the OLMC Seniors Club. Brunch reservations are required; RSVP by Nov. 9. Call 201-568-0545 for more information.

• **Women's Prayer Group:** The group gathers on the third Sunday of each month from 8:55 to 9:55 a.m. in the conference room. The next gathering is Sunday, Nov. 15. All women are invited for prayer, fellowship and friendship.

• **Metropolitan Plant and Flower Exchange:** Make a purchase of \$50 or more at Metropolitan Plant and Flower Exchange, and Metropolitan will donate \$10 to OLMC. Coupons are available in the kiosks and must be presented at the time of purchase.

— Via Terri Corcoran

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Equine:

FROM PAGE 26

raiser as we try to raise critical dollars and also provide a fun atmosphere with activities, food, entertainment, and horses. A place to raise funds and celebrate with our community the important work we are called to do."

Guests enjoyed an assortment of wraps, sandwiches, empanadas, hot dogs, pancakes, fried chicken, fruit and desserts, including plenty of chocolate. An ice cream truck served frozen treats, while a wine and cider bar offered refreshments and cinnamon doughnuts.

Children visited Teddy, the miniature horse, and participated in temporary tattoos, pumpkin painting, jewelry making and colorful circle weaving led by Diane Jansen. Adults enjoyed Reiki massages, and local vendors displayed merchandise throughout the tent.

More than two dozen volunteers and staff members helped

run the event, which drew support from more than two dozen corporate and individual sponsors, including Matisse Chocolatier.

Corcoran highlighted WRIC's work, while Bergen Equestrian Center Director Anna Gassib invited visitors to meet the horses in the nearby stables.

Supporting people in need

WRIC provides services to individuals and families facing domestic violence, human trafficking, sexual exploitation, housing insecurity and other challenges. Its programs include case management, computer training, English as a Second Language instruction, résumé preparation and job-search assistance, particularly for displaced homemakers. The organization also operates a women's clothing closet and a shared housing program for senior citizens.

An attorney, divorce coach and paralegal help clients navigate legal challenges associated with domestic violence.



"Women's Rights Information Center envisions a community where every individual has income to meet their basic needs, safe and stable housing, freedom from violence, and the informational resilience to grow with strength," Corcoran said.

"With 25 staff, countless volunteers and a dedicated Board, we believe in providing a holistic, trauma informed environment to serve the close to 2,000 folks a year that reach out to us for help."

WRIC also partners with Ber-



gen Equestrian Center to provide equine-assisted therapy through its Trauma Wellness Program. The program, led by Gassib through Stable Life Wellness, uses interactions with horses to help participants who have experienced abuse, abandonment or other trauma find comfort and build confidence.

During the fundraiser, Corcoran shared the experience of a woman identified as Candice, who sought WRIC's assistance while navigating domestic violence, harassment and legal proceedings.

In a statement read by Corcoran, Candice described WRIC as "one of the only constants advo-

cating for me with competence, empathy and integrity."

"They made sure my voice as a victim was heard when others tried to minimize or silence it," she wrote.

She concluded, "What WRIC provided my family was safety, validation, and clarity amid chaos."

The testimonial underscored the importance of the services supported by the fundraiser, which combines community celebration with assistance for people facing difficult circumstances.

— Hillary Vidars photos

Sports:

FROM PAGE 25

ports the JCC's work to bring people of different ages and abilities into community life.

"At the JCC, we are committed to fostering a community where people of all ages and backgrounds feel a sense of belonging, build connections and discover opportunities to make a difference," Gelsey said.

For tickets, sponsorships, journal tributes and information, contact Jeanine Corrubia at 201-408-1406 or orjcorrubia@jccotp.org, or visit jccotp.org.



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"Our goal is to make outdoor spaces both functional and beautiful," says owner Dan Kindergan. "We know Bergen County homes and properties deserve quality work that complements their value, charm, and style."

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stant upkeep."

to every project

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"I can't recommend Kindergan Landscaping enough," says Mrs. Reale, a Bergen County homeowner. "They were incredibly helpful from start to finish, offering thoughtful suggestions on how to make my yard not only beautiful, but also easy for me to maintain."

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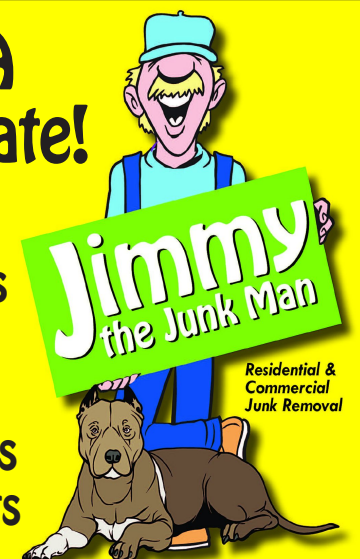
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