

October 2013

Volume 8 Number 10

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*Columnists*

Rob Errera  
Catherine Felegi  
William Lango  
Bill Madden  
Elaine Peacock  
Don Pruden

*In this Issue*

<i>Seniors</i>	Page 2
<i>Bill Lango</i>	Page 3
<i>Lover Your Pets</i>	Page 4
<i>Movie Trivia</i>	Page 5
<i>Announcements</i>	Page 8
<i>Don Pruden</i>	Page 8
<i>Elaine Peacock</i>	Page 8
<i>Catherine Felegi</i>	Page 10
<i>Glenburn Events</i>	Page 12
<i>School News</i>	Page 12
<i>Community Center</i>	Page 13
<i>Woman's Club</i>	Page 14
<i>The Riverdale Rant</i>	Page 15
<i>Fire Department</i>	Page 18
<i>Library</i>	Page 20
<i>Recreation</i>	Page 25
<i>Natural Health</i>	Page 27
<i>PicTips</i>	Page 27

# Riverdale

## News & Events

### Riverdale Road

# Dedicated in Memory of SSgt. Jorge Oliveira

**Run for Jorge** was a 5K Run/Walk in memory of **Staff Sergeant Jorge M. Oliveira** who was killed in action in Afghanistan on 19 October 2011.

Home Front Hearts in conjunction with the 113th Infantry Officer Association hosted this event at Riverdale Armory on Saturday, September 28.

The funds raised at this event will be used to start a scholarship fund in memory of SSG Oliveira that will benefit the family members and Soldiers of the 113th Infantry Battalion.



# Riverdale Seniors

## 1<sup>ST</sup> MEETING



song; she then assigned people to bring cakes for the next meeting.

It was announced that the walking group will begin walking again. **Joan Moran** reported on persons who have passed away. New members were welcomed. There will be a town wide garage sale on September 28<sup>th</sup> with a rain date of September 29<sup>th</sup>.

**Mary Gambino** read a funny story, and then conducted the 50/50. Motions were made to close the meeting and refreshments were served.

The first meeting of the Riverdale Seniors was held on Tuesday, September 3<sup>rd</sup>, due to our usual day of Monday, being Labor Day. There were 67 members present. **President Loretta Lippens** conducted the meeting. **Marion Davis** led the group in singing "God Bless America". **Secretary Jean McMichael** took the attendance and read the minutes. **Chaplain Grace Chiesa** gave a nice reading. **Treasurer Laura LaRosa** gave her report. **First Vice President Dorothy Bowersox** had the birthday people stand and they were given a rousing Happy Birthday

the minutes and **Laura La Rosa** read the treasurer's report. 1<sup>st</sup> Vice-President **Dorothy Bowersox** assigned cakes for the next meeting.

**Gerry Mahler** reported on the library. **Joan Moran** reported on sick members and several who passed away. **Trip Chairperson Barbara Stillwagon** spoke of the next trip, the Octoberfest, which is all set.

Mary Gambino didn't have a funny story. What happened!

Following the meeting we were entertained by "The Pettet Family", who put on a very enjoyable show of singing and tap dancing.

Refreshments were served.

*Submitted by Marion Davis*

## 2<sup>ND</sup> MEETING

The second meeting of the Riverdale Seniors was held on Monday, September 16<sup>th</sup>. There were 66 members present. **President Loretta Lippens** conducted the meeting. **Marion Davis** led the group in singing "America the Beautiful". **Secretary Jean Mc Michael** read

Riverdale Land Conservancy  
**FARMERS MARKET**



Every  
**TUESDAY**  
2:30 - 7:00 PM  
Thru  
**October**



**Glenburn**  
211 Hamburg Turnpike

# Blood Drive

**Saturday,**  
**October 12, 2013**

**BJ's In Riverdale**  
110 Rt. 23  
10am-4pm

For more information call the Health Department  
@ 973-835-5700 ext. 127

Please remember to eat, drink & bring ID.

Walk-Ins WELCOMED

**New York Blood Center**

**Sponsored by: The Riverdale Health Dept. in collaboration with the "Super Community Blood Drive" & NY Blood Center.**

\*Every person who donates blood as part of this campaign will receive a red super Community Blood Drive wristband and the opportunity to win tickets to Super Bowl XLVIII. [www.nybloodcenter.org](http://www.nybloodcenter.org)

## Vinegar

When washing cotton or washable wool blankets, add 2 cups vinegar to last rinse cycle. This will help remove soap and make blankets soft and fluffy.

Add 1/2 cup vinegar to the last rinse cycle of your wash to soften clothes.

Reduce lint buildup and keep pet hair from clinging to clothing by adding vinegar to last rinse cycle.

Some new clothes may be treated with a chemical that can be irritating to sensitive skin. Soak new clothing in 1 gallon water with 1/2 cup vinegar. Rinse, then wash as usual.

**CHILI'S IS PROUD TO SUPPORT RIVERDALE LIBRARY**

more GIVING BACK happens here

Let Chili's do the cooking while we support Riverdale Library at the same time. With each flyer presented on Thursday, October 24, 2013, Chili's will donate 10% of the event day sales back to this great organization.

Riverdale Library Give Back Event is:  
Thursday, October 24, 2013  
From 11am to 11pm

only at Chili's - Riverdale Crossing  
58 Route 23 North - Riverdale, NJ 7457 973-616-0382 - [www.chilis.com](http://www.chilis.com)

Give Back Event flyer required with each check to receive credit for the sale. Sale cannot be included in donation amount with flyer. Offer only valid on the date and location stated above. Donations will not be given on sales made prior to or past this date.

**Antiques & Collectibles:  
HESS Trucks a Collectible That Keeps on Trucking**  
by Riverdale Resident and Columnist  
**Bill Lango**

When I think of HESS toy trucks, I'm filled with memories of Christmas 1964, when I bought my first Hess Truck for \$1.39 at the Hess Station on the Riverdale hill, Rt. 23 North. If I would have kept that truck in its original box with its original paperwork, today it could be worth \$1,500 in mint condition.

The first HESS toy truck was modeled after a Mack B-61 tanker truck. It came with a very unique feature not found in any other HESS trucks, it came with a funnel which you could use to fill the tanker with water. The water then could be released through a hose. The truck was produced for HESS by the Marx Toy Company and was manufactured in Hong Kong.

HESS Toy Trucks were never intended to be collectibles. They were produced, and marketed as toys. Because of their great play value, most are purchased to give to children as playthings. The majority of HESS truck purchases are from folks that are not serious collectors. Real collectors, like myself and others make up only a very small percentage of new HESS truck buyers and we are aging and decreasing in numbers.

But that doesn't dampen our enthusiasm for collecting. Facebook pages devoted to HESS trucks serve to bring together collectors from

all over the nation and even the globe.

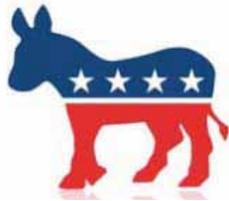
One in particular, HESS and Other Oil Company Promos, stands out. Earlier this year some members of the page began suggesting ways to find a suitable place in the NYC area to hold a get-together and share memories in person, and they came up with the idea of holding a HESS Truck Meet & Greet at the upcoming East Coast Toy Soldier Show & Sale, at FDU's Rothman Center, on Sunday, November 3rd.



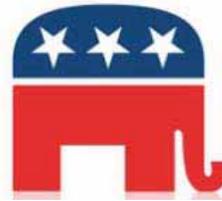
So if you are a toy truck collector, you are invited to join other like-minded collectors at the First HESS Truck Meet & Greet. Where you can meet with other collectors. See many rare and scarce HESS Trucks. You can bring along your HESS trucks for appraisals, or just hang out and chat with other HESS enthusiasts at the HESS and Other Oil Company Promos' exhibitor table. (Please note, the HESS truck Meet & Greet is not sanctioned or promoted or affiliated with HESS)

The 31st Annual East Coast Toy Soldier Show & Sale will be held at Fairleigh Dickinson University's Rothman Center, 100 University Plaza Drive, in Hackensack, on Sunday November 3rd. Adult Admission \$6, Children under 12 Free. The show runs from 9am-3pm and features 300 exhibitor tables of all types of antique & collectible toys. From ancient toy soldiers to Star Wars and everything in between, including HESS trucks. [www.eastcoasttoysoldiershow.com](http://www.eastcoasttoysoldiershow.com)

The **Riverdale Democratic Committee** meets on the **third Monday of every month at 6:30 PM** in the Riverdale Public Library, 93 Newark Pompton Turnpike, in the conference room. Local issues will be discussed along with strategies to keep Riverdale as one of the best small towns in New Jersey. We always welcome concerned residents and fellow Democrats to our meetings. Please visit our website at [www.riverdaledemocrats.com](http://www.riverdaledemocrats.com).



The **Riverdale Republican Club** meets the **last Tuesday of every month at 7:30 PM** at Glenburn, 211 Hamburg Turnpike. Usually we have guest speakers from the Freeholder Board or Legislators at which time we are kept informed. We put forth our plan showing how Riverdale became one of the best small towns in New Jersey and how we plan to keep it that way. All are welcome - Republicans, Democrats and Independents.



**GARDENERS WANTED**

We are considering the development of a community garden on the **Glenburn** property at 211 Hamburg Tpk.

If you are a Riverdale resident who might want to participate in this project, please contact Ruth Pasquariello at **973-616-0733**



Toss an occasional handful of Salt into your fireplace when you've got a fire burning to help loosen soot inside your chimney. An added benefit: The salt also produces a cheery, bright yellow flame.

To see the photos of many of the events taking place around town, go the Borough's Website at [www.RiverdaleNJ.gov](http://www.RiverdaleNJ.gov) and click on Mayor's Photo Albums on the left hand side of the home page. There are nearly 120 albums on line. Also, every issue of the Riverdale News and Events are online going back to the initial issue in October 2005. On the homepage's left

## Mike's Feed Farm Hosts Multi-Agency Pet Adoption Day

*Festivities dedicated to adoption and supporting animal rescue*

In celebration of all things pet, Mike's Feed Farm is hosting their annual **Multi-Agency Pet Adoption Day on Sunday, October 6<sup>th</sup>, from 12p.m.- 4p.m. behind Slater's Mill in Riverdale.** The festival is dedicated to supporting and promoting animal rescue and adoption. Seventeen local rescues will be participating with dozens of cats and dogs looking for their forever homes. Additionally, the festival will feature celebrity appearances (both human and animal!), free nail clipping, animal welfare workshops, 10% off all Purina Animal Nutrition Feed and much more!

Can't adopt right now? No problem, there will be plenty of other attractions suitable for the entire family! Justin Silver, star of the CBS show *Dogs in the City*, will be lending his dog training expertise and answering pet owners toughest questions. There will be a raffle with lots of prizes, including a 50" flat screen TV. 105.5 Rock n Ruff will be playing tunes from 12pm – 2pm with karaoke following from 2pm – 4pm. Be sure to get a kiss from one of the adoptable dogs at the

Kissing Booth (and get your photo snapped from a pet photographer while you're getting lots of licks!). Remember Misty and Jet, two dogs who went on "unapproved vacations" in the woods this summer and then were both found right here in Riverdale? They will be lending their celebrity status by selling pawtographs with homemade dog treats to help raise funds for the other pups who haven't found their way into a permanent home yet. Do you like pizza? Then come enjoy Coney Island Pizza. All proceeds from pies will go directly to the participating shelters. With this much to offer, there is something fun for everyone!

Participating groups include Diamonds in the Ruff, Tri-Boro Animal Welfare, Pequannock Animal Shelter, Wayne Animal Shelter, Purrs and Pups, Husky House, Coming Home Rescue, Only Kindness, FOWA, A Pathway to Hope, West Milford Animal Shelter, Second Chance Rescue, NJCAS, RBARI, NJSPCA, HEART, and Pibbles and More Animal Rescue.

Pets on leash are welcome to participate in the day's festivities (no retractable leashes, please!). Visit Mike's Feed Farm at 90 Hamburg Turnpike in Riverdale, NJ or contact us at [973-839-7747](tel:973-839-7747) or [kelli@mikesfeedfarm.com](mailto:kelli@mikesfeedfarm.com) for more details.



**BE HALLOWEEN Safe**

Halloween is a fun, and spooky, time of year for kids. Make trick-or-treating safe for your little monsters with a few easy safety tips.

**Halloween Fire Safety Tips**

- When choosing a costume, stay away from billowing or long trailing fabric. If your child is wearing a mask, make sure the eye holes are large enough so they can see out.
- Provide children with flashlights to carry for lighting or glow sticks as part of their costume.
- Dried flowers, cornstalks and crepe paper are highly flammable. Keep these and other decorations well away from all open flames and heat sources, including light bulbs, and heaters.
- It is safest to use a flashlight or battery-operated candle in a jack-o-lantern. If you use a real candle, use extreme caution. Make sure children are watched at all times when candles are lit. When lighting candles inside jack-o-lanterns, use long, fireplace-style matches or a utility lighter. Be sure to place lit pumpkins well away from anything that can burn and far enough out of way of trick-or-treaters, doorsteps, walkways and yards.
- Remember to keep exits clear of decorations, so nothing blocks escape routes.
- Tell children to stay away from open flames. Be sure they know how to stop, drop and roll if their clothing catches fire. (Have them practice, stopping immediately, dropping to the ground, covering their face with hands, and rolling over and over to put the flames out.)

**Use flashlights as alternatives to candles or torch lights when decorating walkways and yards. They are much safer for trick-or-treaters, whose costumes may brush against the lighting.**

If your children are going to **Halloween parties** at others' homes, have them look for ways out of the home and plan how they would get out in an emergency.

**Did you know?**



Decorations are the first thing to ignite in 1,000 reported home fires each year.

**Your Source for SAFETY Information**  
 NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169  
[www.nfpa.org/education](http://www.nfpa.org/education)

### Local Animals in Need of Forever Homes – Come & Meet us at Mike's Feed Farm Multi-Agency Pet Adoption Day on October 6<sup>th</sup>!

**Meet Buttercup!** Sweet Buttercup was found wandering the streets all alone when Second Chance Rescue took her in. She is now sleeping soundly at night in a foster home. She is looking for her forever home, so how about it? Why don't you build up Buttercup, don't break her heart! Email Jackie O'Sullivan to meet her! [jax10128@yahoo.com](mailto:jax10128@yahoo.com)



### Meet Walter!

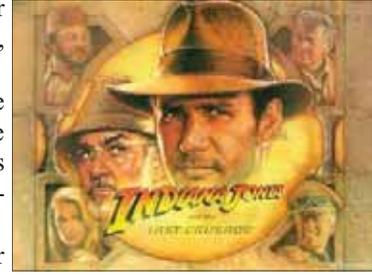


Walter is a very well behaved puppy who is looking for a family to snuggle at night. He is good with kids, dogs and even cats! Want to meet him? Then stop by Second Chance Rescue's tent on October 6th and feel free contact Jackie O'Sullivan at [jax10128@yahoo.com](mailto:jax10128@yahoo.com) for more information!



# Movie Trivia - INDIANA JONES AND THE LAST CRUSADE

- ◆ Harrison Ford nominated River Phoenix to play him as a teenager. When describing how he prepared for playing the role, Phoenix explained that he didn't really base his portrayal on the Indiana Jones character, but on Harrison Ford. So he observed Ford out of character before acting his part.
- ◆ Sean Connery was always Steven Spielberg's first choice to play Indiana Jones's father, as an inside joke to say that James Bond is the father of Indiana Jones. If that had failed, Gregory Peck and Jon Pertwee were back-up choices for the role. Spielberg had always wanted to do a Bond film but did Indiana Jones as a James Bond type character. In keeping with the James Bond theme, the movie has many Bond movie co-stars: John Rhys-Davies, Alison Doody, Julian Glover, Stefan Kalipha, Pat Roach, and Eugene Lipinski.
- ◆ When it came to filming the rat scene, the producers inquired of their insurer, Fireman's Fund, whether they were insured if the animals were for some reason indisposed, due to illness, an accident, or simply because they refused to perform. This was a delicate issue, as one lost day of filming can cost hundreds of thousands of dollars, yet the experts at Fireman's Fund were able to reach a compromise which pleased both sides. They asked the director what would be the least number of rats needed for a dramatic shot. If different camera angles were used, 1,000 rats would probably be sufficient, came the answer. Thus Fireman's Fund underwrote the world's first insurance policy with a 1,000-rat deductible. 1000 mechanical rats were also used in the scene. To help achieve the sound of thousands of rats, sound designer Ben Burt actually used the higher registers of thousands of chickens.
- ◆ Harrison Ford (Indiana Jones) and Pat Roach (Gestapo) are the only actors to appear in all three films in the original trilogy. Roach played Giant Sherpa/First Mechanic in *Raiders of the Lost Ark* and Chief Guard in *Indiana Jones and the Temple of Doom*. A scene was filmed where Indiana Jones knocks him unconscious aboard the zeppelin, extending a running joke in the series of Ford's character knocking down Roach's characters in every movie; however, the scene was not used in the final cut, so the only presence of Roach remaining in the movie is the shot of him running behind Vogel toward the zeppelin. "*Indiana Jones and the Last Crusade*" is also the last film in the franchise with Roach, who would pass away in 2004.
- ◆ Sean Connery and Harrison Ford wore no trousers during the shooting of the entire Zeppelin sequence (mainly because it was filmed in a very hot studio and Connery didn't want to sweat too much).
- ◆ When shooting in Venice, they were allowed to have complete control of the Grand Canal from 7am to 1pm for one day.
- ◆ Most of the uniforms worn by the Nazis in the Berlin book burning scene are authentic WW2 uniforms and not costumes. A cache of old uniforms was found in Germany and obtained by costume designer Anthony Powell to be used in the film.
- ◆ The temple right at the end of the movie exists, but not in Alexandria. It is in Petra, in Jordan. However, there is no inside to it - the doorway that can be seen on screen is huge, eight or nine people shoulder to shoulder can easily walk through it. It leads to a huge empty square room carved from the top down over two stories high. Similarly, they would be unable to get "lost" down the valley as the valley stretches for about a mile or so, and there is no other route but out. The filming at Petra was visited by Queen Noor and her children.
- ◆ John Williams inserts the Ark of the Covenant's theme from *Raiders of the Lost Ark* when Indy and Elsa come across a representation of the Ark on a wall in the catacombs below Venice.
- ◆ Director Steven Spielberg included the opening scenes as a tribute to his own experiences as a Boy Scout.
- ◆ Harrison Ford cut his chin in a car accident in Northern California when he was about 20. In the movie, this cut is explained by young Indiana Jones cutting his chin with a whip.
- ◆ Watching Indiana wrestle with a Nazi, the soldier at the periscope tells his teammates, in German, "The Americans! They fight like girls!"
- ◆ When Dr Jones Sr. scares the "seagulls" to fly up and stop the plane, they are in fact pigeons, and not seagulls, as seagulls are not trainable. If you look closely you can also see that there are a number of 'cut out' seagulls in the sand, which do not move as the others do
- ◆ Henry Jones senior was, according to backstory material written but not presented in the film, born in the 1860s, and was a Scottish university professor before emigrating to Utah, where Indy was born. He was roughly 75 years old in 1938. Sean Connery was only 58 at the time of filming (and only 12 years older than Harrison Ford), hence the beard and general "old man" attire his character wears. Indy impersonating a Scottish lord at Castle Brunwald was a nod to this unspoken backstory.
- ◆ Amanda Redman was asked to play the female lead but passed because of her fear of rats.
- ◆ Two thousand rats were bred for the production (they had to be bred specially as ordinary rats would have been riddled with disease).
- ◆ In the scene where Indy has to choose which cup is the grail, he picks the right one by saying "That's the cup of a carpenter". It is said in the Bible that Jesus - like his mortal father Joseph - was a carpenter. Interestingly, as a struggling actor Harrison Ford used a book on carpentry from the library to start doing odd jobs and earn a living. He was working on George Lucas' house.
- ◆ After fleeing Castle Grunwald and eluding the Nazi soldiers on motorcycles, Indy and his father come to a fork in the road with a sign indicating left (North) to Berlin and right (South) to Venice. A third city is barely visible on that same sign, pointing at the direction the Joneses just came from, and it indicates the road to Garmisch-Partenkirchen, which hosted the 1936 Winter Olympics.
- ◆ For the scene at the Nazi rally in Berlin (where Indy confronts Elsa and steals back the diary), Steven Spielberg had all the extras who did the "Sieg Heil" arm salute also put their other arms behind their backs and cross their fingers.
- ◆ When Henry climbs into the tank to rescue Marcus, he taps Marcus on the shoulder (scaring him in the process), after which Henry says "Genius of the restoration...", to which Marcus replies with "...aid our own resuscitation!" That particular phrase was originally an old toast that was traditionally given at the University Club in Manhattan.
- ◆ Decades before this film, Sean Connery appeared in *Marnie*, as the lover interest for Tippi Hedren. Just the previous year, Harrison Ford appeared in *Working Girl* as the love interest for Hedren's daughter, Melanie Griffith.
- ◆ At the climax when the temple first starts to split apart, one of the sounds employed is someone rubbing on a balloon.
- ◆ The gun used to shoot the Sean Connery character is a Walther PPK, the same model as Connery's James Bond gun.
- ◆ Henry Jones Sr. calls Indy "Junior" 16 times. He calls him Indiana only twice. He also calls Indy "son" 4 times and "boy" twice. Indiana tells his father not to "call him Junior" (or that) 3 times, and almost does a 4th but was interrupted. Indiana calls his father "dad" a total of 54 times, 4 times when his father isn't there.





Welcome back, Joseph!!  
**Spc. Joseph J. Wingate**

arrived back home from Afghanistan, safe and sound, on American soil September 21.

We all love you and are EXTREMELY proud of you!!!!

Love, Your Family - Grandpa, Mom, Dad, Eric, Michelle, Cody and Capone

**HOLIDAY CARD FAMILY PORTRAITS**

Sunday, October 13  
 Starting at 10:00 AM by Appointment  
 Glenburn



\$60 Package Includes:

- 15 minute sitting
- Several Poses
- 10 Photo 4"x8" Holiday Cards with Envelopes
- Yields 8-10 shots to choose from additional print packages and/or additional Holiday Card Packages will be available for purchase by Doodlebud Photography. [www.doodlebudphotography.zenfolio.com](http://www.doodlebudphotography.zenfolio.com)
- Call or e-mail to register and secure your timeslot at 973-706-6471 (leave message) or [jcarelli@riverdaleborough.com](mailto:jcarelli@riverdaleborough.com)

Lakedale Girl Scouts  
 2nd Annual  
**Fall Festival**  
 Hershfield Park, Pompton Lakes  
 12:00 pm-4:00 pm  
 Family friendly  
 activities and booths:  
 Vendors, Food and  
 Much Much More!  
**OCT. 27**

**Halloween Boo-Licious  
 Chocolates**

Join Linda Vogel as she creates tasty chocolate delights sure to complement any Halloween Party!



**Thursday, October 30  
 6:30 - 7:30 PM  
 Riverdale Library**

**Scrumptious Meatloaf**

**INGREDIENTS:**

- 2 to 3 lbs of hamburger meat
- 3 Eggs
- 1 onion - large
- 1 cup Panko bread crumbs or Italian Bread Crumbs
- Ketchup



**DIRECTIONS:**

Heat oven to 350°. Put meat in a big bowl. Grade onion over meat, so juice goes in bowl. Add eggs and bread crumbs and mix. If meat is too moist, adding more bread crumbs helps. It should feel sticky. Put meat in loaf pan and shape; put in oven. After 30 minutes take meat out of oven, add ketchup on top and spread. Cook for 15 minutes more or until meat is cooked.

**OCTOBER MOVIES @ THE LIBRARY**  
 Join us for refreshments and exciting new releases!

Saturday Movie!  
 Saturday, October 5  
 1:00 pm

Friday Matinee!  
 Friday, October 18  
 1:00 pm

**For Information and Registration:**  
 Call: 973-935-5044  
 Click: [www.riverdalelibrary.org](http://www.riverdalelibrary.org)  
 Or Visit:  
 93 Newark Pompton Tpke.  
 Riverdale, NJ 07457

# Flushing of Fire Hydrants the Week of October 7 - 11 from 9am-3pm



**Public Health**  
Prevent. Promote. Protect.

“Restaurants are given ratings by the local health department which rate the level of sanitation practiced by the establishment. Below is a link to a survey that will aid the health department in obtaining data on your knowledge of the current health department rating system of restaurants.”

<https://www.surveymonkey.com/s/MJL7W52>

**Visit us on the**

**Borough of Riverdale Facebook Page**

<http://www.facebook.com/RiverdaleNewJersey>



**Don't Forget the Food Pantry**  
Please be generous with your donations to the Riverdale Food Pantry so that our friends and neighbors will not go without. Please call for a list of the most urgent needs. Thank you. 973-835-4060 x6

**PET WASTE CAUSES  
90%  
OF ALL BACTERIAL WATERSHED POLLUTION**

**Help Us Keep Our Taxes Down! Recycling saves tax dollars.** Our garbage bill is based on the weight of the garbage collected in Riverdale. The less recycling materials that find their way into the general garbage collection the lower the cost of garbage removal. **The first Friday of the month is for Metal Appliances and Scrap Metal.** These are usually heavy and save the most in disposal costs.



Under state law **NO PARKING:**

- ◆ Within an intersection
- ◆ On a crosswalk
- ◆ In front of a driveway
- ◆ On a sidewalk
- ◆ Within 50 feet of a stop sign
- ◆ Within 25 feet of an intersection
- ◆ Within 10 feet of a fire hydrant

## No Parking Rules



The Borough of Riverdale is again able to accept computer monitors and televisions as part of our recycling program. Drop off your computers, monitors and televisions at the Municipal Building. (Projection TVs not accepted.)

## CLEAN UP AFTER YOUR DOG

Borough Code Chapter 173A: No person owning, harboring, keeping or in charge of any dog shall cause, suffer or allow such dog to soil, defile, defecate on or commit any nuisance on any common thoroughfare, sidewalk, passageway, bypath, play area, park or any place where people congregate or walk or upon any public property whatsoever or upon any private property without the permission of the owner of said property.

The person who owns, harbors, keeps or is in charge of such dog shall immediately remove all feces deposited by such dog by any sanitary method.



**Borough of Riverdale now accepting Credit Card Payments for:**

- ◆ Property Taxes
- ◆ Water and Sewer Bills
- ◆ Dog & Cat Licenses
- ◆ Recreation Programs
- ◆ Exercise Classes
- ◆ Community Center
- ◆ Glenburn Estate

A small convenience fee applies. Go to our website [www.RiverdaleNJ.gov](http://www.RiverdaleNJ.gov) to make your online payments. Credit cards may be used in person, too!

## Announcements



Happy Birthday to **Reilly Grace Hamilton** who celebrated her first birthday on September 19. Love, Mommy, Daddy and Seamus!



Happy 1st Birthday to **Juliana Budesheim** on October 1. Love, Dad, Mom, Matthew, Kevin and Nicholas and the rest of the family.



Wishing a very Happy Belated Birthday to **James Regeling**

**Jr** on September 30. We love you! Amber, James & Julia xoxo.



Happy 18th Birthday, **Veronica Gancher**, on October 6. All our love, Mom, Dad, Matt & Aunt J.

Happy 11th Birthday to **Samantha Carelli** on October 23. Love ya lots, Mom, Dad, Michael, Tommy, Grandma Carelli & Nauni!

Happy Birthday, **Linda Roetman**, on October 6. Love from all the family and your fellow workers in the Borough!

Happy Birthday, **Councilman Ted Guis**, on October 13. Wishing you the best.

Happy October Police Birthdays to **Chief Kevin Smith (1st)**, **Dispatcher Tracy DelCastillo (4th)**, **Sgt. James MacIntosh (15th)**

This month has been a bit uneventful, no bird droppings that can crawl uphill, no bagworm invasions destroying trees, just the quiet onset of the Fall season.

However, on Sunday, October 6 from noon to 4 PM there will be animal adoptions at Slaters Mill by various local animal shelters. I find that exciting, especially for those who bring some animal into their home with an adoption. We have an adopted cat, "Lola", who has been with us now for a bit over three years. Lola came to the right family. A very child and grand child among us has at least two cats! That accounts for about 16 cats in the family! Though I am allergic to cats (asthma), medications do their job well.

I live in a neighborhood of pet adopters. My one neighbor, Marybeth, has a new dog, "Brady", just bright and energetic. Today, shelter animals come with their immunizations and spaying or neutering.

Back in the 1960's at my first science teaching job, South of Rochester, N.Y. if our female cat had kittens, there was always some young student who could persuade a parent to adopt.

One of our cats was named "Lucifer"!!! He got that name for obvious reasons, "waltzing" with the neighborhood "Pepe le Pew" the skunk. Like the cat in the cartoon, Lucifer NEVER got it right! He also tried to waltz the trash collector's truck and broke one leg at the hip. For two months he went about with what looked a section of TV antennal taped to his leg up to the hip. You had to pick him up and carry him to the kitty litter or the water dish. Then one day I found Lucifer up on a bicycle seat trying to get out the cellar window. That ended any further "carrying". When outside though, he no longer courted Pepe le Pew! He found worse things to do! He managed to disappear outside one day. We lived in a home at the time that was attached to about 10 acres of potato farm and after searching for hours we finally heard him yowling. Some how, he had managed to back into a ground hog burrow. He had to have backed in as it was too narrow to turn around with the cast, and the cast caught on the sides of the burrow so he could not get out.

Sunday, October 6th, next to Mikes Feed Farm, at 90 Hamburg Turnpike, just opposite the intersection with the Newark/Pompton Turnpike, go some joy you can bring into your home.

## Neighbors in Nature

by award-winning photographer and Riverdale resident, **Don Pruden**



"Lucifer" with his cast, October 1963. He did learn from this experience as every time the trash collectors activated the trash compressor on the truck, the sound would send Lucifer running for cover under the bed.

## BY and LARGE

A Monthly Column written by Riverdale Resident **Elaine Peacock**.

### The Sights & Smells of Autumn

By Elaine Peacock

The first bit of leaf color, pumpkins, apples for sale, apple cider, apple cider donuts and beautiful fall displays around every corner; these are the sights and smells of autumn. Yes it is that special time of year again. The time to get outside to take a walk and feel the crunch of the leaves under your feet, smell the aroma of fresh picked apples, the taste of fresh pressed apple cider, a hayride and of course those beautiful crystal clear blue skies.



The humidity of summer is gone and the air is fresh and crisp again. It's time to dig out your favorite sweater and enjoy all joys of this short season. I think GOD does his best work every autumn; He gets out His palette of colors and paints the hillsides and backyards with glorious colors, colors that only GOD knows how to create. So get out there and enjoy this beautiful time of the year, make some memories and take in all the special sights and smells of autumn GOD has created just for you.

The *Riverdale News and Events* is published on the first day of each month. We are interested in all the good news that is happening around town and in your families. We welcome all such announcements, including birthdays, anniversaries, graduations, and any other special occasions you may want to share with your neighbors. The deadline for all insertions is the 3rd Wednesday of each month, which may be extended in certain circumstances. Please email your copy and photos to [mayor@riverdalenj.gov](mailto:mayor@riverdalenj.gov) and [riverdalemayor@gmail.com](mailto:riverdalemayor@gmail.com). Photos should be in JPEG or TIFF formats and at least 1MB in size.

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*Studies show an average loss of 1-2 hours per day searching for missing items in messy files, closets and stacks.*

**Call me to reduce that wasted time to zero!**  
Linda Anders 973.838.8298



*If your space isn't becoming to you, you should be coming to me!!!*



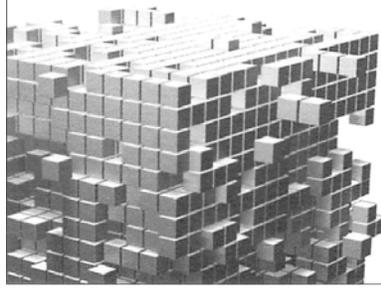
**Jack O' Lantern Jamboree**  
*presented by*  
The Suburban Trends, Push to Walk, and Glenwild Gardens

**Sunday, October 27, 2013**  
**4PM-6PM**  
**Kinnelon High School**  
**Free Admission**

Activities at the family friendly event include a Jack O'Lantern and painted pumpkin contest, a live pumpkin carving competition with silent auction, wheelchair obstacle course, kids' games, costume contest and the grand lighting for the Push to Pumpkin Walk!

**John Dean**  
Owner/Engineer  
JD@adsts.com

550 River Road  
Chatham, NJ 07928  
973-616-1672  
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**Riverdale Self Storage by Daniel**

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storagebydaniel@yahoo.com  
riverdalestorage.com



**For all your storage needs call 973-839-1993**  
**FREE use of truck with Move-In**

**Daniel J. Salameno Jr.**

# Kit Kat's Krafts

## Feature – Glow-In-The-Dark Ghost Hanger

CATHERINE FELEGI

Ghosts, ghouls, witches and pumpkins. 'Tis the season for a scare or two, a bag of candy and a scary story capable of making even the strongest of men quake in fear. Halloween is a holiday that tends to bring communities together for the sheer fact that people can disguise themselves as something they have always wanted to be and parents can bring kids around the neighborhood in a safe environment. It's a time for pumpkins, witches and all sorts of scary things that are so much fun to indulge in once a year.



Of course, during this hair-raising time, you also need to think about decorating appropriately. Putting a pumpkin that squirrels will find the next day simply will not do. For this project, we are going to be covering how to make a glow-in-the-dark ghost. This helpful ghoul will help guard your house and candy against those tricksters who might come up to your front door on Halloween.

This project is simple and can be elaborated on, so I would recommend this for all age groups as long as an adult assists for the glow-in-the-dark spray paint.

For this project, you will need:

- White cloth
- Glow-in-the-dark spray paint
- Cheesecloth
- A wire hanger
- Stuffing
- Black ribbon
- Fishing line
- Rubber cement
- Paint
- "Ghostly" items (ex., chains, fake blood, etc.)

Cut your white cloth so that it hangs on your hanger with a nice amount fraying. The more fraying, the more ghostly it will look. Hang your cloth up using clothes pins and spray the cloth with some glow-in-the-dark spray paint. Keep in mind that you still want the fabric to be able to move in the wind, so do not add too much. It should be just enough to give it a light glow during the night. Mine has three coats of paint.

Drape your cloth over the hanger, leaving a pouch for the head, and drape the cheesecloth over that. Clip two small holes in the top of the ghost head and string your black ribbon through. Stuff the head so that it is shaped, and tie off the neck with the fishing line. Add a dab of rubber cement to keep the string from untying.

Flip your ghost over and paint a face on. You can go traditional, or you can add a touch of flair. If you want to add any extras, now's the time. Throw your chains on, splatter some blood on your ghost, maybe even throw on a spider or two. Finally, hang your ghost up and enjoy when the night falls and your green ghost greets guests.

**Mike's Feed Farm Presents...**

**Multi Agency Pet Adoption Day**

**WHO:** 17 local rescues & shelters

**WHAT:** Dozens of adoptable animals, great raffle prizes, a DJ, food vendors, and lots of FUN!

**WHERE:** Slater's Mill, next door to Mikes Feed Farm (90 Hamburg Tpke., Riverdale)

**WHEN:** October 6<sup>th</sup> 12pm – 4pm\*

\*[rain date October 13<sup>th</sup>]

**...and WHY!**

**Get Pawtographs from local celebrity dogs!**

**MISTY & JET!**

**Meet celebrity dog trainer Justin Silver!**

**Win a 50" TV in the raffle!**

**10% off all Purina Animal Nutrition feeds all weekend!**

**Visit the Kissing Booth!!**

**EXCLUSIVE**

All proceeds raised will go directly to participating rescues who work tirelessly to end animal abuse and pet homelessness.

**CHILLS! THRILLS! Gravestone Art and Symbolism**

Join local author E.F. Watkins as she discusses a new breed of paranormal fiction and her new thriller,

**Dark Music**

Watkins's latest novel, the paranormal mystery "Dark Music," introduces readers to a 20-something woman who buys a haunted Victorian house in a New Jersey suburb. Watkins will tell us more about the genesis of the story, who becomes a psychic seer after death in order to solve the chilling, mystery of her new house.

**REGISTRATION REQUIRED!**  
Thursday, October 11  
6:30 PM  
Riverdale Public Library  
83 Newark Pompton Turnpike  
Riverdale, NJ 07457  
www.riverdalelibrary.org  
(973) 855-5044

**REGISTRATION REQUIRED!**  
Wednesday, October 10, 2012  
6:30 – 7:30 PM  
Riverdale Public Library  
83 Newark Pompton Turnpike  
Riverdale, NJ 07457  
(973) 855-5044  
www.riverdalelibrary.org

Join Larra and Bill Woodlidge of Wine Out Workshops as they embark on early New England burial grounds and their significance of being the first public art galleries of the New World. Enjoy learning about the changing memorialization techniques of these burial sites that display artistic, cultural and religious changes of the region.

# Need a Computer?

Former resident John Dean, a Dell representative, has refurbished a number of computers that have been cleaned up and have Windows XP, OpenOffice, and AVG virus protection installed. We have just the towers, no monitors, keyboards, etc. If you want one for your personal use, please stop in the Municipal Building to pick yours up. We have, of course, a limited number, so it is first come, first served. Thank you, John! **Thank you, John. Riverdale appreciates your generosity!**



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**COMING SOON....  
COUNTRY CRAFT SHOW  
AT GLENBURN**



12:00—4:00pm

Sunday, Nov ? (date to be announced...)

*Glenburn will have its 1st Country Craft Show!*

We have a growing list of quality crafters.

Find beautiful décor for your homes, holiday crafts n' more...

Want to participate .... please contact us this month.

Look in the November Newsletter for the official date!

E-mail for Questions:

[jcarelli@riverdaleborough.com](mailto:jcarelli@riverdaleborough.com)

**TOP OF THE LINE DOG TRAINING**

w/Norma Overlock

Certified Dog Behaviorist

[www.normasdogtraining.com](http://www.normasdogtraining.com)



Mondays, 6:00pm

GLENBURN BARN

\$155/7 Week Session

1st Class—Pet Owner Workshop

6 Weeks—Pet & Owner Basic Training

**MUST SIGN UP IN ADVANCE**

(201) 337-6179—Norma

**HAVE FUN LEARNING ITALIAN!**

Saturdays ... Beginning Nov 9th

(5-Weeks)

10:00—11:00am

GLENBURN HOUSE

For Boys & Girls Pre K—2nd Grade Students

\$60/Student (Only \$12 Class!)

Instructor—Nadia Garcia

Fully Bilingual Early Childhood

Education Certified Teacher

Introduce your child to the wonderful Italian

Language with Games, Songs & Crafts!

Please Register Online:

[Http://goo.gl/xHhKBl](http://goo.gl/xHhKBl)



**GLENBURN HOUSE**

Every Thursday 7:30pm

Bring Yoga Mat & Refreshment

\$8/Class

Walk-Ins ALWAYS Welcome!

\*\*\*\*\*

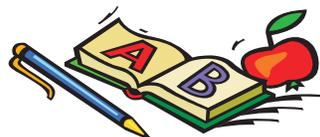
# Riverdale School News

**From the desk of Dr. Rosaura Bagolie, Riverdale School Principal**

Welcome students and families to the 2013-2014 school year! We are thrilled that you will be sharing this exciting year with us.

School is well underway with an enrollment of approximately 332 students at Riverdale School in addition to 98 high school students. We are pleased to welcome Mrs. Peggy Paulson (3rd grade) and Ms. Kelly Fabregas (5th grade maternity replacement) to our district and community. In order to keep current with information pertaining to our school, we ask that parents utilize the district website ([www.rpsnj.org](http://www.rpsnj.org)) and teacher web pages. Once on the school website, click on the backpack for important news concerning students.

In addition, there are many new initiatives taking place for the benefit of your children. OnCourse, our new student information system, will allow for real time access to student grades and information through our secure parent portal. Also, we expanded our school's technology capabilities with upgraded computers in our Tech Lab and we have added additional iPads and netbooks for classroom use. Finally, our middle school classrooms now have air conditioners.



We have many special events planned for this school year. The first week in October has been designated as "A Week of Respect." Our students will be focusing on the theme throughout the week with a variety of student led projects and classroom discussions.

Additional Upcoming School Events:

- October 1-- Student Council Elections
- October 2 -- Fall Flower Sale Delivery PTA
- October 3 -- RPS Picture Day
- October 7 -- Fire Prevention Week
- October 10 -- PTA Meeting (7:30pm) Information session for parents regarding 6th grade trip (6:30pm)
- October 14 -- School Violence Awareness Week'
- October 15 -- NJHS Inductions (6:30pm)
- October 16 -- 6th Grade Trip
- October 21 -- Drug Prevention Week
- October 25 -- Student Council Dance (7:00-9:00pm)
- October 31 -- Halloween Parade (1:45pm)

We look forward to a successful school year, partnering with parents and community members to ensure the success of each child.

**BOB ROSS TECHNIQUE  
OIL PAINTING**



**Thursday, Oct 10**

Scene—Birds in a Birch Tree  
\$35/Per Person (Incl's All Supply)

**Saturday, Oct 26**

Scene—Winter Indian Reservation  
\$45/Per Person (Incl's All Supply)

Payment Due at Class (Cash or Check)

**MUST SIGN-UP IN ADVANCE**

Call (973) 706-6471 Office or  
jcarelli@riverdaleborough.com E-Mail

**KID'S CARDIO BOXING**

Thursdays

4:00—5:00pm

Instructor—Jen

\$48/Student (8 Week Sessions)

Join in anytime to try it out!

(Ages 8—13 )

*This has become a very Popular Class!  
It is a mixture of Circuit Training, age appropriate strength training, boxing drills on focus pads & lots of fun challenges. Kid's learn responsibility by learning with others. Each Class ends with an active group game!*

**HULA HOOPING  
KIDS CLASS**



Wednesdays 3:30pm

Instructor—Debbie

Hoops Provided!

\$48/Student (8 Week Sessions)

**PLEASE SIGN-UP IN ADVANCE SO INSTRUCTOR  
KNOWS YOU ARE ATTENDING!**

E-Mail to Register: jcarelli@riverdaleborough.com

**KIDS DANCE**

With Instructor—Miss Livia

Fridays

\$8/Class

Tap & Ballet, 4:00pm

Pop Stars, 5:00pm

Still time to Join! Stop in to Sign Up.

**TOT'S MUSIC**

Fridays, 9:30am (1 hr)

Walk-In

\$9/Child (\$7—2nd Child)



**FRIDAY NIGHT FROLICS  
IS BACK FOR THE FALL!**

Friday—Nov 8

**New Time!** 7:30—9:00pm

For 3rd, 4th & 5th Grade Students

Music, Games,

Snacks, & Drinks



**Fitness Center**

**"NEW"  
MIDDLE SCHOOL MADNESS!**

Friday—Nov 15

7:30—9:00pm

For 6th, 7th & 8th Grade Students

Games, Music, Friends,

Snacks & Drinks

Mad Fun!

Crazy things to do!

**EXERCISE AT RIVERDALE  
COMMUNITY CENTER...**

**Walk-In**

**Mondays :**

ZUMBA TONING, 7:30PM

**Tuesdays:**

SENIOR WALKING CLUB, 10:00AM

ZUMBA GOLD, 10:00AM

ZUMBA, 7:30PM

**Wednesdays :**

HULA HOOPING, 7:00PM

**Thursdays :**

ZUMBA, 7:00PM

**Saturdays :**

KETTLEBELL, 9:00AM

# Riverdale Woman's Club

**The Riverdale Woman's Club has a very active Home Life Department.**

This department meets on Tuesday mornings at the homes of various members. Everyone brings their own lunch and the hostess supplies a dessert. The women assemble at approximately 10:30 and get down to business. These women do so many good things for the community and beyond.

Their first project this club year is for the New Jersey State Federation of Women's Club's Day of Service. They are working on kits for Family Promise which is an organization that works with homeless families. The women are assembling kits for children that consist of a tote bag with a pair of pajamas and a book. Other clubs are assembling a kitchen kit consisting of Laundry bags and baskets fill with laundry products, a bucket

containing cleaning supplies, tea towel, towels, etc. Still other clubs are assembling tool kits with picture hooks, hammer, screwdriver, measuring tape, nails.

They will also continue their tradition of making Mastectomy Pillows for women who have had breast or heart surgery. These pillows are donated to Chilton Hospital's Breast Center and they distribute them to their patients. The women use them to help relieve some of the pain from their surgery.

These very talented women have knitted and crocheted lovely, warm lap robes for the Cerebral Palsy Center in Totowa as well as for the Veterans. They have made smile dolls for children to cuddle when they are scheduled to have surgery. The children love them and find comfort in their new friends. They are made without faces so that the children can personalize them.

October is Domestic Violence Awareness Month. Our Home Life Department participated in the "The Period of PURPLE Crying®" which is the phrase used to describe the time in a baby's life when they cry more than any other time. The women crocheted purple baby hats to be given to the parents of a baby when they leave the hospital to remind them that this is normal. It is hoped that this will prevent accidental deaths from shaken baby syndrome.

When they are not working on a group project they are usually busy making lovely afghans for friends and family. They also teach each other new stitches and crafts. A very talented group are they!

The last Tuesday of the month will find the ladies lunching at various local restaurants. Every once in a while they take a road trip. This year's scheduled trips include a visit to Warwick Winery and Lafayette Village... followed....of course by lunch.

Josephine Spenillo is the Chairman of the Home Life Department. Contact her at 973-835-7367 for further information.

**The Riverdale Woman's Club invites all interested girls to call Jean Revis at 973-835-3269 to arrange for an interview or more information.**

## The North Jersey Mineralogical Society ROCK SWAP

- Saturday and Sunday, October 5 & 6
- 9:00 am to 5:00 pm Rain or Shine
- The Glenburn, 211 Hamburg Turnpike, Riverdale

Our show is a fun, relaxed and friendly little show, located on the grounds of the historic Glenburn Estate in Riverdale, NJ. Featuring a wide array of incredible geologic treasures in this beautiful, relaxing outdoor setting. Specimens can be found from right here in New Jersey to locations around the world! Most of our dealers are collectors! This is the place to find great mineral bargains, and a great place to start or augment your collection!

**FREE ADMISSION to everyone, FREE Picnic Area  
Refreshments Available**

*Wire wrapping done on premises! See amazing "glowing" fluorescent rocks and minerals in the big green barn!!*

Lots of great dealers displaying and selling a vast array of:  
-Gemstones -Crystals -Mineral Specimens -Fossils -Jewelry  
-Fluorescent Minerals -Collecting supplies ...and so much more!

Come on out and enjoy a day surrounded by Earth's Treasures, and Nature's Beauty! Let's swap some rocks!!!!



# The Riverdale Rant

By Rob Errera

## Please, Clean Up After Your Dog — And Keep Riverdale Out Of The News!

Good news: Riverdale made national headlines!

Bad news: It's for dog poop.

The borough made national news last month when The Grande condominium complex off Route 23 North announced it would require tenants with dogs to get their pets DNA tested in an effort to enforce pooper scooper laws. The condo community, which includes eight, four-story buildings, is the first housing community in the state to adopt this stringent poop policy.

Management at The Grande sent a letter to hundreds of tenants last month, demanding registered pet owners bring their dogs in for DNA testing by Nov. 1, or face a \$100 fine. Dogs' mouths will be swabbed for DNA, and droppings found on the property will be tested in order to fine the owners.

The first offense for those who fail to clean up after their dogs is \$250. A second offense will result in a ticket for \$500, and anything after that will cost \$1,000.

The initial \$29 fee for DNA testing will come out of the registration fees already paid by pet owners at The Grande.

The Grande will be using the services of PooPrints, a division of Tennessee-based BioPet Vet Lab. If anyone comes across a pile of abandoned feces on The Grande's property, PooPrints can take a sample, send it to a lab, and instantly know which dog — and

consequently which owner — is the culprit. Over 33 states have already signed up for PooPrints services.

As a Riverdale pet owner, and someone who has been involved in animal rescue efforts for decades, I fully support The Grande's efforts to pin down "which pooch pooped." It's a pet owner's responsibility to clean up after their animals, be it scooping a litter box, cleaning a bird cage, or wrapping a bag around your hand and picking up a steamy pile. Messy? Sometimes. But it's one of the things you sign up for when you own a pet.

Unfortunately, a few negligent pet owners can spoil things for the majority. Perhaps PooPrints, and the threat of penalty, will get residents at The Grande to clean up after their dogs. Hopefully this trend will continue throughout the borough.

As Rodney Dangerfield advised in *Back To School* — "As you go through life, always look out for Number 1 ... and try not to step in Number 2!"

At least if you do, PooPrints can help you find the poop leaver!



Riverdale resident **Rob Errera** is an award-winning syndicated columnist and the author of *Autism Dad: Adventures In Raising An Autistic Son*. He blogs at [roberrera.com](http://roberrera.com) and Twitter/Tweets@haikubob.



## Boy Scout Troop 388's First Annual BEEFSTEAK DINNER

MUSIC ★ BEEF ★ FUN!!!!

Saturday October 19, 2013 7pm -11pm

St. Mary's Church - Carnevale Center

\$38.00 per person - No tickets at the door

Dinner, DJ, Dancing...Fun & Prizes!

BYOB & 50/50



Dinner co-sponsor

KofC - Marian Council 3801

For information go to [www.T-388.com/dinner](http://www.T-388.com/dinner)

or contact:

Don Bolt at (973)981-4804

[DonaldBolt@msn.com](mailto:DonaldBolt@msn.com)

Please email or mail your confirmation forms to:  
Don Bolt - 218 Ringwood Ave., Pompton Lakes, NJ 07442  
(973) 981 - 4804 • [DonaldBolt@msn.com](mailto:DonaldBolt@msn.com)

Enclosed is my check for \$ \_\_\_\_\_ please reserve \_\_\_\_\_ seats.  
(Kindly make checks payable to Pompton Lakes Troop 388)

I can not attend but enclosed is my donation for \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Email \_\_\_\_\_ Telephone \_\_\_\_\_

## Boy Scout Troop 388

The purpose of the Beefsteak is to raise money to help the Troop replace its aging equipment trailer and to relocate our equipment sheds from DuPont to the Elks property.

Another reason for the Beefsteak is to provide Scout parents, friends and community members with an occasion to have some fun together at an adults-only event! There will be dancing with music provided by DJ Larry Krewer, one of our Scout parents!

We really hope you and some friends will be able to join us for what will undoubtedly will be a GREAT evening!

Charlie Sheridan  
Assistant Scoutmaster  
Troop 388



# RIVERDALE



## Policeman

## Girl Scouts



**Officer Kyle Parrill** was sworn in as Riverdale's newest Police Officer at the September 4 Council meeting. Kyle is here with his family.



**The Auxiliary of the Riverdale Fire Department**

We would like to extend a heart-felt **THANK YOU** to all of those who have contributed to our summer fundraiser of collecting Gatorade for our fire fighters. We look forward to your generosity again next summer!

Also, a big **THANK YOU** for the over 50 families who have joined in for the Riverdale Garage Sale Day! You have all made it a wonderful success. We appreciate your helping support our fire department!



Daisy Troop 96380 learned about animal care when the visited the Ramapo Animal Refuge to start off their year!

# DAILY NEWS

## Street Fair



Friend of the Riverdale Library sells used books as a fundraiser for the Library.



Riverdale Library Board of Trustees President Dave Gourley meets with U.S. Senate Candidate Steve Longan



Terry O'Connor Redwine, Democrat candidate for Morris County Clerk, with her brother John O'Connor, Riverdale resident and a passer-by.



Republican Club President Will Felegi, Secretary Amanda Felegi, Stephen DeHart, Morris County Clerk Candidate Anne Grossi and Parsippany Councilman John Cesaro.



Bear up in a tree on DeGraw Road



Riverdale Road dedicated to Sgt. Jorge Oliveiri

# Fall Season Safety Tips by FIRE CHIEF DAN STURM



As the air turns cooler and leaves drop from the trees, it's important to keep a few important safety tips in mind. With proper precautions and safety awareness, your family can enjoy that crisp autumn while avoiding some of the dangers that come with the season.

## FIRE SAFETY TIPS FOR ALL

When the weather turns cold most people spend more time inside their homes using fireplaces, furnaces, and heaters to keep warm. There's nothing quite as cozy as a fire, but it presents some safety hazards. Keep these tips in mind.

- **Service Your Furnace.** Before the cold autumn and winter weather sets in, be sure to call your heating and cooling company to service your furnace. A specialist should inspect the furnace to make sure everything is in working order and that there are no leaks. Keep that fire in its proper place by using a fireplace screen to keep sparks from flying out of the fireplace. Never leave a burning fire unattended, and make sure a fire in a fireplace is completely out before going to bed.
- **Use Caution With Space Heaters.** A space heater can be an effective way to warm up a chilly room, but it's essential that you read the instructions on the unit before you use it. If your space heater requires venting, make sure you have vented it to the outdoors. Never use your stove or oven to heat your home; only use space heaters that are approved for its purpose. Always allow at least three feet of empty area around space heaters.
- **Exercise Candle Caution.** Candles are a great way to give a room that warm glow, but they can also cause fires. According to the National Candle Association, almost 10,000 home fires start with improper candle use. Never leave candles burning if you go out or to go to sleep, and keep your candles away from pets and kids.
- **Change Smoke Alarm Batteries.** Change the batteries in your smoke alarms and carbon monoxide detectors when you turn back your clocks for Daylight Saving Time. Make sure to check the alarms with the new batteries installed. Check and replace any home fire extinguishers that have expired.

**AUTUMN HOME MAINTENANCE SAFETY TIPS.** Fall is the time for yard clean-ups and readying your house for the cold winter ahead. Keep these safety tips in mind as you work.

- **Look Up Before Pruning Trees.** If you have decided that your yard needs to be spruced up by trimming your trees, be sure to look up and survey the area carefully before you start. Make careful note of where power lines are located before you set up your ladder so that it is positioned away from them.
- **Use Caution on Ladders.** Wearing appropriate footwear is important when using a ladder; shoes or boots may be wet, causing you to slip as you climb the ladder. The ladder should be positioned on a flat surface before use. Be sure that the tools you are using are specifically designed for this purpose and are in good condition before starting work.

**SAFETY TIPS FOR FALL DRIVING.** There's nothing more beautiful than a fall drive, but this season brings some unique hazards for drivers. Being aware of these potential dangers can help keep you and your family safe and prevent accidents.

- **Be Aware of Poor Visibility.** Falling leaves, while beautiful, can obscure your vision, as can rain and fog. Shorter days are part of the fall season, making it more difficult to see children playing or people walking and riding bicycles. Be aware of limitations in your visibility, and slow down if you can't see well. Use your dimmed headlights in bad weather with decreased visibility. If possible, try not to be on the roads when it's hard to see.
- **Watch for Children.** Children love to play in piles of leaves, so use extra caution where leaves are piled at curbside. In addition, the school bus will be making its rounds now that school is back in session. In addition to educating children about back-to-school safety, it's important to stay vigilant as a driver.
- **Slow Down on Wet Pavement.** In many areas of the country, rain is common during the autumn. If it's raining, keep a safe distance from the car in front of you. Wet roads make it more difficult to stop. When wet leaves are on roadways, they make the pavement slippery, and it can be difficult for drivers to get good traction.
- **Be Prepared for Bright Sunlight.** When sunrise occurs later in the morning, it can also present challenges for drivers. Have a pair of sunglasses in the vehicle to wear when the sun is bright is a good strategy. If it becomes too difficult to see because of bright sunlight or glare, a good strategy is for the driver to pull over until he or she can see again.
- **Watch Out for Ice.** As the temperatures drop further at night, a driver will need to spend some extra time in the morning scraping frost off his or her vehicle. Shady spots on the roadway may be home to black ice, which a driver may not be aware of until his or her car starts skid on it.



- **Clean Up Fallen Leaves.** Keep your driveway and walkway clear of falling leaves. Wet leaves can create a hazard for pedestrians in the fall by making sidewalks slippery. Later in the season, snow may mix with leaves to increase the risk of falling. Homeowners should mulch or rake up fallen leaves and dispose of them properly.
- **Safely Enjoy the Beauty of the Season.** By keeping these important fall safety tips in mind, you can be sure you are doing everything you can to protect yourself and your family from seasonal dangers. This will leave your mind free to enjoy the beauty of this glorious season.



## WD-40. GET OFF THAT STUCK RING.

When pulling and tugging can't get that ring off your finger, reach for the WD-40. A short burst of WD-40 will get the ring to slide right off. Remember to wash your hands after spraying them with WD-40.

## WD-40 WATERPROOFING BOOTS.

Waterproof your winter boots and shoes by giving them a coat of WD-40. It'll act as a barrier so water can't penetrate the material. Also use WD-40 to remove ugly



salt stains from boots and shoes during the winter months. Just spray WD-40 onto the stains and wipe with a clean rag. Your boots and shoes will look almost as good as new.

# BASKETBALL CLINIC

## Riverdale Public School Gym

Saturday, November 23  
10am - 2pm

**Boys and Girls Ages 6 - 12**  
**No Charge \* Lunch Served**

Program Includes:  
Ball Handling \* Shooting Skills  
Passing Drills \* Defense Training  
Give and Gos \* Scrimmage Game  
Lesson on "Basketball and the Bible"

**Don't Miss It!**  
To Register Call: 973-835-3275  
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# FRIENDS

Of The



Riverdale Public Library  
93 Newark-Pompton Tpke  
Riverdale, NJ 07457-1426  
973 835-5044

The Friends of The Riverdale Library would like to thank our volunteers who helped make our book sale at the street fair a success. Thank you **Ann** and **Steve Frast**, the

**Harsley Family (Melissa, Dennis, Denny, and Liz), Janet Cassel, David Gourley, Jean and Gary Mastrangelo, Carol Heinz, and Jeff and Linda Anders.**

Thank you to all of you who entered the basket raffles. A special thank you to **Home Depot** for supplying the weed wacker that was raffled with the Garden Basket.

- Garden Basket was won by Linda Peterson
- Grill Basket was won by Phil Lynch

**The Friends made \$270 from the street fair!**  
**Thank you all for buying books and supporting us!**



## New Jersey Register Ready



This registration Web site allows residents with special needs and their families, friends and associates an opportunity to provide information to emergency response agencies, so emergency responders can better plan to serve them in a disaster or other emergency.

The information collected here is confidential and will not be available to the public. The information will be held securely and only used for emergency response and planning.

Please be as complete as possible in your responses. You will be contacted occasionally to ensure the information is correct and to make any necessary changes.

### Why Should You Register?

- **To be notified by local officials when an evacuation has been ordered.**
  - **It may save your life!**
- **For Registry Assistance, dial 211 (toll free) and an operator will assist you in registering.**

**WD-40.KEEP WASPS FROM BUILDING NESTS.** Don't let yellow jackets and other wasps ruin your spring and summer fun. Their favorite place to build nests is under eaves. So next spring mist some WD-40 under all the eaves of your house. It will block the wasps from building their nests there.



**WD-40. KEEP WOODEN TOOL HANDLES SPLINTER FREE.** No tools can last forever, but you can prolong the life of your wood-handled tools by preventing splintering. To keep wooden handles from splintering, rub a generous amount of WD-40 into the wood. It will shield the wood from moisture and other corrosive elements and keep it smooth and splinter-free for the life of the tool.

## PRINTMAKING

Your friendly neighborhood  
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ADULT CLASSES...NOW!

11 x 17 Printing Press is available.

**1st Class focus:  
Printmaking for Books  
and Cards**

(Feel free to bring any materials  
you wish to incorporate in your art.)

**Where:**

Salon No.5 Gallery  
5 Mathews Avenue  
Riverdale NJ 07457 (downstairs)

**When:**

Tuesdays (starting September 24th) 7:00 - 9:30 pm

**Cost:**

\$25 per class or \$90 for a series of 4 classes  
(2nd family member discount is \$5 on a per class basis)

**Cash or checks:**

made payable to Carol Mainardi

**Contact to Register:**

Carol Mainardi at [bythecpress@gmail.com](mailto:bythecpress@gmail.com)

Please include your  
primary phone # in your  
registration email

## SALON N°5

5 Mathews Avenue, Riverdale, NJ 07457



# RIVERDALE Public Library

93 Newark Pompton Turnpike • Riverdale, New Jersey 07457  
Phone: 973-835-5044 • Fax: 973-835-2175  
www.riverdalelibrary.org

Registration is required for all programs.

Call 973-835-5044 or e-mail [riverdalelibrary@nac.net](mailto:riverdalelibrary@nac.net) for adult programs and [riverdalelibrarykids@nac.net](mailto:riverdalelibrarykids@nac.net) for children's programs. You can also register online at [www.riverdalelibrary.org](http://www.riverdalelibrary.org)!

## INFANT & PRE-SCHOOL PROGRAMS

*Spring programs run from the week of September 9 through the week of December 2.*

**Baby Time** — Up to 2 yrs w/ caregiver. Mon, 11:00–11:30 am

**Totally Twos** — 2 yr olds w/ caregiver. Mon, 10:15–10:45 am

**Story Time is now Preschool Pals!** — Ages 3-5. Tues, 10:15  
11:00 am or 1:30–2:15 pm.

## CHILDREN'S PROGRAMS

**Puppy Pals** — Dogs certified by Creature Comforts Pet Therapy come to the library to "listen" to children read. Bring your beginning reader, reluctant reader, or dog-lover for a session with a friendly listener. Children can read privately to a dog or participate in a group session. For children grades K-5. **Wed, Oct. 9, from 4:00-5:00 p.m.**

**Spooktacular Celebration** — Kids in grades K-3 can come in costume on **Thurs., Oct. 10, 4:00-5:00 p.m.** to enjoy a spooky story, get wrapped up like a mummy, and make a BOO-tiful craft!

**Halloween Caricatures** — Kids in grades 4 and up can join renowned cartoonist Paul Merklein on **Sat., Oct. 19, 1:00-2:00 p.m.** as he shows you how to draw monsters!

**Lego Lab** — Kids in grades K-5 can join us on **Wed., Oct. 23, 4:00-5:00 p.m.** You bring your imagination, we'll supply the Legos and a great story!

## TEEN PROGRAMS

**Teen Movie Night** — Enjoy popcorn and a great film! On **Wed., Oct. 2, 5:30-7:45 p.m.**, we will be showing "Beautiful Creatures."

**Teen Advisory Board** — Hang out with friends, help plan programs and choose library materials while possibly earning community service hours on **Thurs., Oct. 3, 5:00-6:00 p.m.**

**Teen Book Club** — Join us for pizza on **Wed., Oct. 16, 6:00-7:00 p.m.**, as we discuss "Miss Peregrine's Home For Peculiar Children" by Ransom Riggs.

## HOURS

Monday	10-8	Thursday	10-8
Tuesday	10-5	Friday	10-5
Wednesday	10-8	Saturday	10-2

## ADULT PROGRAMS

**Friday Matinee** — Join us on **Fri., Oct. 5, 1:00 p.m.** for "The Big Wedding," a romantic comedy with Robert DeNiro, Diane Keaton, and Katherine Heigl. Rated R, 89 minutes. Refreshments will be served.

**Chills and Thrills** — Join us on **Thurs., Oct. 17, 6:30-7:30 p.m.** for a book talk about a new breed of paranormal fiction with E.F. Watkins, author of the thriller "Dark Music."

**Gravestone Art & Symbolism** — Join Lorna and Phil Wooldridge of Wise Own Workshops on **Wed., Oct. 23, 6:30-7:30 p.m.** as they lecture on early New England burial grounds being the first public art galleries of the New World. Learn about past and present memorialization and symbolism, and the changing techniques of these sites that display artistic, cultural, and religious changes of the region.

**Halloween Boo-Licious Chocolates** — Join Linda Vogel as she creates tasty chocolate delights sure to complement any Halloween party!

## CHILD'S GIVE BACK EVENT



On **Thursday, Oct. 24**, let Chili's do the cooking while supporting the Riverdale Public Library at the same time! With each coupon presented between **11 a.m. - 11 p.m.**, Chili's will donate 10% of the event day sales back to the Friends of the Riverdale Library!

**Coupons must be attached to your receipt and placed in the designated shoebox at the restaurant entrance.**

**Pick up coupons at the circulation desk at the Riverdale Public Library.**

## MONTHLY

**Photography Club** — Meeting on **Mon., October 28**, from 6:30-7:45 pm. All Photographers welcome! Learn! Share!

**Job Hunters Workshop** — Meeting on **Fri., October 14**, from 3:00-4:00 pm. Learn about networking, resume writing and job hunting skills.

**Gypsy Knitters** — **Thursdays, 4:00-8:00 pm.** For experienced knitters. Bring a project and join in!

**Adult Book Discussion Group** — Join us on **Mon., October 28**, from 6:30-8:00 p.m. to discuss *The Vampire Lestat* by Anne Rice.



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**RIVERDALE HOME SALES July 1, 2013 – Sept 25, 2013**

<u>Property</u>	<u>Bdrms/Bths/Style</u>	<u>List Price</u>	<u>Selling Price</u>	<u>DOM</u>
336 Cannella Way	1 bdrm, 1 bth condo	\$164,900	\$164,900	121
133 Cannella Way	2 bdrm, 1 bth condo	\$199,900	\$195,000	10
12 Mountain View Ct	1 bdrm, 1 bth condo	\$218,800	\$210,000	108
6211 Brookhaven Ct	2 bdrm, 1 bth condo	\$220,000	\$215,000	104
5110 Sanctuary Blvd	2 bdrm, 1 bth condo	\$254,990	\$249,970	52
2407 Ramapo Ct.	2 bdrm, 1 bth condo w/loft	\$260,000	\$249,000	94
1107 Wharton Ct.	2 bdrm, 2 bth condo	\$269,900	\$262,500	139
2401 Ramapo Ct.	2 bdrm, 2 bth condo w/loft	\$275,000	\$282,000	253
2302 Ramapo Ct.	2 bdrm, 2 bth condo	\$289,000	\$278,250	130
5415 Sanctuary Blvd	2 bdrm, 2 bth condo w/loft	\$339,900	\$325,000	44
20 Cottage Place	3 bdrm, 1 bth w/grge	\$340,000	\$300,000	109
6 Silverleaf Ct.	3 Bdrm, 2 ½ Bth Twnhse/grge	\$379,000	\$370,000	99
26 Rock Crk Terr	3 Bdrm, 2 ½ Bth Twnhse/grge	\$389,900	\$378,000	42
41 Rock Crk Terr	3 Bdrm, 3 Bth Twnhse/grge	\$419,000	\$390,000	25
19 Evans Rd	3 Bdrm, 3 Bth Colonial	\$474,900	\$474,500	30
32 Windbeam Rd	4 Bdrm, 2 ½ Bth Col w/2 grge	\$495,000	\$490,000	13

If your property is currently listed with a real estate broker, please disregard.. It is not our intention to solicit the offering of other real estate brokers. Each RE/MAX is independently owned and operated. Not all listings were sold by RE/MAX Legend. Information supplied by the GSMLS.

**TEAS - Their Health Benefits and Uses.**

*Tea has been a favorite beverage worldwide for hundreds of years.....tea can treat a variety of ailments, and with this invaluable guide you can put the secrets of tea to work for you!*



Taken from **20,000 Secrets of Tea: The Most Effective Ways to Benefit from Nature's Healing Herbs** by Victoria Zak

**ASTRAGALUS (Huang Qi) The Protector**

A native of China and Mongolia, astragalus is a perennial member of the pea family. It has a graceful form, spear-shaped leaves with one middle seam, and rows of pea-shaped flowers that dangle from the stem like bells. It has deep, fibrous, medicinal roots for superior immunity. The sweet-natured golden tea of astragalus will help to restore your natural defenses.

**Fluid Balances.** Astragalus balances body fluids, which helps to stabilize every body process from healthy cell production to toxin elimination.

**Heart Tonic.** Astragalus strengthens the cardiovascular system, lowers blood pressure, and stimulates circulation to make your heart's job easier.

**Immune Energy.** Astragalus invigorates your immune responses. It's an herb that can help you recover from exhaustion, illness, surgery, radiation, and chemotherapy. It has been shown to revitalize

while blood cells, and stimulate the production of natural antibodies and natural interferon which your body uses to fight diseases. It helps to restore adrenal function, and provide antiviral resistance. If you get fatigued easily, catch every cold or flu that comes around, and struggle with infections that recur, astragalus is the tea to use to fortify your immunity. A stronger immunity is your best weapon against premature aging and disease.

**Protective Energy.** In Chinese medicine, astragalus is used to strengthen a unique form of energy that is called "protective energy," which helps us adapt to external factors such as weather changes, and defends us against germs or microorganisms in the environment. They locate this energy beneath the surface of the skin and along the outside of the body - the first line of defense against harmful influences.

**Facilitator.** Astragalus works like a catalyst to enhance the healing properties of other herbs. When you combine one tea bag of astragalus with one tea bag of your "special needs" herb tea, you get a tonic for energy and renewal. Many herbalists recommend astragalus and dong quai to balance hormonal chemistry is both women and men.

**Astragalus and Organe Tea.** Astragalus is sweet-natured and plain tasting. But when you add a spritz of orange, you get a delightful flavor that's like an English breakfast tea.



**Influential Women** **Mother Teresa.** Born Agnes Gonxha Bojaxhiu in 1910, by the time she was 12 she knew she was meant to help the poor. She went to India when she was 17 and her first assignment after becoming a nun was teaching at a school in Calcutta. In 1948 she left the convent and founded the Order of the Missionaries of Charity which ministered to the poor, sick, dying and orphaned first in India and then in other countries. Her humanitarian work led her to win the Nobel Peace Prize in 1979 and the Bharat Ratna, India's highest honor, in 1980. She died in 1997 after being plagued by years of heart problems, and was later beatified by Pope John Paul II.



Read more at <http://www.toptenz.net/top-10-most-influential-women.php#GCBfy34oHoQ5UXXw.99>

## Athletes that Died While Playing

Ray Chapman was a Major League Baseball player. He stands as the second player to have died as a result of injuries received during a baseball game. In 1912 he joined the Major Leagues and played for the Cleveland Naps. He was the leader in the American League in runs scored as well as walks. He was known for bunting and was a great shortstop. He was hitting .303 with 97 runs scored when he died. On August 17, 1920, the Naps were playing the Yankees. The Yankees' pitcher, Carl Mays, threw the ball and it hit Chapman on the head. Fans thought that the sound of the ball hitting his skull was the sound of it hitting his bat. Chapman was taken to the hospital and died 12 hours later. His death emphasized why players need to wear batting helmets and why the spitball has been banned.

Read more at <http://www.toptenz.net/10-athletes-that-died-while-playing.php#1tLQe48GW2ktyELr.99>



## Did You Know?

- ◆ Inventor Thomas Edison never graduated from grade school. Neither did literary greats Mark Twain, Charles Dickens or Noel Coward.
- ◆ If you look closely at a Franklin Delano Roosevelt dime, under FDR's head you'll find the initials J.S. for its designer, John Spinnock.
- ◆ Beavers can swim underwater for fifteen minutes.
- ◆ Balboa, the discoverer of the Pacific Ocean, was falsely accused of treason and beheaded in 1517.
- ◆ In 1862 *Les Miserables* author Victor Hugo was vacationing and anxious to know how his new novel was doing, so he wrote to his publisher: "?" The reply was: "!"
- ◆ The almost extinct giant tortoise of the Galapagos Islands lives longer than any other animal. The 600 pounder can live to be 200 years old.



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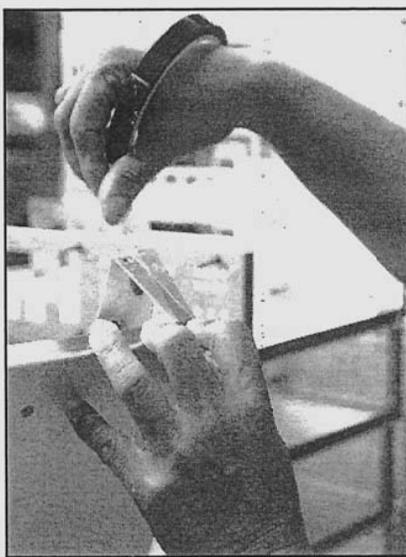


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(570) 476-1800

**Salt Dough.** One of the most common creative uses for salt is to make a dough that is similar to modeling clay and some of the popular play clays. Salt dough is easy to make and economical! Give this recipe a try with your children on the next rainy day or during school break.

- 1 cup Salt
- 4 cups All-Purpose Flour
- 1 1/2 cups warm water
- 2 tablespoons Vegetable Oil (optional)

Mix salt and flour together in a medium -size bowl. Add water. If you intend to store dough for later use, add oil at this time as well. Knead dough and roll out as you would cookie dough. Add a little bit of flour if dough gets too sticky to work with.



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**Riverdale Photography Club**



Meets on the 4th Monday each month at the Library from 6:45 to 7:45 PM  
[www.RiverdalePhotoClub.weebly.com](http://www.RiverdalePhotoClub.weebly.com)  
Club open to all, residents and non-residents.

**SEPTEMBER** edition of Riverdale News & Events will be published on or about Thursday, September 5. Copy, photos, articles, announcements are due Thursday, Aug. 29.

# RECREATION NEWS



Follow us @Riverdale Rec

riverdalerec@gmail.com



"LIKE" us at Riverdale Recreation



## Join Riverdale Recreation on a trip to Disney on Ice *Let's Celebrate!*

Tuesday, November 26 at 7:00 pm,  
Izod Center (Meadowlands)

**\$16.00 PER TICKET**

*(price does not include transportation and Riverdale Rec is not responsible for transportation)*

To purchase tickets contact Anne Gould 973-248-9663  
or email [riverdalerec@gmail.com](mailto:riverdalerec@gmail.com)

**Tickets must be purchased by October 29.**

## KARATE PROGRAM

Riverdale Recreation 8 week Karate Program through **All Star Taekwondo & Fitness** in Riverdale.

*Open to Riverdale & Pompton Lakes residents only.*



Classes start the week of November 4.

- 3-4 yr olds \$40.00 one class per week
- 5-8 yr olds \$50.00 one class per week
- 9-14 yr olds \$50.00 one class per week

*Days and times vary*

Please register directly at  
All Star Taekwondo & Fitness,  
38-B Hamburg Turnpike, Riverdale.

**Registration Deadline: October 30.**

Any questions?

Please call Anne Gould 973-248-9663 or  
email [riverdalerec@gmail.com](mailto:riverdalerec@gmail.com)



## RIVERDALE REC SKI CLUB

Riverdale Recreation will again be offering discounted ski passes through Mt. Creek.

All Access Student (up to 18 yrs) Season Ski/Boarding Passes will be \$229 (this includes 6 lessons).

All Access Adult (19 years and over) will be \$309.

*Registration information to follow soon – watch our Facebook page (Riverdale Recreation) for more details.*

# Fright Night

**Wednesday, October 23 @ the Glenburn Estate**

Riverdale Recreation will be hosting its Annual FRIGHT NIGHT at the GLENBURN ESTATE (please note location change) with lots of activities for the kids to enjoy such as a hay ride, a haunted house, DJ, crafts, games, snack stand and more! \$2.00 suggested donation to help support Riverdale Recreation Activities.



## PIE CONTEST

Bring your favorite home baked pie to Fright Night to be entered in our Annual Pie Baking Contest – any flavor/variety is welcome!

*All entries must be received by 6:30 pm on Fright Night to be eligible for judging.*

Questions? email [riverdalerec@gmail.com](mailto:riverdalerec@gmail.com).



## PUMPKIN CARVING CONTEST

Bring your carved pumpkin to Fright Night to be entered in our Pumpkin Carving Contest.

*All entries must be received by 6:30 pm on Fright Night to be eligible for judging.*

Questions? email [riverdalerec@gmail.com](mailto:riverdalerec@gmail.com).



To see the photos of many of the events taking place around town, go the Borough's Website at [www.RiverdaleNJ.gov](http://www.RiverdaleNJ.gov) and click on Mayor's Photo Albums on the left hand side of the home page. There are nearly 120 albums on line. Also, every issue of the Riverdale News and Events are online going back to the initial issue in October 2005. On the homepage's left column click on "Newsletter, Etc."



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## Natural Health

The belief that the body is fully capable of ridding itself of any and all disease. Practitioners and followers of Alternative health apply this belief by increasing the health of the body. *And God said, Behold I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for*

**SAFFRON'S** yellow powder was considered a luxury item. The Greeks made what has been referred to as, a royal dye color with Saffron, as did the Chinese. Medicinally, Saffron has been used by the Chinese for such emotional problems as depression, shock and fright.

Cost wise, Saffron is considered to be very expensive, as herbs go, but in light of its vital qualities, being one of the finest blood vitalizers known, this more than makes up for its extra expense.

Saffron counteracts inflammatory conditions while at the same time powerfully stimulates the circulation and regulates the spleen, heart and liver. Saffron combined with food, will aid assimilation into the deeper tissues. It is helpful to take for acid-burning digestive problems. Saffron helps the body to regulate the lactic acid and also allows the body to digest and assimilate correctly, its use of oils.

After exhaustive muscle action which results in an acid burning sensation in the deep muscles from lactic acid build up, Saffron is of great benefit. Saffron is also helpful in cases where there is kidney break-down and uric acid begins to accumulate along with lactic acid in the tissues. These are the conditions that lead up to the building of kidney stones. Gouty conditions are known to result from uric acid built up in the tissues. This happens more rapidly in a gouty or low blood sugar type individual and taking Saffron when eating meat temporarily stops the uric acid build-up. One who has this condition should look to changing their diet and learn how to better eat and live with out the use of any animal products.

In cases of hypoglycemia and adrenal fatigue, there is a lack of the cortin hormone, there is a build up of lactic acid that results from fatiguing activities (over exercise). Lactic acid build-up from over-exercise necessitates that the lactic acid in the muscles be removed or changed chemically. The usual rout for this is that the lactic acid is picked up by the blood vascular system and transported to the liver where it is changed back into glycogen, (muscle sugar) to be used later for energy. The usual problem with lactic acid is that it accumulates in the muscles after strenuous activities and when the adrenals do not produce sufficient cortin hormone, this stops the nature's process and the lactic acid remains in the muscle tissues. Eventually, there is seepage into the abdominal cavity which is absorbed by stomach. This is not normal and digestion is interrupted resulting in an acid-burning stomach.

- ◆ Saffron has beneficial effects on the organs of digestion, the gallbladder and liver.
- ◆ Saffron may be used interchangeably with Safflower, as an excellent blood purifier and builder and as an inflammatory reducer. It is a natural source of hydrochloric acid to help supply the needs of digestion as performed in the stomach. Saffron supplies necessary nutrients for improved blood sugar and fat metabolism.
- ◆ It can be used as a specific in a formula that acts as a blood and circulatory stimulant, that contains regulating benefits for the liver, spleen, kidneys and heart.
- ◆ Saffron is beneficial as a treatment for arthritis, gout, bursitis and kidney stone formulas. It is used for its anti-inflammatory abilities and for better controlling an over supply of uric acid which binds organic calcium in the joints interfering with joint function.
- ◆ Saffron can be used as part of a sugar regulating formula for hypoglycemia, referring to its insulin balancing ability.
- ◆ It soothes and coats the membranes of the stomach and colon, it aids in chest congestion, relieves abdominal pain after childbirth, improves circulation, affects the heart and liver and promotes energy.
- ◆ Saffron is helpful in eliminating toxins through the skin, as it promotes perspiration.
- ◆ Saffron has been historically used for treating cancer.

*Taken from The Little Herb Encyclopedia by Jack Ritchason, N.D.*

*The most High hath created medicines out of the earth, and a wise man will not abhor them.... The virtue of these things is come to the knowledge of men, and the most High hath given knowledge to men, that he may be honored in his wonders. By these he shall cure and shall allay their pains, and of these the apothecary shall make sweet confections, and shall make up ointments of health, and of his works there shall be no end. (Eccclus 38:5-7).*

## PicTips

### THE IMAGE PLANE

Prepared by Bill Madden

The Image Plane. Our world is very much 3-D and we live IN that 3-D world, moving through it, interacting with it, changing as it changes. The world of the pictures you take is 2-D, exists on a more-or-less flat surface and doesn't really change. Almost always your pictures are taken at particular places and times and it's great when an image captures a sense of its place and time. Still, at the end of the day, the picture IS a picture and is NOT the reality it's supposedly representing. Some photographers like to play with that idea and enjoy the challenge of snapping an image that captures a 2-D slice of reality, turning it into an interesting composition of colors and shapes. Some photographers like their compositions to refer back to and reflect on the nature of the reality that was captured; others like to create compositions that have their own internal harmony and may or may not attempt to preserve the reality that was the origin of the image. Find a few picture-taking moments where you can think: I'm about to snap this picture – what will the finished image look like? How will this scene in front of me fit into a rectangular frame? What should I place near the edges of the rectangle? In the corners? In the center? How much do I include in the rectangle? What stretches beyond the rectangle?



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**Daylight Savings Time Ends**

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