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# NEWS & EVENTS

November 2013

Volume 8 Number 11

Fright Night was a "De-fright-ful" Evening



# Riverdale Seniors

OCTOBER 7<sup>TH</sup>, 2013

**President Loretta Lippens** opened the meeting. Flu shots were being given so we got started a little late. There were 70 members present. **Secretary Jean McMichael** read the minutes from the last meeting. **Chaplain Grace Chiesa** gave a lovely reading. **Treasurer Laura La Rosa** gave her report. **1<sup>st</sup> Vice-President Dorothy Bowersox** read a lovely fall reading, then led Happy Birthday to the birthday celebrants, with everyone joining in. Cakes for the next meeting were assigned.

President Loretta advised everyone not to do laundry this week as they will be flushing the

town system and the water may be murky.

**Gerry Mahler** reported on the library and passed out information. **Trip Coordinator Barbara Stillwagon** reported that the upcoming Octoberfest trip is all set. Get your payments in.

**Lorraine Moody** reported on the Christmas Party. Payments are being accepted.

OCTOBER 21, 2013

The second meeting of October was opened by President Loretta Lippens. There were 63 members present. Chaplain Grad Chiesa gave a nice reading. Secretary Jean McMichael read her report and Treasurer Laura LaRosa gave the treasurers report. 1<sup>st</sup>

Vice-President Dorothy Bowersox led the birthday song and assigned cakes for the next meeting. New officers are being sought.

President Lippens conducted the business of the day and we then had two speakers, Betsy Chandler from MCI, also her partner Tom. At the end of the meeting, Mayor Budesheim spoke to us about what is going on in our town and what to expect.

*Submitted by Marion Davis*



## Check Your Heating System

Don't Become a Statistic - Prevent Carbon Monoxide Poisoning

(Newark, NJ) – October 21, 2013 — As you complete your “fall to do list” 1 bag your leaves, bring in your plants, clean your gutters, store outdoor furniture, cover air conditioners, service snow blowers, etc., the NJ Poison Experts strongly urge you to add to the list: schedule a seasonal checkup for your heating systems/fireplaces/furnaces, it is best to hire a professional to insure your family’s safety. Make sure everything is working and venting properly. Be sure you have installed both smoke and carbon monoxide detectors and changed the batteries on them. This is extremely important as we go into the heating season where carbon monoxide exposures and even poisoning becomes more common.

Carbon monoxide (CO) poisoning is a serious concern of the NJ Poison Experts as we enter the heating season. It is often referred to as the “Silent Killer” because it is a gas that gives no warning – you can’t see it, smell it or taste it. When the gas is breathed into the body it combines with the body’s blood and prevents it from absorbing and using oxygen.

“Use extreme caution when using sources of carbon monoxide such as kerosene and gas space heaters, fireplaces and gas stoves for heat,” said Dr. Steven Marcus, Executive and Medical Director of the NJ Poison Center. If used in living quarters these sources can potentially fill the air with carbon monoxide and cause harm. “Be sure all furnaces and hot water heaters are vented properly and that there is no obstruction to the fireplace chimney,” Dr. Marcus added. Other common sources are automobile exhaust from attached or unvented garages and “patched” vent pipes using tape, gum or other substances. Exposure to carbon monoxide can produce headaches, sleepiness, fatigue, confusion and irritability at low levels. At higher levels, it can result in nausea, vomiting, irregular heartbeat, impaired vision and coordination, and death. During cold and influenza season carbon monoxide poisoning can easily be confused with those viral illnesses, so prevention of exposure and early detection are important to prevent tragedy.

## THANKSGIVING DAY TRIVIA

- The Wampanoag Indians were the people who taught the Pilgrims how to cultivate the land.
- The Pilgrim leader, Governor William Bradford, had organized the first Thanksgiving feast in 1621. He invited the neighboring Wampanoag Indians to the feast.
- The first Thanksgiving celebration lasted three days.
- Lobster, rabbit, chicken, fish, squashes, beans, chestnuts,

Dr. Marcus adds, “Since this gas is easily detected with an installed and fully functional carbon monoxide detector, the NJ Poison Experts highly recommend that everyone install carbon monoxide detectors on every level of his/her home.

### Life-Saving Tips

- Open flues when fireplaces are in use.
- Furnaces and chimneys should be inspected and cleaned every year by a trained professional.
- Gas appliances must have adequate ventilation so that carbon monoxide will not accumulate.
- DO NOT heat your home with your stove.
- DO NOT cook with charcoal indoors.
- DO NOT bring gas powered equipment, propane stoves, propane lights, or kerosene camping stoves into the house or garage.
- DO NOT idle a car in a closed garage. Once you pull in, immediately turn off the engine.
- Keep your home well ventilated. If need be, keep a window slightly cracked to allow air flow.

### If you suspect Carbon Monoxide Poisoning, Take Immediate Action:

- If a loved one is unconscious or unresponsive, get them out of the house and call 911 immediately.
- Exit the house/building immediately. Do not waste time opening windows to “air” it out; this will delay your escape and cause you to breathe in more dangerous fumes.
- Contact your local fire department/energy provider.
- Call the NJ Poison Experts, 800-222-1222, for immediate treatment advice. Do not waste time looking for information on the internet about carbon monoxide poisoning. Call us for fast, free and accurate information.

Remember, help is always available 24 hrs a day, 7 days a week, every day of the year. Call 800-222-1222 to speak with a NJ Poison Expert. Help is available in more than 150 languages. Program the Poison Help line (800-222-1222) into your cell phone and post it near your home and office phones too.

hickory nuts, onions, leeks, dried fruits, maple syrup and honey, radishes, cabbage, carrots, eggs, and goat cheese are thought to have made up the first Thanksgiving feast.

- The pilgrims didn't use forks; they ate with spoons, knives, and their fingers.
- Congress passed a law on December 26, 1941, ensuring that all Americans would celebrate a unified Thanksgiving on the fourth Thursday of November every year.

# Advil - Tylenol - Aspirin

## NSAIDS:

### The Painful Truth Behind Painkillers

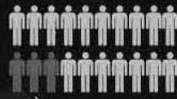
Non-steroidal anti-inflammatory drugs (NSAIDs) are widely used to treat arthritis, injuries, and other painful conditions. While there are over 70 million prescriptions worldwide, NSAIDs are among the most dangerous medications on the market.



They are linked to potentially devastating side effects, particularly in the elderly.

IN THE USA:

100,000 people who take NSAIDs are hospitalized every year.



Approximately 15,000 die

### Side Effects of NSAIDs

- Cardiovascular Problems**  
40-60% increased risk compared to non-users of NSAIDs.
- Hearing Loss**  
25% of 27,000 men are diagnosed with hearing loss.
- Heart Failure**  
60% increased risk of congenital heart failure. Also, a 2011 study found that NSAIDs can increase your risk of heart attacks.
- Gastrointestinal (GI) Complications**  
Such as GI bleeding, abdominal pain, heartburn, nausea, and vomiting.  
Over 7,000 people in the US are hospitalized due to GI problems. In rare cases, some patients experience GI bleeding.

Numerous studies link NSAIDs to detrimental side effects. In 2000, Vioxx, a potent non-steroidal anti-inflammatory drug, was released in the market. It took four years and 60,000 deaths (due to heart-related side effects) before warnings were heeded and Vioxx recalled.

potentially lead to cardiovascular problems, GI bleeding, kidney problems and increased blood pressure.

Pregnant women were especially warned against using NSAIDs as it increased the risk of miscarriage, heart problems in the offspring, low amniotic fluid and prolonged labor.

In 2004 the FDA cautioned the public that NSAIDs all

[www.mercola.com](http://www.mercola.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**



## FRIENDS



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

The Friends of the Library are trying to recruit new members. If anyone is interested in joining, the paperwork can be picked up at the library, during regular hours. Please join us!

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."

## Dozens of Animals Find Forever Homes at Mike's Feed Farm Event & Hundreds Come Out to Support Animal Rescue

RIVERDALE, N.J. — With dozens of animals finding homes and thousands in monetary donations, services and pet products donated to rescue, the recent Multi-Agency Pet Adoption Day at Mike's Feed Farm was a great success for local animals in need.



Hundreds came out despite the drizzle to support local animal rescue and adoption.

The spirit of the day was animal rescue and adoption. The Shaw family came out looking to adopt a playmate for their dog, Pieper. Pieper has been paralyzed for 3 years following an injury, and uses a wheelchair for mobility. Pieper found her four legged sister that day, in Wolfie, a deaf husky mix with a beautiful spirit, rescued by A Pathway to Hope. The two immediately took to one another and began to play, and Wolfie joined the Shaw family shortly after.

Attendees came out, many with their dogs in tow, to support rescue, search for a new four legged family member, and meet celebrity guest, Justin Silver, star of the CBS hit *Dogs in the City*. Animal care experts were on hand to educate pet owners, specifically new adopters, in an effort to keep all adopted animals in permanent, happy and healthy forever homes. Local shelters and adoption agencies presented over a hundred adoptable dogs and cats. Complete with pawtographs from local four legged celebrities and police K9 presentations, games for children, refreshments, pet photos, goody bags and prizes, it was an enjoyable day out for local families.

Participating groups included Pequannock Animal Shelter, Only Kindness / Passaic County Mobile Spay Neuter Coalition, Tri Boro Animal Welfare, Wayne Animal Shelter, West Milford Animal Shelter, Friends of Wayne Animals (FOWA), Ramapo Bergen Animal Refuge, Inc. (RBARI), Pibbles and More, North Jersey Community Animal Shelter, Purrs and Pups Rescue, A Pathway to Hope, Coming Home Rescue, HEART rescue, Second Chance Rescue, Husky House and Diamonds in the Ruff.

Visit Mike's Feed Farm at 90 Hamburg Turnpike in Riverdale, NJ or contact us at 973-839-7747 or [kelli@mikesfeedfarm.com](mailto:kelli@mikesfeedfarm.com) for more details.

## Girl Scouts



Troop 658 from Riverdale, on a Mother-Daughter overnight trip to Hershey Park. It was a booo-tiful time!

## Dance Attire Drive



Girl Scout Troop 94658 will be conducting a Dance Attire Drive on **Saturday, November 23** from 11am - 2 pm at the Riverdale Library located at 93 Newark Pompton Turnpike in Riverdale.

We will be collecting used recital costumes, tap, ballet, jazz shoes, leotards and dancewear. All donations will go to Blossom Sisters Foundation. We are actively seeking donations this month. For a drop off location prior to November 23, please contact Roxanne at 973-262-9142 or [lewisfamily@optonline.net](mailto:lewisfamily@optonline.net).

Thank you for your involvement in making this another successful community service project we are all proud of!



## Country Craft Show at Glenburn

Sunday, November 17

12:00 - 4:00pm

Find beautiful décor, holiday crafts n' more...

To reserve space for your crafts,  
Please [jcarelli@riverdalebrough.com](mailto:jcarelli@riverdalebrough.com)  
Or (973) 706-6471 Glenburn Office Phone

# Movie Trivia - BACK TO THE FUTURE



- ◆ Universal Pictures head [Sid Sheinberg](#) did not like the title "Back to the Future", insisting that nobody would see a movie with "future" in the title. In a memo to [Robert Zemeckis](#), he said that the title should be changed to "Spaceman From Pluto", tying in with the Marty-as-alien jokes in the film, and also suggested further changes like replacing the "I'm Darth Vader from planet Vulcan" line with "I am a spaceman from Pluto!" Sheinberg was persuaded to change his mind by a response memo from [Steven Spielberg](#), which thanked him for sending a wonderful "joke memo", and that everyone got a kick out of it. Sheinberg, too proud to admit he was serious, gave in to letting the film retain its title.
- ◆ When Lorraine follows Marty back to Doc's house, she and Doc exchange an awkward greeting. This marks the only on-screen dialogue that [Christopher Lloyd](#) and [Lea Thompson](#) ever have, though they have appeared together in five movies and one TV movie.
- ◆ Biff's catchphrases "make like a tree and get outta here" and "butthead" were improvised by [Thomas F. Wilson](#).
- ◆ [Michael J. Fox](#) was allowed by the producer of [Family Ties](#) to film this movie on the condition that he kept his full schedule on the TV show - meaning no write-outs or missing episodes - and filmed most of the movie at night. He was not allowed to go on [Back to the Future](#) promotional tours.
- ◆ The picture of Mayor Red Thomas on the election car in 1955 is set decorator [Hal Gausman](#).
- ◆ The DeLorean was deliberately selected for its general appearance and gull wing doors, in order to make it plausible that people in 1955 would presume it to be an alien spacecraft.
- ◆ The script never called for Marty to repeatedly bang his head on the gull-wing door of the DeLorean; this was improvised during filming as the door mechanism became faulty.
- ◆ [Wendie Jo Sperber](#), who played Linda McFly, was in fact three years older than [Lea Thompson](#) who played her mother, and six years older than [Crispin Glover](#) who played her father.
- ◆ The house used for Doc Brown's home is the Gamble House at 4 Westmoreland Ave., Pasadena, California. It was the home of the Gamble family until 1966, when it was turned over to the University of Southern California. It is now a historical museum.
- ◆ Apparently [Ronald Reagan](#) was amused by Doc Brown's disbelief that an actor like him could become president, so much so that he had the projectionist stop and replay the scene. He also seemed to enjoy it so much that he even made a direct reference of the film in his 1986 State of the Union address: "As they said in the film [Back to the Future](#), 'Where we're going, we don't need roads.'"
- ◆ [Billy Zane](#) makes his first on-screen appearance in this film as "Match", one of Biff's cronies.
- ◆ When [Claudia Wells](#) temporarily dropped out due to scheduling conflicts, [Melora Hardin](#) was briefly cast as Jennifer, but had to be replaced when it was discovered she was taller than [Michael J. Fox](#).
- ◆ When this movie was previewed for a test audience, Industrial Light and Magic had not completed the final DeLorean-in-flight shot, and the last several minutes of the movie were previewed in black and white. It didn't matter, as the audience roared in approval of the final scene anyway.
- ◆ [John Lithgow](#), [Dudley Moore](#), and [Jeff Goldblum](#) were all considered for the role of Doc Brown.
- ◆ When Marty pretends to be Darth Vader from the planet Vulcan, he plays a tape labeled "Van Halen" to scare George out of his sleep. It is an untitled [Edward Van Halen](#) original written for a movie called [The Wild Life](#) which featured [Lea Thompson](#).
- ◆ The inspiration for the film largely stems from [Bob Gale](#) discovering his father's high school yearbook and wondering whether he would have been friends with his father as a teenager. Gale also said that if he had the chance to go back in time he would really go back and see if they would have been friends.
- ◆ Doc's phone number in 1955 is Klondike 54385. The letters "K" and "L" are both on the digit 5; thus, the number still begins with the 555-prefix, indicating a fictional number.
- ◆ According to an interview he did on [The Tonight Show Starring Johnny Carson](#), [Crispin Glover](#) lost his voice due to nervousness while filming Back to the Future. For some scenes, he had to silently mouth his lines, with his voice being dubbed in later at a recording studio.
- ◆ [Thomas F. Wilson](#) almost had his collarbone broken in the scene where Marty and Biff are about to fight in the cafeteria, as [Eric Stoltz](#) roughed up Tom for real, take after take, despite repeated requests from Tom to tone down the aggression. Tom later said he was about to return the favor during filming of the car park scene outside the dance, but Eric was fired before that confrontation could take place.
- ◆ The script was rejected 40 times before it was finally green-lit.
- ◆ The back lot used as the town of Hill Valley is also seen in the first episode of Twilight Zone [Twilight Zone: Where Is Everybody?](#)
- ◆ Musician [Mark Campbell](#) did all of [Michael J. Fox's](#) singing. He's credited as "Marty McFly".
- ◆ A persistent myth is that [Michael J. Fox](#) had to learn to skateboard for the film. In fact, he was a reasonably skilled skateboarder, having ridden throughout high school. However, [Per Welinder](#) acted as a skateboarding double for the complex scenes.
- ◆ The school that served as Hill Valley High was Whittier High School in Whittier, California just outside of Los Angeles. [Richard Nixon](#) is an alumnus (class of 1930) and [Pat Nixon](#) taught there from 1937 to 1941.
- ◆ It took three hours in make-up to turn the 23-year-old [Lea Thompson](#) into the 47-year-old Lorraine.
- ◆ When Marty is being judged at the band auditions at the beginning, the judge who stands up to say he is "just too darn loud" is [Huey Lewis](#), whose songs, "The Power of Love" and "Back in Time" are featured on the movie's soundtrack, and also wrote Marty's audition song (which is a re-orchestrated version of "The Power of Love.")
- ◆ Doc's distinctive hunched-over look developed when the filmmakers realized the extreme difference in height between [Christopher Lloyd](#) and [Michael J. Fox](#); Fox is 5' 4½" while Lloyd is 6' 1". To compensate for the height difference, director [Robert Zemeckis](#) used specific blocking where the two often stood far apart at different camera depths. For close ups, Lloyd would have to hunch over to appear in frame with Fox. The same approach was used in the two sequels.
- ◆ [Ralph Macchio](#) turned down the role of Marty McFly, thinking the movie was about "A kid, a car, and plutonium pills."
- ◆ The gas-powered struts that hold the De Lorean's gullwing doors open would fail during the course of filming a take, so crew members had to be on stand-by with hairdryers to warm them up to stop the doors from drooping.

# Troops Fundraiser



## Sunday, December 1

- Riverdale Community Center
- 9:00 am to 4:00 pm
- 35 Vendors to shop
- Do your Christmas Shopping
- Fifteen dollars lets you send a holiday box to a soldier with a special note from you.
- Toys for Tots collection will be there so please come and donate an unwrapped toy for a boy or girl. Make their Christmas very special.
- Troops are in need of socks, hand warmers, canned food and any types of snacks. Any and all Donations are welcomed.



### Scrumptious Spaghetti Sauce & Luscious Meatballs

#### INGREDIENTS:

- 2 lbs of ground sirloin.
- One 32 oz can of diced tomatoes with spices.
- One 32 oz can of tomato sauce.
- 2 yellow onions - one chopped and one grated.
- 1 green pepper - chopped.
- 2 eggs.
- 1 cup Italian bread crumbs.
- 1 1/2 tablespoons of sugar.
- 1 tablespoon Parsley flakes.
- Oregano.
- 1 tablespoon garlic powder.

#### PREPERATION:

In a large bowl mix ground sirloin, eggs, bread crumbs, parsley flakes, oregano and grated onion. (Meat should be sticky while mixing, do not mix too much or else it will be tough.) Make into balls. In a skillet put olive oil in bottom of pan, add meatballs and brown.

In a large pot add diced tomatoes, tomato sauce, chopped green pepper, chopped onion and sugar. Stir and add some parsley flakes, oregano and garlic powder to sauce.

After meatballs are browned add to sauce, let cook for at least 2 hours on low.



The Friends of The Riverdale Library would like to thank everyone who supported The Friends by eating at Chili's October 24<sup>th</sup>. Thank you Chili's for graciously donating 10% of the event day sales to the friends!



If you love the library, come join fellow library lovers. We will be meeting Thursday November 21<sup>st</sup> from 7-8pm at the library.

- To lengthen the life of unused batteries, put them in a food storage zipper bag, and store in a cool, dry place.
- Electronic components stacked on top of each other—such as a TV and a DVD player—can result in electromagnetic interference. Prevent the problem by placing a sheet of aluminum foil between them.
- If a key breaks in a lock, put a touch of Krazy Glue on the broken-off part. Insert that part into the lock, wait a few seconds, and pull out the rest of the key.
- Use a Post-it Note to clean a keyboard—whether piano or computer! Run the sticky side between the keys to pick up crumbs and lint.



“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 x 6



# RABIES CLINIC for Dogs and Cats

The Riverdale Rabies Clinic

- Saturday, November 9
- 11:00 AM - 1:00 PM
- DPW Garage, Dalton Drive

For more information please call 973-835-4060 x6

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.



Credit Card Payments

Welcome to Riverdale Borough's Pay On-Line Service

- Property Taxes
- Water and Sewer Bills
- Court Fines
- Dog and Cat Licenses
- Recreation Programs
- Exercise Classes

There will be a convenience fee for this service that you will review before you submit your payment. You will also be able to pay more than one bill at the same time.

We accept Visa - MC - Discover - American Express  
 As well as Electronic Checks from your personal checking account.



### 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 12th Birthday to **Jason Testino** on November 13. Love Mom, Dad, Joey, Jessica, Jordan, Ma, Rocky & Boozer!

Happy 12th Birthday, **Kyle Clinton**, on November 1. Love, Mom, Dad, & Emily.

Happy 17th Birthday, **Kevin Thomas**, on November 22. We love you very much! Love, Dad, Marybeth, RJ, Matthew, Kevin M.

Happy Birthday, **Marian Budesheim**, on November 24. Love from the whole family.

Gary and Jean Mastrangelo are happy to announce the engagement of their daughter **Jamie Mastrangelo** to **Jack Cawley** the son of Jack and Maria Cawley of New York.



Jamie and Jack are both Pace University graduates. Jack played baseball for the St. Louis Cardinals and is now employed as an Engineer at Amtrak, Jamie is an English Teacher at Lakeland Regional High School.

They will marry in July of 2014 in New Rochelle, NY...



It is time (past time) to get those delicate flowering plants inside. We have been lucky this year as at my location, there has been only one night with frost. I have one plant that will not survive winters above North Carolina. south of there in some it is considered an Shrub Verbena.

Lantana can be kept as before frost and put out past. It is a great outdoor Its one shortcoming as a leaves are crushed. DO have cats, you know that

to be changed. Crushed Lantana leaves are up and you will get indoor flowers by late January. with the most light.

Cut back the plant with a main stem about six to four to six inches and do not worry about existing leaves will probably turn black and drop plant and brought it in. At that point you will throw it out. WAIT!

Then dig up the outdoor plant and shake off in a six inch pot. Be patient. My first attempt, the happened, I threw the plants out. The next year that happened, I was involved with other things and when I got back to the plant, I noticed pinhead size green dots on the bark of the plant. In a week they had become new branches and developing leaves.

The attached photos are of plants that will be going into their fourth winter here. They are as attractive to butterflies just as butterfly bushes and add a bit of variety to your garden.



Y e t states

invasive species. That plant is Lantana, also known as

a house plant if brought in again after danger of frost is plant for attracting butterflies. house plant happens when the NOT crush the leaves (if you odor when the kitty liter needs WORSE!) The odor will clear Keep the plants at windows

inches long. Cut branches back having any leaves. The off after you have repotted the think the plant has died and

most of the soil around the roots. Replant in potting soil leaves turned black and dropped off. The first time that



## Neighbors in Nature

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

## BY and LARGE

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

### Give Thanks with a Grateful Heart

By Elaine Peacock

November is the month we turn our thoughts to giving thanks for our Veterans on November 11<sup>th</sup> and of course all our blessings on Thanksgiving November 28<sup>th</sup>. Did you know we are the only country in the world that actually sets aside a day for giving thanks? I know that sometimes our blessings come to us a bit veiled and they are probably not what we asked for but they are blessings nonetheless. The title of this piece comes from one of my favorite hymns we sing at my church. It always makes me think of the things

that I'm thankful for; my family, my country, and most of all the freedom I enjoy. I know our country is not perfect but at least we can criticize what we feel is wrong without fear of reprisal. We may not be as rich as we would like but we have the love of our family and friends to help us through each day. Giving thanks is easy when we have a mountain top experience but when we are going through the valley knowing GOD is walking beside us during those times makes it easier to give thanks with a grateful heart.



# COC Enterprises LLC

**Linda Anders**  
Professional Organizer

Organizing your space for maximum productivity

973.838.8298

Linda@cocenterprisesllc.com

www.cocenterprisesllc.com

*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!!!*



Remove a fresh grease or gravy stain on fabric by covering it with Salt. Wait for salt to absorb grease, then gently brush salt away. Repeat until spot is gone. Launder as usual.

If your iron has rough or sticky spots on it, turn it to a low setting and run it over a piece of paper covered with Salt.



## Healthy Foods That Can Easily Replace Their Less Healthy Counterparts

### Fruit Sorbet instead of Ice Cream

Conventional ice cream is loaded with added sugars, emulsifiers and preservatives (not to mention pasteurized milk). It is so simple to blend frozen fruits such as strawberries, bananas, blueberries, pineapple, mango and many others into your favorite fruit sorbet with a fraction of the calories, fat and plenty of vitamins and minerals. Just add your favorite fruits into a high speed blender with a little water and you have the perfect substitute for even some of the best ice creams. If you want it thicker, mixing in organic Greek yogurt always does the trick.

### Quinoa instead of Rice or Pasta

White rice and pasta are "bad" or simple carbs—you know, the ones that don't provide much in the way of nutrition. But quinoa! This amazing ancient grain not only acts as a perfect platform for soaking up sauces, just like pasta and rice, but also it's a complete protein, which means it delivers all nine of the essential amino acids.

### Shaved Zucchini instead of Pasta.

Another magical swap, shaved zucchini (created by shaving zucchini into strands with a vegetable peeler) can carry sauces from the plate to your palate—and add a serving of veggies to your dish to boot. Bonus: You don't even have to cook it and it's a refreshing way to serve saucy dishes during summer's heat!

### Coconut Water instead of Gatorade

Unless you're a serious athlete, you don't need the kind of potassium and electrolytes found in Gatorade anyway; gulping down a good amount of water will more than do the trick for the average gym goer. But coconut water, or the water harvested from inside young coconuts, does provide additional nutritional value over water—without the additives found in sports drinks. Expect great, refreshing, even sweet taste plus about as much potassium as you'd find in a banana.



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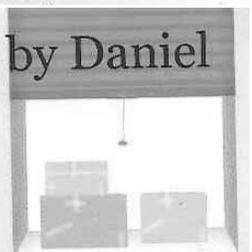
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**Daniel J. Salameno Jr.**

## Kit Kat's Krafts Feature – Pilgrim Hat Cookie Holder

By CATHERINE FELEGI

Back in 1621, the first unofficial Thanksgiving was celebrated. While the Wampanoag Indians celebrated the gifts given to them from the Creator regularly, 1621 was particularly important. The previous year produced a scarce harvest and sickness reigned. Now, in 1621, the harvest was bountiful again and all, pilgrims and Indians, were giving thanks to the Creator. However, it was not until 1863 when Sarah Josepha Hale, the editor of the popular women's magazine *Godey's Lady's Book*, managed to convince President Lincoln to announce Thanksgiving as a national holiday, in order to try and help unite the nation that was being torn apart in the grips of the Civil War.

Now, Thanksgiving is known to for turkey, football and the occasional sweet, such as pumpkin pies and cookies. Deck your table with a cornucopia and a pilgrim hat filled with cookies for a tasty treat that all will be thanking you for. This project is good for all ages and, on top of that, you can have another project to then make the cookies to fill your hat.

### For this project, you will need:

A new terra cotta planter ♦ Black felt ♦ Rubber cement ♦ Ruler  
Black poster board ♦ Yellow card stock ♦ Duct tape ♦ Scissors

First, to make sure that no cookie crumbs fall onto the table and create a mess, place a piece of tape over the bottom of the inside of the planter. Next, sit your planter down on the black poster board with the

open-side facing downward. Trace the outline of your planter onto the poster board. Next, use your ruler to measure the diameter of your planter and make a "brim" to your hat one inch less. For example, the planter pictured here has a diameter of six inches, so I made my brim to be five inches.

Cut your hat brim out. In the middle, cut out a hole about one-inch in diameter. Feather the rest of the inside of the circle so that you have tabs to glue into your planter and keep it stable.

Next, take the felt and glue it onto your planter. Leave enough room to drape the fabric both above and below your planter so that you cover the piece completely. Use both the glue and duct tape to attach the excess fabric to your planter. To help, you can use clothes pins as a sort of clamp to keep the fabric in place where the piece dries.

Cut out a rectangle from your card stock and cut out a rectangle in the middle to make your buckle. Glue this to your felt. If needed, you can also put a loop of tape onto the buckle as well.

Place your brim onto your planter and glue the feathering to the inside of your hat. Once all the glue is dry, line the inside of your planter and fill it up with cookies and other Thanksgiving Day goodies.



## How to reuse silica gel packets

*This annoying packet has a multitude of household uses.*



Working freight at my store, I touch dozens of silica packets each day and often ask what I can do to recycle them. Silica gel is a desiccant, a substance that absorbs moisture. Despite its misleading name, the silicate is actually a very porous mineral with a natural attraction to water

molecules. Manufacturers utilize the gel to keep goods from spoiling, molding or degrading due to humidity. The gel itself is nontoxic, but can have a moisture indicator added (cobalt chloride) which is a known toxin that turns pink when hydrated and is otherwise blue in its dry form. Most silica found in our food and household purchases looks like tapioca beads and is benign unless combined with certain chemicals.

I did discover several great suggestions for using these packs around the house and keeping them from the landfill just a wee bit longer.

- Put packs in your ammo cans and gun cases/safes to keep dry.
- Protect personal papers and important documents by putting some gel in a baggie wherever these are stored.
- Keep with photos to spare them from humidity. Tuck a small envelope in the back of frames to protect even the ones hanging on your walls.
- Store in camera bags and with film. After snapping photos in cold or wet conditions, silica gel will absorb moisture to keep your lens from fogging or streaking.
- Leave a couple packs in your tool box to prevent rusting.
- Use the material to dry flowers.
- Place with seeds in storage to thwart molding.
- Stash some in window sills to banish condensation.
- Dry out electronic items such as cell phones and
- iPods. Remember after the device has gotten wet, do not turn it back on! Pull out the battery and memory card and put the device in a container filled with several packs. Leave it in there at least overnight.
- Slow silver tarnishing by using the gel in jewelry boxes and with your silverware.
- For items in storage, such as cars or anything prone to mildew. Popular Mechanics offers a good suggestion for use in engines of sitting vehicles.
- Tired of buying big bags of pet food only to have it get soggy? Store your kibble in a bin and tape some silica packs to the bottom of the lid.
- Cut open the packs and saturate the beads with essential oils to create potpourri.
- Use in luggage while traveling.
- Tuck some in your pockets. Hide them in your closet in leather goods such as coats and shoes, and even handbags, to help them survive life in storage.
- Gather your razor blades and keep in a container with several silica packs to stave off oxidation.
- Video tape collections will last much longer with these to help keep them dry.
- Litter is now made with silica. With its fantastic absorption qualities, this litter requires fewer changes and sends less mess to the landfill.
- Squirrel some away in your car, especially on your dashboard. This will help maintain a clear windshield and leave it less foggy during times of high humidity.

While these packets are annoying and seem like a waste of resources, they can extend the life of many items. Another reason someone needs to be collecting them to recycle: they can be reactivated repeatedly. To recharge, you just need to bake the saturated beads on a cookie sheet, as detailed on [how.com](http://how.com).



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10:00—11:00am

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

Instructor—Nadia Garcia  
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Introduce your child to the wonderful  
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Please Register Online:  
Http://goo.gl/xHhKBl



yoga

**GLENBURN HOUSE**

Every Thursday 7:30pm  
Bring Yoga Mat & Refreshment  
\$8/Class  
Walk-Ins ALWAYS Welcome!

**RECREATION NEWS**



Follow us @Riverdale Rec

riverdalerec@gmail.com



"LIKE" us at Riverdale Recreation



**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 \$229.99 (includes 6 lessons).

All Access Adult (19 years and over) will be \$309.99

Meal Vouchers can be purchased for \$7.95 or \$9.95.

4, 5 or 6 Trip deals email [pezzuti@optonline.net](mailto:pezzuti@optonline.net) for pricing.

**New this year:** FUN PACK – 2 hour snow tubing,  
Mountain Coaster Ride & Soaring Eagle Ride – only \$19.99.

Make your purchase online at  
[www.mountaincreek.com/membersignup](http://www.mountaincreek.com/membersignup)

Login ID: 5WGK70053 Password: rivrecski2014

Purchase deadline 11/25/13

**KIDS WINTER BOWLING**

Riverdale & Pompton Lakes Rec  
will be combining for this program!



Sundays, 2:00 pm  
Holiday Bowl, Oakland.

\$6.50 to register

\$8.00 a week for K-8 \$5.00 a week for Preschool  
(money collected each week at bowling alley)

Price includes t-shirt & 2 games of bowling for K-8  
and 1 game of bowling for preschool each week.

Program starts January 12 and ends March 16.

Registration: Monday, November 18, 6:30–7:30 pm  
at the Community Center.

**WINTER WALKING CLUB**

Want to keep moving while it's cold outside?  
Come walk the Lakeside Hallways!

Thursday evenings at Lakeside Middle School  
7–8 pm, starts Jan. 9 thru April 24.

The hallways at Lakeside circle the entire school  
and will be open for walking on Thursday evenings.

Questions? [email\\_riverdalerec@gmail.com](mailto:email_riverdalerec@gmail.com)

**MENS BASKETBALL**

Tuesdays 10/15 – 5/20, 7-10 pm  
Lincoln School in Pompton Lakes.

\$40.00 (covers 31 weeks). Pick-up style games.

See Bob Brown any Tuesday night to sign-up and pay.

**BOB ROSS TECHNIQUE  
OIL PAINTING**



**Thursday, Nov. 7**  
 Scene—Lake Tahoe  
 \$35/Per Person (Incl's All Supply)

**Saturday, Nov. 23**  
 Scene—Autumn Mountain Cabin  
 \$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](mailto:jcarelli@riverdaleborough.com)

**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 )

*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!*

**"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!

**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



**A Country Christmas Music  
Performance**

*featuring Leeann Weiss*

performing the newly released CD,

*For Love*

Friday, December 20th 7:00pm

The evening will include free refreshments and live country music!

Autographed CDs available to purchase for \$10

*A portion of the CD purchase will be donated to the Riverdale Food Pantry*



**TOT'S MUSIC**

Fridays, 9:30am (1 hr)

Walk-In

\$9/Child (\$7—2nd Child)

**Fitness Center**

**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
- Sundays :** KETTLEBELL, 9:00AM  
(New Day and Time)

## Some Thoughts on What's Hot and What's Not in the Antique & Collectibles World

by Riverdale Resident and Columnist

**Bill Lango**

The many and varied antiques & collectible collecting specialty hobbies are certainly not what they used to be. The heady days of the 1980s, long before the advent of the Internet and personal computers, when prices soared and antique shows were regularly to be found all over the NYC metro area, are gone.

Back then flea markets were a great source of antiques and collectibles. Today, for the most part, they've been replaced by markets filled with vendors selling everything and anything new from knock-off purses, to discount socks and cheap CDs.

It also wasn't too many years ago when average folks who wanted to clean out their basement or attic could load up their car and drive to a local flea market and sell off their treasures for little or no expense.

That was until cash strapped States began sweeping down on flea markets and antique shows and demanding that even casual sellers be registered with their State's Division of Taxation and collect sales tax and remit the tax on all sales to the States' in a timely manner.

Many antiques events were also dealt a serious blow in the aftermath of 9/11 when many Americans curbed their travel, also in part due to the high gasoline prices. Large regional events that depended upon visitors from out of town began to loose attendance.

Some collectors and dealers have put the blame on eBay, Pinterest, Etsy and other online resources, for the ease of buying and selling and the abundance of antiques and collectibles online.

I don't agree. For sure, eBay and other online sites have saturated the demand for some collecting specialties. Resulting in lower prices. Rare and desirable items are always in demand and command high prices.

Another little known and rarely ever mentioned factor contributing to the decline of many traditional collecting specialties, is what I refer to as the 'Generational' factor. It's important to understand that all collecting specialties react to the whims of a similar Generational based group of collectors.

Children who grew up in the late 1940s and early 1950s, are aging senior citizens now, and while they may still carry a fondness in their hearts and retain fuzzy memories for massed produced Hopalong Cassidy, Howdy Doody, Hummels and other items from their childhood, prices for these collectibles have plummeted due to a declining buyers market and the increasing amount of similar items being sold off from the seniors' estates as many sellers in their age bracket look to sell off items from their collections in order to generate cash.

This same generational based decline in collector interest is exactly what is currently taking place today in the Toy Train hobby where we are

seeing prices for common pieces selling for just about half of what they were selling for in the 80s & '90s. And prices for only the most desirable items, in mint/boxed condition are struggling to hold their values.

On the upside of this Generational based phenomenon, we're witnessing the growth of various Cons (conventions) such as G.I.Joe Cons, Retro Toy Cons, Comic Cons, Horror Cons, StarWars Cons, all of which are shows/ events, get-to-gethers that reflect the nostalgic collecting habits of those who grew-up during the 1970s, 1980s and 1990s. To be sure, they'll soon be a Legos Con.



Social Media sites such as Facebook have done so much in bringing like-minded collectors together via the Internet. Think of any collecting specialty, and you'll find a Facebook page or group dedicated to that specialty.

Antiques-Collectibles & Specialty Shows, such as Doll, Train and Toy Soldier Shows, while not as common place as before, still remain important to serious collectors. Where else can you see literally hundreds, thousands and in the case of toy soldiers and miniatures, Millions of them under one roof? Where else can you walk up to a table filled with all types of antiques, dolls, trains or toy soldiers? More importantly, where else can you actually hold your future purchase in your hand, examine it carefully and dicker over it's price? Certainly not on eBay, but only at a show.

Although, the antiques hobby is not like it used to be, don't be discouraged, there still is a great opportunity to "buy right" and even obtain top dollar for your unwanted items. But it's up to you to do your homework and stay updated on current trends.

### What's Hot Today in the Antique & Collectibles World?

- Quality Old Toys; Trains and older mechanical toys/mint and boxed.
- Old Gas & Oil Advertising; signs and posters.
- Silver & Gold American Coins.
- Antique and collectible jewelry; signed pieces.
- Antique and collectible salt & pepper shakers.
- Golden Age Comics.
- Antique ornamental lawn furniture.

### What's Not Hot?

- Collector Plates
- Cabbage Patch Kids
- Precious Moments Figurines
- Thomas Kinkade Paintings
- Hummel Figurines
- Collector Plates.
- Beanie Beanie Babies

**RECIPE.** Sounds delicious AND they are egg-less, dairy-less, flour-less, and with no added sugar! When you have a sweet tooth and want to stay on track, here's a nice treat. Sugar is NOT an added ingredient.

- 3 Mashed RIPE Bananas
- 1/3 cup Apple Sauce
- 2 cups Oats
- 1/4 cup Raisins (optional)
- 1 tsp Vanilla
- 1 tsp Cinnamon



Bake at 350 for 15-20 minutes

Every now again my drains plug up in the kitchen sink. I hate spending money to buy Drano. So I tried this easy remedy. Three ingredients and 15 minutes later wala...

### Ingredients

- 1/2 c baking soda
- 1/4 c white vinegar
- 1/2 c salt
- 6 c boiling water

### Directions

Pour baking soda down the drain followed by vinegar and then salt. Let sit for 15 minutes and then pour boiling water down drain. Repeat if need be.



# The Riverdale Rant *By Rob Errera*

## Furry Fosters The Latest In A Long Line Of Rescues

I have a confession to make.

When I volunteered to walk dogs at the animal shelter nearly 20 years ago, I was trying to impress a cute girl who was passionate about animal rescue. I figured if I shared her passion, maybe she'd throw some passion my way.

My plan worked great. Twelve years of marriage and two kids later, that passionate chick and me are still involved in animal rescue.

Our latest rescue effort is fostering and rehabilitating two dogs rescued from a hoarder's house in Camden, NJ; a Cairn terrier we call Enzo, and a Bichon Frisé named Luigi.

Both dogs were scared and dirty when we first met, fur matted with filthy knots. They smelled horrendous, and were extremely skittish and hand shy. They were also neglected; Enzo had a skin condition from the fleas and filth that left him nearly bald.

We had trouble getting near them. They huddled in the back of their crates, growling when we approached. I laid on the floor by the open door of their cages, my hand draped in their direction, but my face turned away.

Eventually Enzo came out and sniffed my palm; let me rub him beneath the chin. Luigi was more cautious. He still wouldn't let me near his cage without grumbling. It was three days before we could even put on a collar on these guys!

They would need love, patience, and time before they could trust people again. But my wife and I could do it. We've done it before. We're patient, and we have extra love to give.

Over the past several weeks, Enzo and Luigi have transformed into

fine, young dogs. Both have become loving, obedient, mostly-housebroken members of our family. Our two dogs were welcoming, and imparted a basic message to our canine guests: "This is a safe house. No one hurts you here. There aren't many rules. You can even sleep on the couch!"

Both dogs are still scared around strangers (especially Luigi), but we're having everyone who visits hold Luigi and Enzo so the dogs will grow more trusting and socialized. They need to recover from years spent in a less-than-ideal home.

It didn't start out that way, but animal rescue is a passion my wife and I both share. Fostering and finding homes for needy pets is a rewarding part of our relationship. Like the man on the beach who



throws starfish back into the sea, we know we can't save them all. But we do what we can, to save as many as we can.

It's Enzo and Luigi's time. Are you patient with



extra love to give? Are you an experienced dog owner? Are you worthy of Enzo and/or Luigi? For more information contact Shirley Palito of Friends Of Wayne Animals at [fowadogadoptions@yahoo.com](mailto:fowadogadoptions@yahoo.com) or visit [www.fowa.petfinder.com](http://www.fowa.petfinder.com).



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 [robrerrera.com](http://robrerrera.com) and Twitter/Tweets@haikubob.

# Riverdale Woman's Club

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

The Riverdale Woman's Club is proud member of the New Jersey State Federation of Women's Clubs which, in turn, is part of the General Federation of Women's Clubs.



Over the next few months I'd like to share with you a brief history of both organizations.

The General Federation story begins in 1868 when Jane Cunningham Croly, a very successful professional journalist from NYC, writing under the pen name of Jennie June, wanted to cover a dinner being held at all-male press club honoring the British novelist Charles Dickens. Women were not welcome—in response to this rather public slight, she formed the Sorosis Club. The purpose of the club was to unite women to attain their potential and thus raise their status in society. This was in 1868.

22 years later in 1890, Jane Cunningham Croly, extended an invitation to women's clubs throughout the country to attend a ratification convention in NYC—63 clubs attended and by the end of the convention, the GFWC was

formed. Though Jane was asked, the first President of the GFWC was New Jersey's own, Charlotte Emerson Brown.

After the GFWC was formed, it became apparent to Jane Cunningham Croly that the clubs needed a more local organization to better meet their individual needs and she set out to form the NY State Federation. And in 1894 (119 years ago), the New Jersey State Federation of Women's Clubs was formed.

From the beginning, the GFWC and NJSFWC have been interested in education and changing the world around us. To be continued.....For membership information call Jean at 973-835-3269.

**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.**

# RIVERDALE



Sports Authority held a Grand Re-Opening on Saturday, October 26. Shown here are representatives presenting a \$500 check to the Pompton Lakes-Riverdale Soccer Association.



Riverdale Senior Club Tuesday Morning Walk



A big *Thank-you* to the **Demauex Family** for their donation of the post and rail fence that was installed by our DPW at Glenburn.



Steve Lonegan is shown here with Barbara from Harlem and his wife and niece at a campaign stop at Glenburn.



Donna Lavornia was honored with a retirement party at Mangia's Restaurant after 15 years as the Borough's bookkeeper.

# DAILY NEWS



Wooton Family all set up for their annual Halloween Haunted



## Fright Night at Glenburn





## From the administrative desk of Riverdale School Suerintendent, Dr. William DeFabiis and Principal, Dr. Rosaura Bagolie

We are grateful to the parents who attended our Back to School Nights. We hope to continue this dialogue throughout the school year. With that thought, we remind parents that parent teacher conferences will be held on the week of November 4<sup>th</sup>.

We are excited to announce that Ms. Wilhelmina Vargas has been hired as our new Substitute School Social Worker. Ms. Vargas comes to us with a Master's Degree in Clinical Social Work from Rutgers University. She has worked in districts and clinical environments that have varied in levels of intensity, uniqueness, and diversity. Please join us in welcoming Ms. Vargas to our school and our community.

For parents in need of "Before Care," we have provided our "Before Care Needs Assessment" to the Passaic County Educational Services Commission. They will be in touch with parents who requested "Before Care" with additional program information.

Pequannock River Coalition met with our 4th grade students as part of the science program. Student engaged in "River in the Classroom," a curriculum that brings representations of aquatic systems, including fish, aquatic insects and other river life, directly into our schools.



Riverdale School recognized with Gold Spoon for no food waste at Camp Bernie.

Students in the middle school attended an overnight trip to Camp Bernie. This trip is intended to foster cooperation and team-building among students and provide environmental education. Some activities included: confidence courses, survival skills, nature trail hikes, and campfire with songs. The students learned the importance of protecting the environment, self-awareness, and the benefits of healthy living, while practicing group decision making and team building. Chaperones included Officer Kiel, Nurse Rapone, Mr. Pricone and Ms. Conn.

### Celebrating Student Achievement

Ten new members were inducted into the James F. Dodd Chapter of the National Junior Honor Society on October 15<sup>th</sup>. We are very proud of these students and their accomplishments. Students are selected for membership based on scholarship, citizenship, character, leadership, and service.

Student Council Elections were held on October 1st. The students did a fantastic job with their speeches! Congratulation to our new

### Promoting Respect

Students recently celebrated a week of respect, in accordance with the state's Harassment, Intimidation, and Bullying regulations. K-5 students worked on a project where they created bees with wording of how they showed respect in our "Bee the best YOU can Bee" campaign and our Middle School students promoted RAMdom Acts

of Kindness throughout the school. Students also participated in Violence Awareness Week where they learned how to make good decisions and promote tolerance, acceptance, and respectful behavior. Lastly, students stood up against drugs during Drug Prevention Week where students wore red and vowed to be drug free by collecting food items for our local food pantry.

### Honoring Those Who Serve Our Country

Calling all veterans! Please contact our school as our students will be honoring those who presently serve, or have served our country. A special assembly will be held on November 11, 2013 at 9:45 am

### Thank You

We want to thank parents for their continued support and help with our Going Green initiative. Our Parent Portal is now open for your use. Please remember to log in for up to date student grades and school events. If you have not received your log-in information please contact the main office.

We would like to thank the Riverdale Police Department for their daily walkthroughs of the school building, and their educational programs and initiatives such as the Officer Phil Assembly and the Violence Prevention Awareness and Halloween Safety chats with our students.

We would like to thank the Riverdale Fire Department who took time out of their busy schedules to meet with our students as part of Fire Prevention Week.

We are grateful to the local Rotary Club for their donation of dictionaries to every 3rd grade student. These dictionaries are for the students to keep and use throughout their academic careers.

### Additional Upcoming School Events:

- November 4—Parent Teacher Conferences—Early Dismissal (12:40pm)
- November 6—Parent Teacher Conferences—Early Dismissal (12:40pm)
- November 6—Board of Education meeting (7:30pm)
- November 7 and 8—NJEA Convention (School Closed)
- November 11—Boys Basketball Tryouts begin
- November 11—Veteran's Day Assembly (9:45am)
- November 13—Board of Education meeting (7:30pm)
- November 14—Picture Day Make Ups
- November 14—PTA meeting (7:30pm)
- November 18—Girls Basketball Tryouts begin
- November 27—Kindergarten Thanksgiving Feast
- November 27—Early Dismissal (12:40pm)
- November 28 and 29—Thanksgiving Break (school closed)

Please visit our webpage and click on the backpack for additional information on these upcoming events.

**Please Note:** The first marking period on ends on November 12, 2013. Report Cards will be available for view on the Parent Portal on November 22, 2013.

### Keep your leather furniture looking and feeling great.

Don't be nervous; you can use WD-40 to condition your leather furniture by spraying and buffing. The solution works wonders for cleaning and protecting your leather investment



**Transform your toilet bowls.** After months or years of use, toilet bowls can acquire some pretty tough stains no matter how often you clean them. Fortunately, spraying WD-40 into the bowl and allowing it to sit for a minute or so can dissolve toilet bowl dirt. Just brush and flush.

# 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  
 Or Email: riverdalebaptist@yahoo.com  
 Sponsored by Riverdale Baptist Church



**CLEAN YOUR GUTTERS AT LEAST 2X A YEAR TO AVOID COSTLY DAMAGE**



## 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.**

# PRINTMAKING

Your friendly neighborhood Printmaker is starting **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

To make a light-reflecting panel for photography, apply a light coat of rubber cement to heavy cardboard or mat board and cover with aluminum foil, shiny side out. A handy approach is to make 3 panels and join them with silver duct tape. They'll fold up for storage and carrying as well as stand by themselves.

Those hard-to-fix bleach spots on clothes might be fixable with a Crayon. Pick a matching color, warm the fabric with an iron, and color the spot. Cover the spot with Wax Paper and iron on low to set the color.



# RIVERDALE Public Library

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

## HOURS

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

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

*Fall programs run from the week of September 9 through the week of December 3.*

**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

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

## CHILDREN'S PROGRAMS

**Family Matinee** — Join us on **Thurs., Nov. 7, 1:00 p.m.** to enjoy the movie "Epic," a new animated tale featuring the voices of Beyonce Knowles and Colin Farrell. Rated PG.

**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., Nov. 13, from 4:00-5:00 p.m.**

**Drop-In Storytime** — No registration necessary! On **Wed., Nov. 13, 5:30-6:00 p.m.**, kids ages 3 to 6 can come in pajamas and enjoy stories and songs before bedtime.

**Lego Lab** — Kids in grades K-5 bring your Lego skills and imagination, we'll supply the Lego's and a fun story! **Wed., Nov. 20, 4:00-5:00 p.m.**

**Breakfast Book Club** — Children entering grades 2-5 and their parents can enjoy a potluck breakfast, discuss the book of the month, and make a fun craft. On **Sat., Nov. 16, 10:15-11:30 a.m.** we will discuss *The Westing Game* by Ellen Raskin.

## TEEN PROGRAMS

**Teen Movie Night** — Join us for popcorn and a movie on **Wed., Nov. 6, 5:30-7:45 p.m.** November's movie is "Enchanted."

**Teen Advisory Board** — Hang out with friends, help plan programs and choose library materials while possibly earning community service hours on **Thurs., Nov. 7, 5:00-6:00 p.m.**

**Teen Book Discussion Group** — Join us on **Wed., Nov. 20, 6:00-7:00 p.m.** for pizza as we discuss *Ship Breaker* by Paolo Bacigalupi. Pick up your copy at the circulation desk!

## ADULT PROGRAMS

**Create a Scarf with Vikki** — Learn how to crochet and make a scarf during this four-week workshop with Vikki Anderson. Yarn will be provided, just bring your own "H" crochet hook. Classes will be held on **Wed., Nov. 6 and 13**, and again on **Wed., Dec. 4 and 11, 6:00-8:00 p.m.** MUST SIGN UP FOR ALL FOUR CLASSES.

**Medicare Secrets** — On **Fri., Nov. 8, 2:00-3:00 p.m.**, Patricia Woodfield Hermes will help give you a better foundation for understanding what is happening with Medicare in light of the New 2014 Health Care Reform.

**Book Discussion with Wil Mara** — Join local author Wil Mara of Pompton Lakes on **Thurs., Nov. 14, 6:30-7:30 p.m.** as he talks about his new book, "Frame 232," the first in a new suspense series. This work of fiction is a take on the Kennedy assassination. There will be a Q & A afterwards, and books will be available for purchase and to be signed by the author.

**Make Friends with Change** — Join speaker, author, and certified life coach Laurie Leinwand on **Wed., Nov. 20, 6:30-7:30 p.m.**, as she discusses how to embrace change and where to begin to make changes in one's life.

**E-Reader Petting Zoo** — Try before you buy! Join us on **Sat., Nov. 23, 2:00-3:00 p.m.** To learn about what e-readers are available and what is best for you.

**New Technology Petting Zoo** — Try before you buy! Learn about this season's newest hand-held devices on **Fri., Dec. 6, 1:00-2:00 p.m.**

**Friday Matinee** — Join us on **Fri., Dec. 13, 1:00 p.m.** for "The Great Gatsby," the story of a young Midwestern writer thrust into a world of opulence. Starring Leonardo DiCaprio, Carey Mulligan, and Isla Fisher. Rated PG-13.

## COMPUTER PROGRAMS

**LinkedIn** — Join Carol Heinz on **Tues., Nov. 12, 11:00-12:30 p.m.** to learn about LinkedIn. Discover how to chat with others, update skills, and conduct job searches.

**PowerPoint** — Join Therese McClachrie on **Sat., Nov. 23, 11:00-12:30 p.m.** to learn how to design a PowerPoint presentation with text, clip art, and animation. Learn about formatting, available design options, presentation views, and how to run a slideshow. Must have familiarity with PC basics and Microsoft Word.

## MONTHLY

**Photography Club** — Meeting on Mon., Nov. 25 from 6:30-7:45 pm. All Photographers welcome! Learn! Share!

**Job Hunters Workshop** — Meeting on Fri., Nov. 8, 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., Nov. 25, from 6:30-8:00 p.m. to discuss *Claude & Camille: A Novel of Monet* by Stephanie Cowell.

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**VINEGAR**

- When applying paint of any kind, keep small dishes of vinegar around the room to absorb paint odors. Keep dishes out for a few days, adding new vinegar each day.
- Remove rust from nuts, bolts, or nails by placing them in a glass jar, covering them with vinegar, sealing the jar, and letting them sit overnight.
- Rusty tools can be revived in the same manner. Soak them in pure vinegar for several hours, then rub away rust. Change vinegar if it becomes cloudy before rust is softened.
- Soften hardened paintbrushes by soaking them for an hour in warm vinegar. First boil the vinegar, then pour enough into a container to cover bristles. Do not soak longer than a few hours or bristles may be ruined. Wash brushes afterward in soap and water, then allow to air-dry before using.
- When removing dried paint from glass windows, first spray the paint with warm vinegar, then carefully scrape or peel off paint.
- A good way to control static cling is to add 1/2 cup vinegar to last rinse cycle of the wash.

**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



**Skin (Freckles).** Elder water was an 18th century remedy to reduce freckles and whiten the skin. You can use the tea as a skin tonic.

**Tonsillitis, Sore Throats.** Elder tea is an excellent gargle for throat and mouth infections.

**Uses Through the Ages.** Elder tea has been used as a children's cold remedy to provide a restful sleep. It has also been used for eruptive infections such as measles and chickenpox to cleanse toxins, reduce fevers, and ease inflammation. A half-strength tea is recommended for children's elder tea.

**ELDER The Herbal Medicine "Chest"**

A native of Europe and Britain, elder has thick, branched stems and moss-green, lance-shaped leaves with deep center seams and serrated edges. It blooms with a profusion of small, delicate, creamy-yellow flowers, and bunches of purple-black berries.

**Chest Remedy and Upper Respiratory Conditions.**

**Hay fever, Allergies.** Elder tea clears the upper respiratory tract and removes mucus from the lungs to minimize allergic reactions that can cause hay fever, stuffiness, and tightness in the chest.

**Colds, Cough, and Flu.** Elder has a long history as a remedy for colds, coughs and flu. The hot tea moves imbedded phlegm and helps to clear the respiratory passages. In Israel, elder berries are combined with raspberry and citric acid for a *sambuca* syrup remedy for colds, flu, coughs, and congestion - you can make it as a tea, using elder, raspberry, and lemon. Hot elder berry wine is an old English cold remedy.

**Pollen Countdown Tea**

Take elder tea for a week or two before the pollen count rises to strengthen your respiratory tract to resist allergic reactions. For an extra boost, combine it with the antihistamine Feverfew, which relaxes bronchial muscles to reduce spasms.



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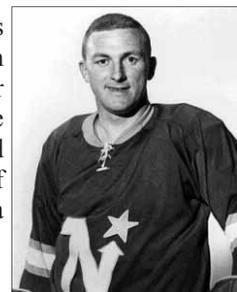
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**Influential Women** Best known as the Virgin Queen of England, she was born in 1533 to King Henry VIII and Anne Boleyn. She ascended the throne in 1558 and lead England into its Golden Age by returning it to Protestantism and beginning its colonization and global expansion, which brought both Sir William Drake and Sir Walter Raleigh into her favor. Her most impressive achievement as Queen was leading her army in the defeat of the Spanish Armada in 1588. She became depressed and fell ill after the deaths of several close friends and died in March 1603 bring an end to her 44-year unmarried reign. Read more at <http://www.toptenz.net/top-10-most-influential-women.php#PajVTifAedhKhAap.99>

**Athletes that Died While Playing** Bill Masterton was from Winnipeg, Manitoba and was signed by the Montreal Canadiens right out of college in 1961. He was an All-American player and was a great addition to the team. He spent most of his years playing in minor league and then quit for some time to work for a corporation. In 1967 the North Stars added him to the team and he became the first player to score a goal for the team. On January 13, 1968, the North Stars were playing the Oakland Seals. Masterton had the puck and was close to scoring, but passed the puck. Masterton was checked by two players of the Seals' team and immediately feel backwards on the ice, his head slamming against it. He died shortly after due to a massive brain hemorrhage. It was so bad that doctors couldn't operate. Read more at: <http://www.toptenz.net/10-athletes-that-died-while-playing.php#K0yZpjmOZ7IZJzY.99>



**Did You Know?**

- ◆ Edwin "Buzz" Aldrin was the second man to walk on the lunar surface. His mother's maiden name was Moon.
- ◆ Astronauts on the moon weigh only one-sixth of what they do on earth.
- ◆ A parrot's vocabulary is generally no more than twenty words.
- ◆ The man who created Wonder Woman was William Moulton Marston, a psychologist who also invented the polygraph.
- ◆ The circumference of the earth at the equator is 24,896 miles.
- ◆ After a decade of research, the Goodyear Rubber Company concluded that shoes wear out faster on the right feet than on the left.
- ◆ German-sounding items were a no-no in the United States during World War I. Americans took to calling sauerkraut "liberty cabbage".
- ◆ Folding money, invented by the Chinese, was made of deerskin.



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Weekend warriors: **Now is the best time to plant garlic.** Pick the largest clove from your bulb and plant it in a sunny place, 4 inches deep, with the pointed ends up. Cover with 3 inches of mulch, then wait it out until summer comes to harvest.




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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.

**DECEMBER** edition of Riverdale News & Events will be published on or about Thursday, December 5. Copy, photos, articles, announcements are due Thursday, Nov. 21.

# November Library Events

For more information or to register for any of these programs, call the Library at 973-835-5044 or register online at [www.riverdalelibrary.org](http://www.riverdalelibrary.org).

## Crochet Workshop

The holidays and cold weather are right around the corner! Why not give someone a handmade gift of warmth? Learn how to crochet a scarf with teacher Vikki Anderson during a fun four-week workshop at the Riverdale Public Library. Yarn will be provided, but you must bring your own "H" crochet hook. Classes will be held on consecutive Wednesdays from 6:00 – 8:00 pm on November 6, November 13, December 4 and December 11. You must register for all four classes. .



## Family Matinee

Parents, bring your kids to the Riverdale Library on Thursday, November 7 @ 1:00 PM to enjoy the animated tale "Epic," featuring the voice talents of Beyonce Knowles and Colin Farrell.

When a teenager finds herself transported into the forest where a battle is being waged between the forces of good and evil, she bands together with a rag-tag group of characters in order to save their world – and ours. Refreshments will be served!

## Medicare Secrets

Seniors: Are you confused by everything you've heard about the 2014 Health Care reform? Join Katherine Woodfield, MBA, author of the book "Don't Buy THAT Health Insurance!" when she comes to the Riverdale Public Library on Friday, November 8 @ 2:00-3:00 PM to discover how you can give yourself a better foundation for understanding what is happening with Medicare and the 2014 Health Care reform. Be an educated health care consumer!

## LinkedIn

Come to the Riverdale Public Library on Tuesday, November 12 from 11:00 am – 12:30 pm to learn all about the social network involved with LinkedIn. Discover how you can converse with others, update your job skills, and conduct job searches. Let today's technology help you find your next great job!

## Author Discussion/Book Signing

Author Wil Mara, a Pompton Lakes native, will be holding a discussion about his novel "Frame 232" at the Riverdale Public Library on Thursday, November 14 at 6:30 pm. The book, the first in a new suspense series by Mara, is a fictional take on the assassination of President John F. Kennedy and one of history's greatest conspiracies. Copies of the book will be available for sale and to be autographed by the author after the discussion.

## Make Friends with Change

Are you someone who doesn't handle changes in life well? Let speaker, author and certified life coach Laurie Leinwand, MA, LPC,

show you how at the Riverdale Public Library on Wednesday, November 20 at 6:30 PM. Using her book, "Catch Your Star," as a guide, Leinwand will discuss where to begin in order to make changes in your life, and how to embrace those changes. Discover change as a tool and diminish the fear surrounding change!

## PowerPoint

Want to learn how to make great slide presentations that catch people's attention? Come to the Riverdale Public Library on Saturday, November 23 from 11:00 am-12:30 pm and let Therese McClachrie show you how. Learn how to design a PowerPoint presentation with text, clip art, and animation, learn about formatting, the various design options available, presentation views, and how to run your completed slide show.

## E-Reader "Petting Zoo"

Nook. Kindle. Kobo. Try before you buy! The Riverdale Public Library will be holding an e-Reader "petting zoo" on Saturday, November 23 from 2:00 – 3:00 pm. Learn what types of e-readers are available, and what option is the best one for you.



## WHY I EAT BUTTER

*People have been eating butter for a long, long time. Heart disease, cancer and diabetes were virtually unknown...until the last century or so. When we started eating Crisco and margarine and soybean, canola, and cottonseed oils, we got sick.*

*Hydrogenated vegetable oil is heated to insanely high temps, deodorized to disguise its rancidity, and then boiled for many hours with hydrogen to turn it into a solid and extend its shelf life. The result is a highly processed food that we were never meant to eat.*

*Butter comes from cream. Which comes from a cow. All you need is a blender and some cream, and you can make your own butter in your own kitchen.*

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*

**YUCCA** has a rich history in the southwestern area, primarily amongst the many American Indian Tribes in that area. The plant was used for almost everything, from making clothing to medical applications.

The most important variety of Yucca is a desert plant sometimes known as Spanish Bayonet. Its root has a high content of natural saponins. When it is chopped up in water, it makes a natural lather and is an effective soap substitute. The most common folk name applied to this plant is soap rope. Early settlers learned from the Indians that processed Yucca root made a sudsy shampoo or general purpose soap, particularly for clothing.

Yucca's root has a high content of natural saponins. Extracts from Yucca roots make excellent shampoo and soap. A soap-like material, Yucca will actually lather like soap, because it holds water against the skin. This is why Yucca is used as a soap.

Testing further reveals it to be a hormonal material, a steroid. The adrenal hormone, cortisone is a steroid. Yucca has a definite action upon the intestinal bacteria, or intestinal flora, living within the human intestines, which actually helps with the digestion of food and prevents certain types of harmful bacteria from flourishing which could cause sickness if too many accumulate.

It is now known that Yucca's roots high content of natural saponins does not enter the bloodstream, but acts only on the intestinal flora to regulate the balance of the bacterial colonies in the colon. By stimulating friendly flora and inhibiting others, Yucca saponins may indirectly stimulate the absorption of other nutritional factors and decrease the amount of toxins available for absorption from the digestive system. The eliminative systems of the body (kidneys, liver, lymph, and blood) are thus less taxed to remove poisons from the body. This lowers the build-up of toxins in the joints and elsewhere which seem to be related to degenerative diseases like arthritis. The saponins provide a healthy alkalinity to an otherwise acid-ridden system full of toxic impurities. It has been found by its action, that the saponins somehow improves digestion and reduces the tendency to develop accumulations of undigested toxic waste which decompose in the colon, producing foul-smelling gases.

In some clinics in the Sonoran Desert region of Arizona, Yucca is the remedy routinely prescribed against arthritis, with impressive results. Yucca can occasionally be purgative and cause some intestinal cramping. For this reason, it is good to combine it with other complimentary anti-rheumatic herbs.

Yucca is most often included in formulas designed to "break up obstructions" especially to reduce the inflammation in joints, which include the chronic degenerative diseases, arthritis and rheumatism. Yucca has the ability to break up inorganic mineral obstructions and deposits.

- ◆ Yucca is high in fiber and can be beneficial for intestinal problems.
- ◆ Scientists have discovered that Yucca root contain a high concentration saponins, natural substances which are similar to steroids such as cortisone.
- ◆ Yucca reduces inflammation of the joints and so is primarily used for arthritic and rheumatoid conditions.
- ◆ Yucca has been used as a natural cortisone.
- ◆ Extracts from Yucca roots make an excellent shampoo and soap.
- ◆ It is known to aid digestion and help conditions such as urethritis and prostatitis.

*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. (Ecclus 38:5-7).*

**PIC TIPS** Put simply, white balance is the color of the lighting in your images. It might seem like a strange concept at first to think that light has color, but various types of light produce different hues which are reflected in your photograph. For example, indoor fluorescent lighting commonly produces a bluish hue, filtered or indirect natural sunlight produces a cool blue tone, and other natural forms of light like a fire produce a very warm tone within the image.

While these variations may not be visible to the human eye since our eyes adapt to compensate for them, in a digital images they can be very noticeable and can produce vastly different temperatures within your photograph. Therefore controlling for and adjusting the white balance in your images can change the feel of a photo completely.

Most digital SLR cameras come pre-programmed with a range of white balance settings. These commonly include:

**Auto:** This setting will work well for many settings as the camera will automatically adjust for the appropriate lighting.

**Fluorescent:** Useful when shooting indoors under fluorescent

lights to compensate for high levels of blue.

**Shade:** Again, this setting will warm up cool, dark hues in shaded areas by adjusting accordingly.

**Cloudy:** This is a very useful setting for warming up an image on cloudy days where the dark skies might produce elevated levels of blue.

**Sunny:** This setting may go by different names according to the camera manufacturer, but in essence it makes very minor adjustments on most models to adjust for direct outdoor sunlight.

**Tungsten:** Programmed for shooting indoors under incandescent lighting, this will adjust for the high levels of yellow produce by most indoor light bulbs.

**Flash:** This setting will adjust the white balance to mitigate against the harsh lighting of a flash.

Most DSLR cameras will also have manual white balance setting which we will discuss in more detail in a follow-up article. This process involves "teaching" your camera what you want the lighting to look like in an image, so we'll discuss this setting alone. However, most of the settings listed above will allow you to capture great images making only one setting adjustment.



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