

August 2013

Volume 8 Number 8

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Don Pruden

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# Riverdale

## News & Events

### It's Summer in Riverdale



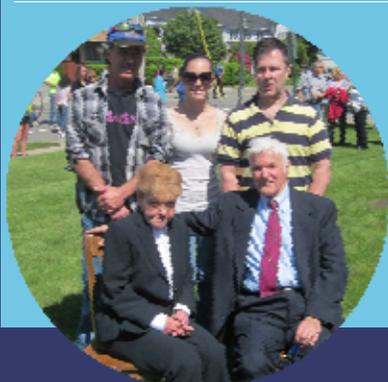
Summer Rec



Farmers' Market



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# Riverdale Seniors

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

The first meeting of the month was held on Tuesday, July 2<sup>nd</sup>. There were 63 people present. **President Loretta Lippens** conducted the meeting, which would be a short one, due to the group all going to lunch following the meeting. She reminded everyone that concerts in the park will begin on Wednesday evening, July 10<sup>th</sup>. She announced that the deadline for voters, if they wish to change their party, is July 23. There will be a town wide garage sale coming up in September. Start gathering up your goodies.



Trip Chairperson **Barbara Stillwagon** reminded everyone of the LaNeve trip

coming up, also the Sight and Sound trip in the near future. Get on the list!

We will be keeping our member and dear friend, **Irene Moehring** in our thoughts and prayers, she really needs them!

Cakes were assigned for the next meeting. The meeting was adjourned and everyone headed out to lunch at N.J. Buffet.

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

The second meeting of the month was held on Monday, July 15<sup>th</sup>. There were 62 people present. President Loretta Lippens conducted the meeting. She gave a report on our dear member and friend, Irene Moehring, who is not doing well at all. She needs our prayers.

**Marion Davis** led the group in singing "Let There Be Peace on Earth". Chaplain Grace Chiesa read a nice prayer. Secretary Jean

**McMichael** read the minutes of the last meeting and took attendance. Treasurer **Laura LaRosa** gave the treasurer's report. Present Lippens reminded everyone of the concerts in the park in town, on Wednesday evenings. These concerts are always enjoyable and you can't beat the price "FREE"!!! She also announced that our last meeting in August, we will be having a Barbecue – Yum, Yum! We have some great chefs in our group.

Trip Chairperson Barbara Stillwagon announced that the Sight and Sound trip is coming up in August, also an "Octoberfest" in October. Get on the list.

Following the meeting, refreshments were served provided by various members. Until next time, try and keep "COOL"!!!!

*Submitted by Marion Davis*

## Wasp Spray

Work in a shady area? The cops recommend keeping a can of wasp spray on your desk. It will deter would-be attackers from up to 20 feet away and won't blind everyone else in the room too.

## Unplug It

Before you leave for work or class, unplug everything. Even when electronic devices are off they suck up energy. Pulling the plug can cut up to 10% off of your energy bill.

## Alarm Clocks

Does your roommate's phone alarm sound through the wall and drive you crazy? Call them. It will turn the alarm off. Wait for them to answer and they won't even miss work.

## Motion Sickness

Pop a couple of olives in your mouth if you start to feel the effects of motion sickness. They have tannins that dry up the saliva that makes you feel like you're going to heave.



## White Boards

Accidentally wrote on the white board with permanent marker? Scribble over it with dry erase marker and it will erase right off.



"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>



### Common Kitchen Measurements "Cheat Sheet"

**1 Gallon:**  
 4 quarts  
 8 pints  
 16 cups  
 128 ounces  
 3.8 liters

**1 Quart:**  
 2 pints  
 4 cups  
 32 ounces  
 .95 liters

**1 Pint:**  
 2 cups  
 16 ounces  
 480 milliliters

**1 Cup:**  
 8 ounces  
 240 milliliters

**1/4 Cup:**  
 4 tablespoons  
 12 teaspoons  
 2 ounces  
 60 milliliters

**1 Tbls:**  
 3 teaspoons  
 1/2 fluid ounce  
 15 milliliters

# ART FOR KIDS & ADULTS AT THE RIVERDALE ART CENTER

## A GLASS OF ART



**For ADULTS:** Fun, Creative Art and BYOB evenings with guest artist/teachers  
**Tuesdays & Thursdays**  
**6:30 - 8:30 PM**



**For KIDS (8 -17):**  
**Art Party Fridays**  
**6:00 - 8:30 PM**



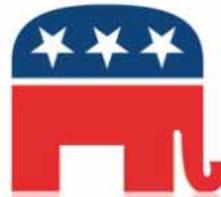
**RIVERDALE ART CENTER** 5 Mathews Ave., Riverdale, NJ 07457  
**Contact us:** [info@riverdaleartcenter.org](mailto:info@riverdaleartcenter.org) or Call **973.513.9250**  
[www.riverdaleartcenter.org](http://www.riverdaleartcenter.org)

A 501(c)(3) nonprofit

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**



- ◆Prevent white wicker furniture from yellowing by scrubbing it with a stiff brush moistened with salt water. Let dry in full sunlight.
- ◆Remove mineral deposits or stains from a flower vase by wetting surfaces with water and sprinkling with salt. Wipe with a clean cloth.
- ◆To clean a narrow flower vase, put 1 cup of water and 2 or 3 teaspoons of salt in the vase, then shake and swirl. Let stand 15 minutes, then rinse and wash with dishwashing liquid and water.

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."

# Too hot hot hot!

## Chill to cool your bones Macaroni and Tuna Salad

By Linda Vogel, Riverdale Library



### INGREDIENTS:

- 1 lb macaroni
- 3 to 4 tbsp. mayonnaise
- 1 onion ( finely chopped)
- Adobo seasoning (without pepper)
- 2 Cans of white tuna (drained)
- Salt and Pepper to taste
- 2 Sticks of celery (cleaned and finely chopped)



### Preparation:

**Cook macaroni to directions on box. Chop onion very fine. After macaroni is cooked add to big bowl or container. Add mayo, onion, tuna, adobo seasoning, celery and salt and pepper to taste. Mix well. Chill overnight. (Mayo evaporates, add more if needed) Stay cool!**

**Clean Stones for Aquariums.** You can collect average stones from your backyard and use them in your aquariums, as long as you take some precautions so as not to introduce strange organisms into the water. Test your rocks first by pouring a small amount of vinegar onto their surfaces. If the vinegar fizzes at all, you won't want to use them in your aquarium because they will probably affect the water's pH balance and, therefore, affect the health of your fish.



## Like Salt Through the Hourglass



- ♦ 750 B.C. (approx.): The expression “not worth his salt” originates in ancient Greece, where salt is traded for slaves.
- ♦ 500 B.C. (approx.): Soldiers of the Roman Empire are paid *salarium argentum* (“salt money”), from which comes our word *salary*.
- ♦ 1559: Italians discover that ice and salt make a freezing combination...and ice cream makes its debut.
- ♦ 1694: British Parliament doubles salt tax to help fund ongoing war with France.
- ♦ 1777: Lord Howe captures General George Washington’s salt supply.
- ♦ 1812: Commercial production of salt begins in Syracuse, New York, because Americans find salt nearly impossible to obtain from other countries during the war.
- ♦ 1820s: The Great Salt Lake in northern Utah is first explored by white trappers.
- ♦ 1848: The Erie Canal is known as “the ditch that salt built.” Alonzo Richmond moves to Chicago from Syracuse and starts Richmond & Company, Agents for Onondaga Salt.
- ♦ 1863: In key moves of the U.S. Civil War, Union forces cut off the Confederacy from its salt deposits on the Gulf Coast of Louisiana and destroy important salt works in Florida, North Carolina, and Virginia.
- ♦ 1889: Joy Morton gains control of a major portion of Richmond & Company and renames it Joy Morton & Company.
- ♦ The Morton Umbrella Girl first appeared in 1914 on the blue table salt packages and in a series of *Good Housekeeping* magazine ads. The concept had been developed 3 years earlier with the copy “Even in rainy weather, it flows freely.” Tasked with finding a better slogan, the ad agency remembered an old proverb (“It never rains but it pours”) and came up with the now famous slogan, “When It Rains It Pours.” As for Umbrella Girl, she’s had a few makeovers over the years, the latest of which was in 1968.



## 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

When a client gave Samuel A. Maverick 400 cattle to settle a \$1,200 debt, the 19th-century south Texas lawyer had no use for them, so he left the cattle unbranded and allowed them to roam freely (supposedly under the supervision of one of his employees). Neighboring stockmen recognized their opportunity and seized it, branding and herding the stray cattle as their own. Maverick eventually recognized the folly of the situation and sold what was left of his depleted herd, but not before his name became synonymous with such unbranded livestock. By the end of the 19th century, the term "maverick" was being used to refer to individuals who prefer to blaze their own trails.

# Movie Trivia - E.T. THE EXTRA-TERRESTIAL



- ◆ ET's face was modeled after poet Carl Sandburg, Albert Einstein and a pug dog.
- ◆ At the auditions, 10-year old Henry Thomas thought about the day his dog died to express sadness. Director Steven Spielberg cried, and hired him on the spot.
- ◆ Steven Spielberg shot most of the film from the eye-level of a child to further connect with Elliot and E.T.
- ◆ Steven Spielberg personally screened his film at the White House for Ronald Reagan and Nancy Reagan.
- ◆ When it was test-screened at the Cannes Film Festival as an unofficial entry, it brought the house down, receiving a standing ovation that had eluded most of the official entries.
- ◆ E.T. riding in the basket on Elliot's bicycle flying in front of the moon has become the trademark image of Amblin Entertainment.
- ◆ The script was largely written whilst on location filming for Raiders of the Lost Ark during filming breaks. Steven Spielberg dictated the story to screenwriter Melissa Mathison who was there with her then-boyfriend and future husband Harrison Ford.
- ◆ Almost 10% of the \$10.5 million budget went on the alien creature puppets and related animatronics.
- ◆ With the exception of Elliot's mom, no adults' faces are shown until the last half of the film.
- ◆ This script was being developed at Columbia at the same time as another script about an alien visitation. The studio did not want to make both, so the head of the studio had to choose which film to make; he decided to let ET go and make Starman. ET was then made by Universal Pictures.
- ◆ Debra Winger not only provided the temp voice for E.T. but also played one of the ghouls in the Halloween sequence. She is wearing a monster mask and a lab coat and carries a poodle.
- ◆ Was voted the 20th Greatest Film of all time by Entertainment Weekly.
- ◆ Was the highest-grossing movie of all time worldwide until Spielberg's Jurassic Park was released. Adjusted for inflation today, it's still the fourth highest-grossing movie of all time.
- ◆ Foley Artist John Roesch said he used a wet T-shirt crammed with jello to simulate the noise of E.T.'s waddling walk.
- ◆ Steven Spielberg worked simultaneously on both this film and Poltergeist in 1982 (which was directed by Tobe Hooper but produced by Spielberg), and both were made to complement each other. "E.T." represented suburban dreams, and "Poltergeist" represented suburban nightmares.
- ◆ The end of the film was one of the most significant musical experiences for composer 'John Williams (I)'. After several attempts were made to match the score to the film, Steven Spielberg took the film off the screen and encouraged Williams to conduct the orchestra the way he would at a concert. He did, and Spielberg slightly re-edited the film to match the music, which is unusual since normally the music would be edited to match the film. The result was Williams winning the 1982 Academy Award for Best Original Score.
- ◆ E.T.'s voice was provided by Pat Welsh, an elderly woman who lived in Marin County, California. Welsh smoked two packets of cigarettes a day, which gave her voice a quality that sound effects creator Ben Burtt liked. She spent nine-and-a-half hours recording her part, and was paid \$380 by Burtt for her services. Burtt also recorded 16 other people and various animals to create E.T.'s "voice". These included Spielberg; Debra Winger; Burtt's sleeping wife, who had a cold; a burp from his USC film professor; as well as raccoons, sea otters and horses.
- ◆ Most of the full-body puppetry was performed by a 2' 10 tall stuntman, but the scenes in the kitchen were done using a 10-year old boy who was born without legs but was an expert on walking on his hands.
- ◆ E.T. provided the inspiration for Neil Diamond's song "Heartlight" but no mention is ever made of the movie in the lyrics.
- ◆ The filmmakers had requested that M&M's be used to lure E.T., instead of Reese's Pieces. The Mars company had denied their request and so Reese's Pieces were used instead. As a direct result, Reese's Pieces sales skyrocketed. Because of this, more and more companies began requesting that their products be used in movies. Thus, product placement was born.
- ◆ In mid 2009, the home featured in the film, located in the Tujunga Canyon was saved from immolation in the treacherous Station Fire. The owner of the residence said the scorched hill behind the house "looks like the surface of the moon," but that the structure itself incurred no damage in the wildfire, which up to that time had burned over 127,000 acres and claimed 62 homes.
- ◆ The doctors and nurses that work on E.T. are all real emergency room technicians. They were told to treat E.T. the same way they would treat a real patient so that their dialogue and actions would seem real.
- ◆ The highest grossing film of 1982. It became the most successful movie in film history until Steven Spielberg beat that record with Jurassic Park. In a strange coincidence, the next film to snatch that title was Titanic, only for James Cameron to also outdistance himself with Avatar.
- ◆ Steven Spielberg shot the film in chronological order to invoke a real response from the actors (mainly the children) when E.T. departed at the end. All emotional responses from that last scene are real.
- ◆ Corey Feldman was originally scheduled for a role in E.T., but over the course of a script re-write, his part was eliminated. Steven Spielberg felt bad about the decision and promised Feldman a part in his next planned production which turned out to be Gremlins.
- ◆ At one point during filming, 'Drew Barrymore' was consistently forgetting her lines, annoying Steven Spielberg to the point where he actually yelled at her. He later found out that she had reported to work with a very high fever. Feeling guilty, he hugged her and apologized repeatedly as she cried and cried. He then sent her home - with a note from her director.
- ◆ Steven Spielberg worked simultaneously on both this film and Poltergeist in 1982 (which was directed by Tobe Hooper but produced by Spielberg), and both were made to complement each other. "E.T." represented suburban dreams, and "Poltergeist" represented suburban nightmares.
- ◆ The role of Mary, the children's mother, was first offered to Shelley Long but she had already signed to film Night Shift and was forced to decline.
- ◆ Steven Spielberg's original concept was for a much darker movie in which a family was terrorized in their house by aliens. When Spielberg decided to go with a more benevolent alien, the family-in-jeopardy concept was recycled as Poltergeist.



**FRIDAY NIGHT FROLICS**  
**3RD, 4TH & 5TH GRADE STUDENTS**

Friday - August 30, 6:30pm - 8:00pm  
 \$5/Admission-Student

Includes snacks, refreshments, music, games & prizes!

*Come & Celebrate before SCHOOL BEGINS with OUT-DOOR WIPEOUT COURSE. Prepare to get messy as you slip & slide your way through MESSY OBSTACLES! You may want to wear a Bathing Suit for this one ... and don't forget your Towel! Plus, Listen to your favorite music and Win Prizes!*

(This is the make-up date from the Month of June Event that was brought inside due to cool & wet weather.)

**DON'T FORGET!**



**BUGGY BOOTCAMP**  
**RETURNING THIS FALL!**  
**NEW DAY - TUESDAY'S (Starts Sept 10)**  
 9:00AM

\$10/Class (\$15 Drop-In's)

SIGN-UP : Phone (973) 706-6471 Leave Message or  
 E-Mail jcarelli@riverdaleborough.com  
 Try out this NEW Stroller Fitness Class.

Bring the little ones, enjoy the outdoors while getting a great workout!



**ZUMBA GOLD**  
 Off for Month of July

**Classes Return**  
**Tuesday - Aug 6th!**

10:00am

**Mondays**  
 Zumba Toning, 7:30pm \$6/Class

**Tuesdays**  
 Rise & Shine Workout, 5:30am, \$6/Class  
 Zumba 7:30pm \$6/Class

**Wednesdays**  
 Hula Hoop, 4:00pm, \$6/Class  
 Hula Hoop, 7:00pm, \$6/Class

**Thursdays**  
 Rise & Shine Workout, 5:30am, \$6/Class  
 Hula Hoop, 4:00pm, \$6/Class  
 Zumba, 7:00pm \$6/Class

**Saturdays**  
 KettleBell Fitness, 9:00am \$7/Class

**RIVERDALE FOOD PANTRY**

Items ALWAYS Needed.

Drop-off @ Borough Hall (Front Offices)

Questions: Contact Riverdale Borough Hall  
 (973) 835-4060, Select 6



"LIKE" us at Riverdale NJ Community Center

**Scientists Finally Discover the Function of the Human Appendix**

It has long been regarded as a potentially troublesome, redundant organ, but American researchers say they have discovered the true function of the appendix.

The researchers say it acts as a safe house for good bacteria, which can be used to effectively reboot the gut following a bout of dysentery or cholera.

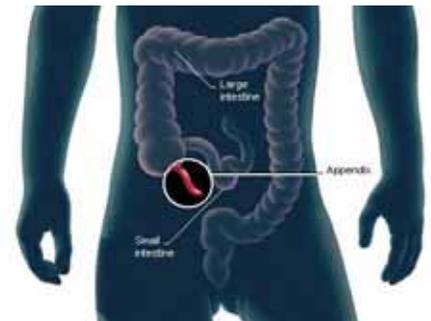
The conventional wisdom is that the small pouch protruding from the first part of the large intestine is redundant and many people have their appendix removed and appear none the worse for it.

Scientists from Duke University Medical Centre in North Carolina say following a severe bout of cholera or dysentery, which can purge the gut of bacteria essential for digestion, the reserve good bacteria emerge from the appendix to take up the role. But

Professor Bill Parker says the finding does not mean we should cling to our appendices at all costs.

"It's very important for people to understand that if their appendix gets inflamed, just because it has a function it does not mean they should try to keep it in," he said.

"So it's sort of a fun thing that we've found, but we don't want it to cause any harm, we don't want people to say, "oh, my appendix has a function", so I'm not going to the doctor, I'm going to try to hang on to it."



## August in the Garden

by Riverdale Resident and Columnist

**Bill Lango**

I like August, not just because it's the month containing my birthday, but because it's the only summer month that I can relax, stand back (actually recline in a hammock or lawn chair) and look over my garden without doing too much work.



My August gardening tasks are relegated to weeding and watering, with an occasional subdividing and replanting of Daylilies and Iris.

This past wet spring gave way to a dry hot July. Right now, our primary concern should be providing an ample supply of water for our plants. Yet the hot temperatures of early August sometimes make it a chore, especially for us Seniors to spend much time working in the garden, so try to work in the garden in late evenings or on cooler shady days.

A bad bout of Hay Fever and early spring allergies put me out of commission for a few weeks this spring. By the time I got around to planting my Pumpkins and Spanish Pepper seedlings, the heat was on, and, unfortunately, my Pumpkins and Spanish Peppers turned out to be disasters. Few germinated, but I won't give up hope and will continue fussing over the few plants that are growing. There's still lots of hot weather ahead.

My gardening joy was kept alive by our ever dependable and almost maintenance free, Roses, late blooming Daylilies, Philox, Dahlias, Begonias, Hostas, and Lavender, when they began bursting with color and will continue to do so, non-stop, right through the month.

Adding to our panorama of garden colors, is a stand of cold hardy Crape Myrtle trees planted on the west border of our property. Both the white and purple varieties are already profusely blooming and will extend our garden beauty into late fall.

In the mean time I've taken to spot or "target" watering our container plants, hanging baskets and only those plants and shrubs that are heavy "drinkers."

Normally Ferns grow well in damp shady conditions, but we have a vexing problem with ferns in a portion of our property. It's a large grouping of Ferns that are now drooping, grown in a shady spot that borders on vernal wetlands. The soil has gone from sometimes under water soggy in the spring to bone dry in the summer and now requires a good drenching every few days, or until we receive some substantial rain.

### Our Lawn Turned Brown

Just because you neglected to keep watering your lawn and it turned brown doesn't necessarily mean it's a dead lawn. Grasses go dormant in times of drought, but quickly return to life with the fall rains. Avoid fertilizing during hot weather. Hang up your hose and relax.



If a lush green lawn is important to you, and you don't mind weekly mowing, watering it regularly, and fussing with weeds and fertilizer, than keep watering it on a scheduled basis. But if you hate tending to grass you may choose to just let your lawn go dormant. But before you do so, raise the cutting height of the mower for your next mowing. Taller grass helps cool the roots and helps retain moisture in the soil longer.

Even though our gardens may be blooming nicely in August, there's always room for more plants and shrubs. Especially if the price is right! August is also a great time to visit the Big Box Garden Centers for discounted bargains. Look for well rooted vigorous perennial plants and shrubs that are steeply discounted. A dying plant, no matter how inexpensive it is, isn't a bargain if it dies on you shortly after planting. Don't shy away from summer planting because of the heat and the need for a little extra water.

August days grow noticeably shorter. The third week in August traditionally begins Mother Nature's decline in average temperatures. Some trees like Walnut trees begin to yellow and drop leaves in August. So enjoy August while it's here. Before we know it, it will be September.

Now that's a real busy month for gardening!

# Kit Kat's Krafts Soda Can Sun

CATHERINE FELEGI

While attending Moravian College, I interned for the public relations department of a not-for-profit agency. The agency, geared towards women, were hosting a free mammogram event for women over the age of 40 living in underprivileged areas. While we attempted to campaign through the normal means of radio, television and newspaper press releases, we also had to acknowledge that some of our targets simply did not have access to these items. So, the project coordinator and I took to the streets in order to hand out fliers directly to our target audience.

While we walked around the community, I was in awe of the charming inspiration and hope that I was surrounded by. A man at one home bragged to me about his watermelon plants he was growing that quite literally took up his entire front yard. An old woman proudly showed off her puppy. But one thing that I took away, that really caught my eye, was the soda can suns that I saw hanging around one house.

Because this involves working with metal and sharp objects, I would recommend this for an older crowd, more 14 years old on.

For this project, you will need:

- ◆ A soda can. The more colorful, the better.
- ◆ A heavy pair of gloves.
- ◆ Scissors. If you have them, kitchen shears are tough and can easily cut through the metal
- ◆ Pliers
- ◆ Hammer
- ◆ Nail
- ◆ Piece of Wood
- ◆ Fishing Line
- ◆ Beads (optional)

First and foremost, put on your heavy gloves. You will be working with metal that could potentially be sharp, so you want to be sure that you do not cut yourself while working on your craft.

Next, cut off the top of your soda can. You should cut off any metal that is not flexible. This is usually about a half-inch below the top. Trim off any excess metal that is fraying from the top. However, it does not need to be perfect.

Cut down the metal can into equal segments until you reach the bottom of the can. When all of your segments are cut, fold out the metal so that the concave portion of the bottom of the can is facing outward with the "rays" coming forth.

Fold down the tips of each ray using the pliers so as not to hurt yourself. Lay the rays on the piece of wood and using the hammer and nail, punch holes into the rays with at least two next to one another at the top of a ray. This will be used to hang the sun up. You can add any extra holes to add beading to your work.

Finally, string the fishing line through your top holes, hang in an area that captures the sun, and enjoy your new decoration.



## NOW IS THE TIME TO SELL YOUR HOME... LIST WITH ME!



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Wayne, NJ  
973-686-0404 - Office  
973-493-1477 - Cell

*Each Office is Independently Owned & Operated*

**SELL WITH SUCCESS!**  
**CALL 973-493-1477 Cell**

**TINA CALI**

**2012 #1 Top Selling Agent at RE/MAX Legend - Wayne & Mahwah**

\*\*\*\*\*  
**2012 NJAR Circle of Excellence Sales Award Winner - Gold Level**

\*\*\*\*\*  
**2012 RE/MAX Platinum Club Award**

\*\*\*\*\*  
**2013 Voted one of NJ's Top Realtors by Five Star Professional**  
(As Featured in March 2013 NJ Monthly Magazine)

**[www.TinaCaliRealtor.com](http://www.TinaCaliRealtor.com)**

## Announcements



Happy 16th Birthday, **Tyler Soto**, on August 13. We love you lots!!! Love, Dad, Mom, Joseph, Ryan and Matthew. XOXOXO!!!

Happy 12th Birthday, **Ryan Soto**, on August

14. We love you lots!!! Love, Dad, Mom, Tyler, Joseph and Matthew XOXOXO!!!

Happy 7th Birthday, **Emma Marie Struble**, on July 12. We love you, Munchkin! Love Mommy and Erin.



Happy Birthday, **June Carelli**, on August 21. Love, Paul, Michael, Tommy, Samantha, Mom, Nauri, Treat and Magic.

Happy Birthday, **Matthew Budesheim**, on August 12. Love, from all the family.

Happy 1st Birthday, **Stephen Budesheim**, on August 15. Love, Dad, Mom, Caroline, Elizabeth & the entire family.

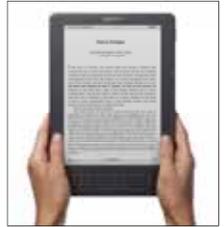


Happy 4th Birthday on August 4 to our sweet little nephew, **Karson!** We love you very much! Love, Aunt Marybeth, Uncle Ron, RJ, Kevin, Matthew & Kevin T.

Happy August Police Birthday to **Sergeant Chris Biro** (28th).

## The Latest at the Riverdale Library

What's new at the Riverdale Public Library? Riverdale residents can now check out E-readers, like kindles, Nooks and Sony Readers. Each E-reader device have E-book bestsellers already downloaded. You are borrowing the device and the two (2) E-book bestsellers or more on each device. You will sign a contract for each unit that is borrowed. Please stop by the library and start reading an E-book right away!



## Neighbors in Nature

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

### "WHAT IS THIS OBJECT FOUND ON LEAVES IN A GARDEN THAT LOOKS LIKE A "BIRD DROPPING?"

It was found somewhere in Riverdale!

How about the mystery "Bird Dropping"? It is a "Saw Fly" larva, not a butterfly or moth caterpillar! It sure had me fooled. I have three books on caterpillars, and the biggest book (over 500 pages) has the answer in a set of photos on the 12th page, "Things that are NOT caterpillars". Then I went on the internet to find out how to get rid of it.

It is a saw fly larva (*Macremphytus testaceus*) that is specific for red-osier Dogwood plants (*Cornus stolonifera*). It was in the willow garden at the Glenburn. According to the "googled" reference: "The white phase of this insect is an example of protective coloration-- they look like bird droppings, so predators leave them alone."



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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.**



# Local Animals in Need of Forever Homes

## Local Animals in Need of Forever Homes

Meet Ruby! Ruby is an adorable pit/boxer mix who is looking for her forever home! Ruby is young, around 1 year old, and is about 35 pounds. Ruby is VERY affectionate. She wants to be in your lap and kissing your face as much as possible. She likes to snuggle in your arms at night and likes belly rubs in the morning. If you would like to meet Ruby, please email Ryan Earley at ryaneary123@gmail.com



Meet Penny! Penny is still waiting at Tri Boro Animal Welfare in Butler. She is a phenomenal dog. She is very smart and she knows her basic obedient commands too. If you lead an active lifestyle and want an equally active companion then it is a must that you come meet this sweet girl. Penny is hoping to get out of our shelter soon so please make an appointment to come visit her today!! Please

contact Tri Boro at 973-831-5555 / info@tbaw.org.

*Each month we will be featuring a dog and a cat looking for a good home. Please contact Mike's Feed Farm for information 973-839-7747*

## More Uses for Aluminum Foil

- Use heavy strength aluminum foil to protect exterior hardware, including doorknobs, window frames, and awning brackets, from paint. The foil adapts to a variety of shapes and comes off easily when you're done painting.
- Aluminum foil can prevent a "crust" from forming on leftover paint. Place the paint can on a piece of foil and trace around the bottom of it. Cut out the foil circle, lay it gently atop the paint's surface, and seal the can.
- Keep silverware shiny by storing it on a sheet of aluminum foil. To store it for the long term, first wrap each piece in cling wrap (squeeze as much air as you can). Then wrap in foil, sealing the ends.
- The same chemical process that removes tarnish from silver - ion exchange - can be used to clean jewelry. Line a small bowl with aluminum foil. Fill the bowl with hot water and stir in 1 tablespoon powder laundry detergent. Soak jewelry in the solution for 1 minute, then rinse well and let dry.
- To bake a pie to golden brown without burning the edges of the crust, cover those edges with strips of aluminum foil.
- Cut your ironing time by putting a piece of aluminum foil under the ironing board cover. The foil will reflect heat; you'll be ironing both sides at once.

### 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
- Council Fees
- 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!

# Things You Should Always Have In Your Car

## Spare Tire

If you get a flat tire and you don't have a spare...you won't be getting very far. It seems like common sense but you wouldn't believe how many people drive around without a spare tire. If you have some extra cash to throw around, buy an actual tire to replace your undersized donut and you will thank yourself later.

## Jumper Cables

Leaving your car battery on for long periods of time to use your radio or headlights can drain it very quickly. Keep jumper cables in your car at all times. Not only will they help you restart your car but they might even help you make a new friend!

## Gas Can

Running out of gas is a lot like locking your keys in your car, you don't think it's going to happen but then it does and it's embarrassing. Keep a gas can with a few gallons of gas in it in your car at all times. When you run out of gas in the middle of nowhere this could be your only hope to make it to the next gas station.

## Water

If you get stuck somewhere or have to walk a far distance to get help you are going to get thirsty so don't forget to pack some water. You might also need it for your radiator or to clean your windshield.

## Gas Can

Don't feel bad about locking your keys in your car, we've all done it before and will most likely do it again at some point. The best way to avoid this is by stashing a spare key somewhere on your car with a magnetic key holder.



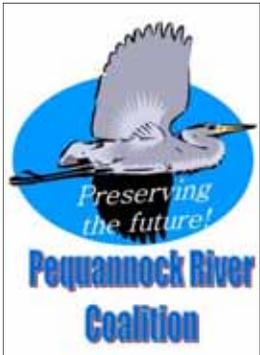
## Food

It's always good to stash some food away in your car for those days that you don't have time to stop and pick something up. If you become stranded it could also save your life. Keep a few non perishable food items that you don't have to cook in your car because they will last for a long time and they will be there for you when you need them.

## Extra Clothes

You never know when a car is going to come out of nowhere and just splash a whole bunch of muddy water all over you. You could get messy doing a whole bunch of other things as well so keep a change of clothes in your car. Don't forget to pack a sweatshirt incase you get stranded somewhere cold!

## Pequannock River Coalition Annual River Clean Up – August 24<sup>th</sup>



The PRC annual river clean up is set for Saturday, August 24th. Sponsored jointly by PRC and the Borough of Bloomingdale, with assistance from Riverdale and Butler, this clean up has been held for over 15 years. It's that time again!

From our central starting point in Bloomingdale's Sloan Park, volunteers will fan out to sites from West Milford to Pompton Lakes, sprucing up the Pequannock River and the land surrounding it. The event runs from 10AM to 1PM.

**We need you!** As always, we have tasks to suit everyone, young or old, big or small. And in case this sounds like plain, hard work, remember that our volunteers always have a great time.

To help that attitude, we will be handing out prizes for Dirtiest Volunteer, Most Interesting Trash, and our Public Service Awards for public officials attending. Every attendee receives gloves, bags, tools, and a PRC T-shirt. A picnic lunch will be served, and cold drinks are available all day. So come on down!

Sloan Park is on Main Street (Hamburg Turnpike), across from Food World, about 2 miles north of Rt. 287. From Rt. 287, take exit 53 to Hamburg Turnpike, then north about 2 miles. The park is on your left. This is a rain-or-shine event. We are hoping for a great turnout. Please don't miss this chance to give something back to our local environment. **See you there!!**

## Keep those pesky flies away.

We went with friends to a restaurant on Sunday for lunch and sat in the patio section beside the store. We happened to notice zip lock baggies pinned to a post and a wall. The bags were half filled with...water, each contained 4 pennies, and they were zipped shut. Naturally we were curious! The owner told us that these baggies kept the flies away! So naturally we were even more curious! We actually watched some flies come in the open window, stand around on the window sill, and then fly out again. And there were no flies in the eating area! This morning I checked this out on Google.



**CUTTING THE GRASS.** If grass tips turn white after you've mowed, your mower blades probably need to be sharpened. Rotary blades should be honed monthly, reel types annually.

- ◆ Swiftly turning mower-blade tips can turn sticks and stones into dangerous missiles. Use a rear-mounted grass-collection system to prevent accidents caused by flying objects.
- ◆ Wear "spiker shoes" (available at most garden centers) when mowing to help loosen and aerate compacted soil. Or if you prefer, aerate later with a rented hand-push or power lawn aerator.





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## RECREATION NEWS



Follow us @RiverdaleRec

riverdalerec@gmail.com



"LIKE" us

at Riverdale Recreation

# Dorney Park & Wildwater Kingdom

## Riverdale Recreation will once again offer discounted tickets

Just log onto [www.dorneypark.com](http://www.dorneypark.com) and enter the Promo Code below in the "Enter Promo" field in the upper right corner of the home page

Promo Code: **RRD123** (Not case sensitive)

### Prices

Anyone 48" or taller in shoes \$36.00 each

Anyone age 3 or older,

under 48" tall in shoes .... \$27.00 each

Anyone 62 years of age or older \$27.00 each

*Purchase tickets at your convenience*



## ADULT COED SOFTBALL

Thursdays beginning June 27 at 6:00 pm at Riverdale School Fields.

Email [riverdalerec@gmail.com](mailto:riverdalerec@gmail.com) for more information.

## Wood Repair

### Furniture

- If you're trying to take apart a piece of furniture, you can dissolve the old glue by applying warm vinegar to it. Drip vinegar directly onto furniture joints using an eyedropper. Let vinegar soak in, then carefully pry joints apart.



- Tighten up the sagging seat of a cane chair by sponging it with a 50/50 solution of vinegar and water. Set chair out in the sun to dry.

### Scratches

- Combine an equal amount of vinegar and iodine, then apply mixture to a scratch in wood using an artist's paintbrush. If you need a deep color, add a little more iodine; for lighter colors, add more vinegar.

### Spots and Stains

- Use coarse steel wool dipped in mineral spirits to scrub a stain on a wooden floor. After scrubbing, wipe with vinegar on a scrubbing sponge. Allow vinegar to penetrate, then repeat and rinse if necessary.

# LOVE YOUR PETS

*A new monthly column submitted by Mike's Feed Farm*

## Welcome Home Misty

*Prepared by Erin Early on behalf of Mike's Feed Farm in Riverdale*

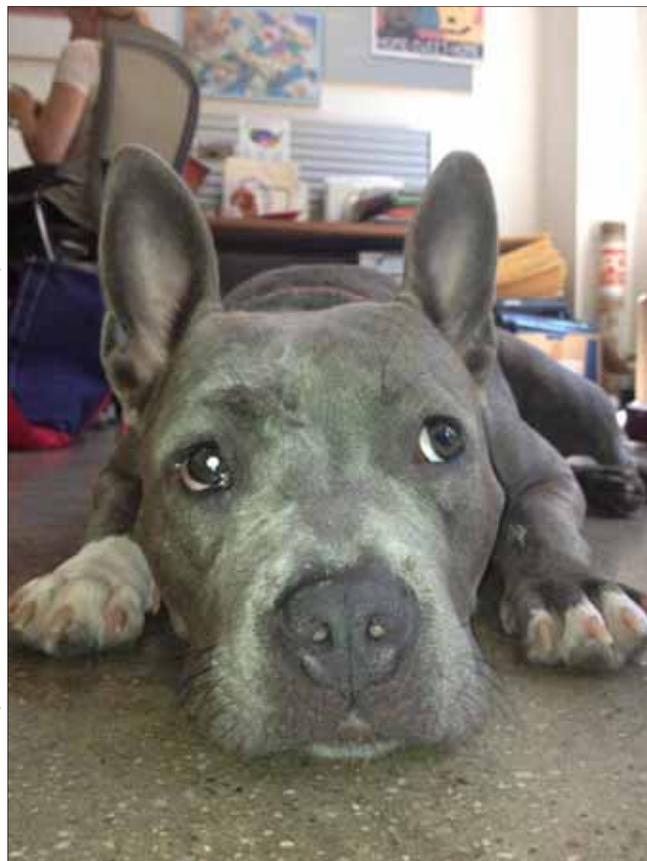
Welcome home Misty! Well, she's home in more ways than one because Misty has found a permanent home with her foster family, Bill Hamilton and Erin Hamilton-Early.

Misty started off her life as a horribly abused pit-bull. She was found wandering the streets of Brooklyn covered in lacerations from dog fighting. The Hamiltons took the pooch into their homes and spent a month caring for her wounds and nursing her back to health. They were fostering her until she was healthy enough to be adopted.

Those plans changed one afternoon in late May when Misty slipped her collar and ran straight into the dense woods that line Route 23. For four days members of our community hiked the woods, led by a search party organized by Mikes Feed Farm in an effort to find the friendly little girl who lost her way. After four days of searching and no sightings at all, the Hamiltons tried an unconventional idea - grilling bacon on the BBQ.

Sure enough, after only 15 minutes on the grill, Misty appeared in their back yard looking for a treat! The Hamiltons still don't know where Misty disappeared to, but after a harrowing four days decided they weren't going to let her go again. They have permanently adopted her.

Please join us in welcoming Misty home, fur-ever! To follow Misty you can join her Facebook fan-page, *Misty's Journey*, which has over 18,000 likes and fans from all over the world.





# Riverdale Woman's Club

## CALLING ALL JUNIOR GIRLS

The Riverdale Woman's Club has some exciting news to share with all Riverdale girls who are Juniors in High School. We are seeking a delegate to attend the 67<sup>th</sup> Girls Career Institute for 4 days in June, 2014.

Girls' Career Institute (GCI) is a program offered by the New Jersey State Federation of Women's Clubs of GFWC (NJSFWC) for girls who will complete their junior year in high school. The dates for the 2014 GCI ( the 76<sup>th</sup> GCI) are Monday, June 9<sup>th</sup> through Thursday, June 12<sup>th</sup>.

### **Delegates are sponsored and the entire cost is underwritten by a local NJSFWC club.**

Delegates are selected on the basis of interest, community service and participation in school activities.

GCI offers a "mini college experience." Delegates will experience a sample of college life by living in a dorm, eating in a cafeteria, attending lectures and workshops. They will learn about career choices and how to network with other delegates from all over the state of New Jersey. Many establish lasting friendships with one another.

The theme for this 2014 adventure is "You Can Make It Happen". Successful women who have gained prominence in their chosen professions will challenge the delegates. The presenters have a wide range of skills and careers including a physician, FBI agent, lawyer, editor, nurse, and scientist to name a few.

Organized sports activities, swimming, crafts, and after dinner sessions in the dorms are just a few of the activities available during free time.

**Moms don't worry** - Clubwomen volunteer their time to act as housemothers for each wing. A nurse is on duty at all times. Delegates must be in their wing by 11:00 pm with lights out at 12:00 midnight. They will be housed in Katzenbach Dormitory, on Douglass Residential College Campus.

Each Delegate will receive a packet with the necessary forms, requirements and the name and contact person of the sponsoring Club. She will be invited to attend an Orientation reception/meeting approximately 1 month before GCI begins.

**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.**

## *History of Riverdale*

*A Monthly Serial — Part VI*

Further down the Hamburg Turnpike - going west, is a large house on the left across the railroad tracks. It was originally built by George Ryerson, a descendent of the early settler family. Some years later a Mrs. Paterson, a wealthy woman who had a keen interest in horses lived here. She also owned the building across the street known as The Old Inn (later called "Powder Horn Inn"). This inn was built by the Schuyler family in 1726 as a grist mill, then later by the Van Ness family until 1869. In 1910 it was an antique shop. In 1922 it became a tea room (this was when Mrs. Paterson owned it). Subsequently it was run as a restaurant, and after several ownerships it burned down. Only the site remains [today it is Appelt Park].

Before leaving this area, let us go west to Mathews Avenue. Note the large white house, number 2 on the right. It formerly belonged to Israel Reeve. Then early in this century Camille DeBow lived there. Her house was known by the local residents as "the mad dog bite house". Camille sold an elixir which prevented which prevented hydrophobia by folks who had been bitten by a mad dog. People came from miles around to obtain this medicine which seemed to work. This was before inoculations were even thought of. Descendants of Camille live there today. [The Ball residence.]

Let us travel east to Hamburg Turnpike, across from Mead Avenue. The old building which housed the Borough Hall still stands [Coney Island Pizza]. The Borough occupied only the upper floor with a small room in the rear designated as the library. The library consisted of perhaps less than a hundred books. The lower floor designated as the fire department. The back room of the fire department was the first quarters of the Riverdale Woman's Club in 1950.

Directly across Hamburg Turnpike, where the shopping center is located, was a beautiful house occupied by a young Louis McWithy family. About 1903 or 1904 Louis McWithy worked for Gorham Silver Company in New York and in December he worked overtime to accommodate the Christmas rush. His 25-year old wife and two young daughters were asleep in the house when a fire broke out. They all perished in the flames. It was this event which motivated forming a fire department.

Moving right along on the north side of Hamburg Turnpike are two homes which were owned by Dr. McWithy, Louis' father. One was later occupied by the Weber family. (Mrs. Weber is the daughter of the first mayor of Riverdale), and the other home (on the east side of the restaurant was later occupied by the Stevens family). Mrs. Stevens was a sister of another mayor (Charles Mead).

*To be continued next month.*

# The Riverdale Rant By Rob Errera

## Birding 101: Feeder is Affordable Fun for The Whole Family

I've lived in Northern New Jersey for over 40 years, but it wasn't until my wife and kids got a birdfeeder that I began to appreciate the fine feathered friends of our region.

Santa brought the birdfeeder one Christmas, and there was a winter storm the day I hung it outside our dining room window. We spent the rest of the afternoon watching birds fly through the snow, and stop outside our window for a snack. It was one of the most amazing times we've shared as a family.

We've identified many birds. In addition to sparrows, we've got white-breasted nuthatches, and black-capped chickadees. A group of grackles — black birds with iridescent heads — come in the mornings and afternoons, along with mourning doves. Blue jays fly in occasionally, and scare everybody off.

Other notable guests include a red-bellied woodpecker that pecks our fence post before filling up with seed, and male and female cardinals my daughter named Rojo and Mrs. Rojo. Rojo likes sunflower seeds, but he's very skittish. If you're not quiet, he'll fly off.

We were doing yard work one weekend, when my daughter ran up to me, eyes wide with excitement, her voice a barely-restrained whisper.

"Look, Daddy! It's Rojo!" she pointed.

There he was, hopping from branch to branch in the woods across the street. We stood in silence, watching him. Without saying a word my daughter slipped her arm around my waist, and hugged me close. She understood the preciousness of the moment, how blessed we were to be outside on a sunny day with a brilliant red bird in our midst. I felt connected, not just to my daughter, but to the world itself, to my little patch of suburbia, and the common-yet-amazing wildlife I share it with.



Becoming a bird-watcher has taught my family to see the ordinary in new, wondrous ways. Plus, it's an affordable family activity. Birdfeeders are inexpensive, and — though seed gets pricey — it's still cheaper than cable. In the last month, my family has spent more time looking out the window at our bird friends (who now enjoy three feeders and two houses) than looking at the television set.

And that's priceless.



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.

## The Important Role Oxygen Plays in Cancer Treatment

One of the most important things to remember about cancer is it is NOT a chemotherapy disease, it is NOT a radiation disease and it is not a Vitamin C disease. Cancer is actually a metabolic dysfunction tied to genetic mutations, and the first step in fighting it is on the metabolic level. This approach is what has helped our team achieve a unique and successful treatment strategy. Let's learn how oxygen plays a role in the development and treatment of cancer.

Every cancer has a trigger: infections, chemical toxins or heavy metal toxins are a few of the main ones. Early changes are seen through metabolic shifts that ultimately cause mutation, continually pushing genetic changes, growth and spread throughout the life of the cancer. Let's take a look at how changes in oxygen metabolism are some of the first metabolic signs of difficult cancers.

### Oxygen's Important Role In Cell Metabolism and Cancer Growth

Cancer is a very difficult to understand disease and there are many misconceptions associated with it. But one of the main keys of understanding, treating and ultimately winning the raging war against cancer is none other than oxygen. Eighth on the periodic table, oxygen is responsible for the breathing of cells and are essential role in providing energy. However, cancerous, mutated cells thrive in anaerobic, or oxygen-lacking environments.

When growing, cancer cells show a change where they have lower levels of oxygen. This may stem from dysfunctions in the cell's mitochondria (known as cellular "factories" that play a major role in cell respiration). If these issues go unchecked, it leads to further complications and malfunctions in apoptosis (programmed cell death). You may remember from biology class, mitochondria have two main functions: energy creation and policing uncontrolled division of cells.

Nobel Prize winner Dr. Otto Warburg famously hypothesized "...the prime cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar," meaning, cancer is caused by a lack of oxygen. Today's modern cancer cell biology has shown he was on the right track as mitochondrial health and shifting to a more oxygen-rich environment may protect healthy cells and further neuter cancer cells.

Furthermore, malignant, rapidly growing tumor cells typically have glycolytic rates up to 200 times higher than those of their normal tissues of origin. This means cancer has a much higher need for sugar than normal cells; this has been proven by the abnormally high level of insulin receptors found on all cancer cells. Because cancer cells favor the lack of oxygen, they shift to glycolytic pathways; put simply they use glucose as their source of energy.

Cancer cells average about 16 times more insulin receptor sites than normal cells.

It's important to realize that the genetics of a cancer in its early stages and its late stages are completely different. This is what makes late-stage cancer so complex and difficult to treat — you're essentially trying to overcome these numerous advanced metabolic changes.



# RIVERDALE



## More Summer Programs at the Library

**Books and Cake:  
a winning combination!**

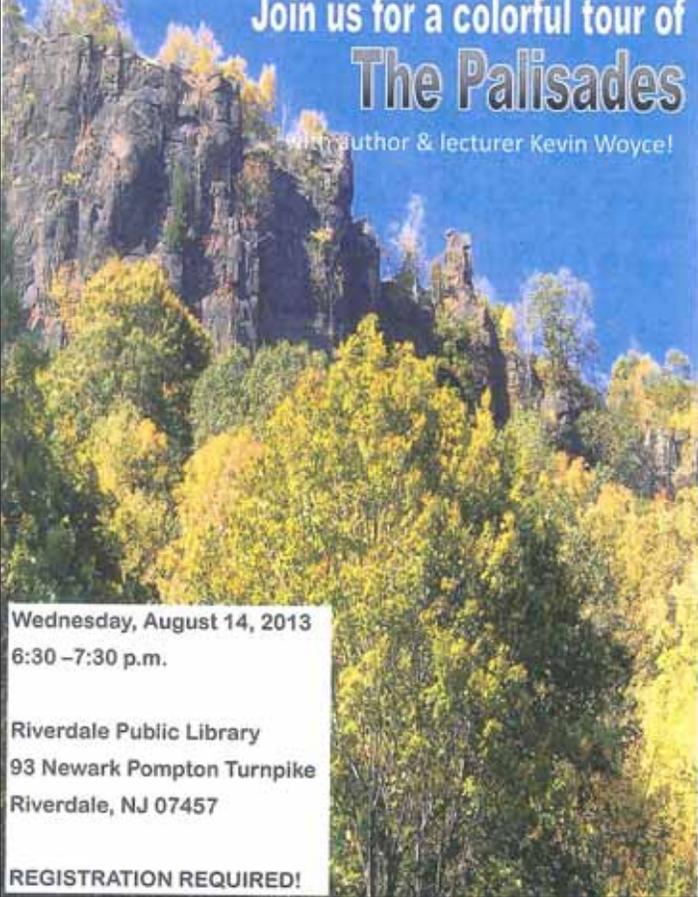


Love to read?  
Love to decorate cakes?

Join us for this fun class to *decorate a cake that resembles a theme from your favorite book!*

Saturday, August 10, 2013 - 11:30 AM  
Riverdale Public Library  
93 Newark Pompton Turnpike  
Riverdale, NJ 07457  
(973) 825-5044 or online at [www.riverdalelibrary.org](http://www.riverdalelibrary.org)  
**REGISTRATION REQUIRED!**

Join us for a colorful tour of  
**The Palisades**  
with author & lecturer Kevin Woyce!



Wednesday, August 14, 2013  
6:30 - 7:30 p.m.

Riverdale Public Library  
93 Newark Pompton Turnpike  
Riverdale, NJ 07457  
**REGISTRATION REQUIRED!**

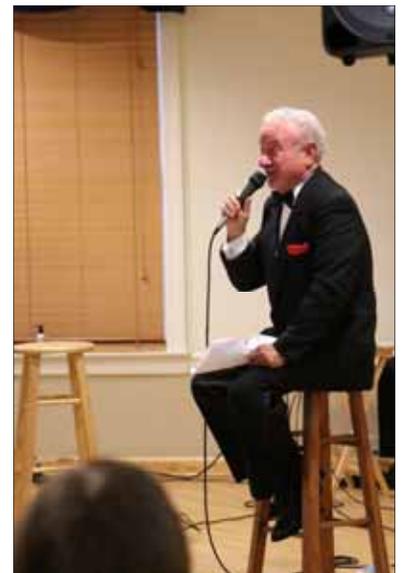


## Summer Concerts



Both Provi and I are long time Frank Sinatra fans and looked forward to the concert in the Park! Then the heat wave ...takes quite a toll on enthusiasm. CERT was looking for volunteers. Another heat wave toll! Then the announcement that the concert would be moved to the Community Center! Enthusiasm!!! Volunteered to help CERT as well! What an evening!

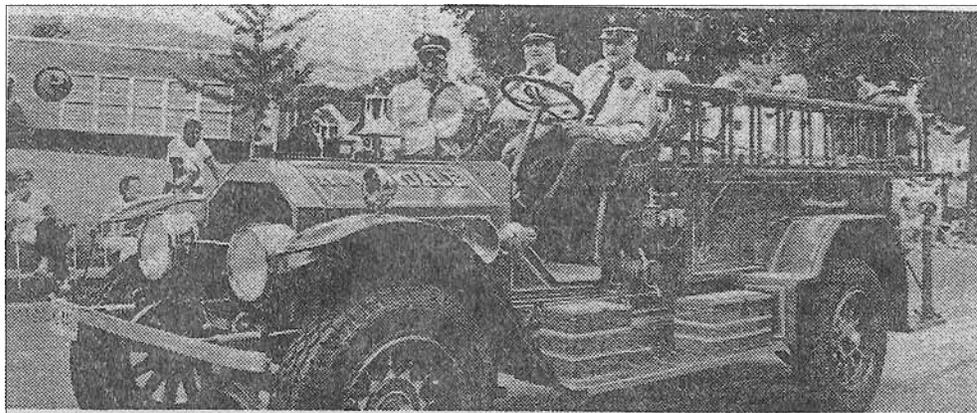
*-Don Pruden,  
CERT and Photographer*



# DAILY NEWS

## Riverdale to Honor Captain "Papa" Joe Ezzo

The Borough of Riverdale and Riverdale Volunteer Fire Department would like to extend an invitation to the community to honor Capt. "Papa" Joe Ezzo died in the line of duty August 25, 1982 while responding to an alarm. Returning firefighters found the apparatus he was responding



'Papa Joe' Ezzo, center, rides in the 75th Anniversary Fire Volunteer Parade last Saturday in a 1926 truck he helped renovate.

in pulled over on Post Lane, with Papa Joe passed away behind the wheel. For this reason Post Lane will be given an honorary name in his memory. An

unveiling ceremony will take place on the 31<sup>st</sup> Anniversary of his death on Sunday, August 25, at 10 A.M. at the



corner of Post Lane and Newark-Pompton Turnpike. We look forward to sharing this special moment with the community that Papa Joe loved and served.

## Law Enforcement Memorial

Patrolman Joe McDermott did his first Police Unity Bike Tour, starting from East Hanover NJ on May 9 ending at The National Law Enforcement Officers Memorial in Washington DC on May 12. Patrolman McDermott was also accompanied by Pompton Lakes Police Officer Joe Ruffo (on left).

They road approximately 320 miles. The purpose of this tour is to recognize all the fallen Brothers and Sisters who have died in the line of duty, followed by a Candlelight Vigil on the last day of arrival. Their motto is "We Ride For Those Who Died" Please see the link below to learn more about the tour. <http://policeunitytour.com/>

This was a tough ride for them as they all had to leave their families for a few days to mourn for other families who have lost their loved ones.



### Your Own Winery

Make your own wine at this exciting new store at Riverdale Square. Taste their samples before you decide. Parties, showers, corporate meetings have been taking place here with much success.



Free tastings before you decide.





# Riverdale Town-Wide Garage Sale

**SATURDAY, SEPTEMBER 28**

**9:00 AM to 4:00 PM**

**Rain Date: Sunday, September 29**

*Sponsored by the Auxiliary of the Riverdale Volunteer Fire Department*

*This is a great opportunity for you to clean out your attic, basement or garage and make money too!*

All registration forms must be received by Saturday, August 31, 2013 to ensure your address will appear on the town map.

## Registration Form

To participate, complete this form and mail with registration fee of \$20 for early registration (\$25 after July 30)

Name: \_\_\_\_\_

Use Home Address \_\_\_\_\_  Glenburn \_\_\_\_\_

Phone # \_\_\_\_\_ E-mail \_\_\_\_\_

List some items you will have for sale: \_\_\_\_\_

\_\_\_\_\_ (We reserve the right to edit the listing.)

Make Checks Payable and Return Form to:

**Auxiliary of RVFD, Town-Wide Garage Sale, 56 Post Lane, Riverdale, NJ 07457**

*Please include an email address (printed neatly) and phone number so we can confirm receipt of your resignation.*

**Completed registration must be received by Saturday, August 31.**

Registration is now open for residents who want to get involved in Riverdale's First Town Wide Garage Sale on Saturday, Sept. 28.

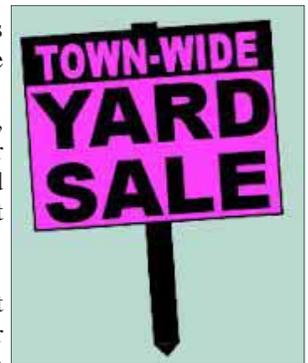
Residents who want to get rid of clutter or sell treasures should take advantage of this awesome opportunity. Once a home is registered, that home's address will appear on the Town-Wide Garage Sale Map, which will be free of charge to all out all out of town visitors and residents who want to shop. Each registered residence can provide a short list of items the homeowner will have for sale, i.e. sports equipment, furniture, toys.

How to get involved? Simply fill out the registration form (on back) and mail it with a registration fee of \$20 for early registration

(before July 30). Registration forms received after July 30 must be accompanied by a fee of \$25.

The registration fee provides maps, advertising in local papers and other venues throughout the summer and brightly colored balloons to highlight your sale on September 28.

Limited space will be available at Glenburn, 211 Hamburg Turnpike, for residents who are not able to set up for a garage sale at their home address.



## **BY and LARGE** A Monthly Column written by Riverdale Resident Elaine Peacock.

Hand Prints on GOD's Heart  
By Elaine Peacock

Do you ever think about hand prints? You know the kind of hand prints I mean the hand prints we have all made in kindergarten out of plaster of Paris. It was probably the first gift we actually made ourselves for Mom or Dad. Or how about the hand print mural we made in art class of our hand in a variety of colors? Remember how happy we were when Mom hung it in a place of honor on the refrigerator?



Actually we make hand prints every day when we help a neighbor, give someone a ride; surprise someone with a meal or a visit. These hand prints are not visible but are hand prints on someone's heart not only the receipt ant but also on GOD's. Every time we leave a hand print on earth GOD stores them in his heart. So remember as we enjoy the lazy days of summer, keep making those hand prints. Not only will we have made some one's day, lifted our own heart but we will have made GOD smile. Have a wonderful summer everyone.

# The Anti-Alzheimer's Diet

No disease is more dreaded than Alzheimer's. Not only does it rob patients of their mind, it cannot be prevented. But Harvard-trained neurologist Richard S. Isaacson, M.D., has devised a program that not only prevents the devastating brain-wasting illness, he says his plan can reverse it. Dietary changes, he told Health Radar, are the key to combating Alzheimer's.

Lifestyle factors increase Alzheimer's risk. They include smoking, poor nutrition, high blood pressure at mid-life, diabetes, mid-life obesity, depression and inadequate physical activity.

The most important of these factors is smoking. "Quitting is imperative—absolutely essential to avoiding Alzheimer's," says Dr. Isaacson. Aside from not smoking, good nutrition is the key to brain health.

## Food for Thought

The following dietary changes can prevent Alzheimer's, and in some cases even reverse it, says Dr. Isaacson:

- **Take vitamin D, folic acid, B6, and B12 supplements.** Recommended daily doses for brain health are 1,000 IU of vitamin D, 1,000 mcg of folic acid, 50 mg of B6, and 1,000 mcg of B12.
- **Take omega-3 supplements.** Omega-3 fatty acids (DHA and EPA) are essential for good brain health, but most of us don't get enough in our diets, even if we eat a lot of fish, says Dr. Isaacson, who recommends fish oil supplements of 1,000 to 1,500 mg. daily.
- **Get more antioxidants in your diet.** Antioxidants are found in high amounts in berries, kale, spinach, collards, onions, seeds, and cocoa powder. The most scientific studies have been conducted with strawberries and blueberries, says Dr. Isaacson, but blackberries, raspberries, cranberries, cherries, and elderberries are also high in antioxidants. Aim for at least one serving a day.
- **Drink coffee.** Drink one or three cups of caffeinated coffee daily, but enjoy it early in the day so it won't interfere with sleep. European studies found that men who drank coffee regularly did better on memory tests.
- **Eliminate high-glycemic carbohydrates.** This means reducing sugar intake as much as possible. High-fructose corn syrup is in most processed foods, so read labels carefully. Avoid processed cereals and grains—anything made with white flour.
- **Eat more Mediterranean diet foods.** Mediterranean diets filled with fruits, vegetables, lean protein (fish and chicken), low-fat yogurt and cheese, and nuts and seeds, are "brain healthy," says Dr. Isaacson.
- **Replace bad fats with good.** Good fats are in olive oil, avocados, fish and nuts. Bad fats include saturated fats, margarine, and those in most fast foods.
- **Eat low-fat or nonfat dairy.** Choose low-fat or nonfat versions of your favorite dairy products.

## Memory Lapses: Normal or Alzheimer's?

Yesterday you weren't sure exactly where in the mall parking lot you left your car. Today you've misplaced your keys. Is this forgetfulness normal or is it a sign of Alzheimer's? Here's what's normal and what's not:

**Normal:** Sometimes forgetting names but remembering them later.  
**Alzheimer's:** Forgetting the names of close family members or not recognizing them.

**Normal:** Occasionally forgetting which word to use.  
**Alzheimer's:** Difficulty having a conversation.

**Normal:** Making an error when balancing your checkbook or missing a credit card payment.  
**Alzheimer's:** Inability to manage finances.

**Normal:** You're worried about your memory, but your family appears unconcerned.  
**Alzheimer's:** Your family is worried about your memory, but you don't see the problem.

## Lifestyle Fixes

Dr. Isaacson recommends these lifestyle elements:

- **Get a good night's sleep.** "The evidence supports the idea that sleep is essential to brain health," says Dr. Isaacson. Getting treated for sleep apnea is important. "Sleep apnea not only affects your breathing, it has an effect on brain function."
- **Fast overnight.** Avoid eating for at least 12 hours a night several days a week. "If you stop eating at 6 p.m. and don't eat again until at least 6 a.m., the ketone bodies that are produced during this mini-fast can be protective of the brain," Dr. Isaacson says. "The bottom line is, your brain isn't aging for two to three hours a night. This is a key consideration that any person can do if they are in good health."
- **Exercise.** "I advise exercise three times a week," he says. "Thirty minutes is better than 10, and an hour is better than 30 minutes." If you're sedentary, start by walking and build up to more frequent and intense workouts.

Different protective steps begin to work together to keep the brain functioning well. "Don't count on diet alone," says Dr. Isaacson. "Using diet in combination with exercise creates synergy—one and one equals three."

If you or a loved one has already been diagnosed with Alzheimer's, Dr. Isaacson has two words: "Don't despair."

Although Alzheimer's is a dreaded disease, it's not without hope, even in people whose memories are already compromised, he says. Dietary and behavioral changes can dramatically help.

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## INFANT & PRE-SCHOOL PROGRAMS

*Spring programs run from the week of June 17 through the week of August 6.*

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

## CHILDREN'S PROGRAMS

***Summer Reading Finale Ice Cream Party and Talent Show*** —

Can you sing a song? Perform a dance? Tell jokes? Play an instrument? Do a magic trick? Perform a funny skit with your friends? On **Tues., Aug. 13, 3:30-4:30 p.m.** kids entering grades K-5 can come show off your skills at our end-of-summer talent show! Also enjoy fun games and a make-your-own sundae party!

***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., Aug. 14, from 4:00-5:00 p.m.**

***Family Game Day*** — Unplug the Xbox, turn off the iPad, sign off the Internet, and on **Sat., Aug. 17, 12-1 p.m.** enjoy an afternoon of old-fashioned fun with Scrabble, Monopoly, Trouble, Candy Land and many more family-loved games!

***Family Movie Night*** — Get out of the heat and come on in for popcorn and a good movie. On **Wed., Aug. 22, 3:30-5:30 p.m.** our movie will be "Rise of the Guardians." Rated PG.

***Lego Lab*** — Kids in grades K-5 bring your Lego skills and imagination, we'll supply the Lego's and a fun story! **Wed., Aug. 28, 4:00-5:00 p.m.**

## TEEN PROGRAMS

***Teen Advisory Board*** — Hang out with friends, help plan programs and choose library materials while possibly earning community service hours on **Thurs., Aug. 1, 5:00-6:00 p.m.**

## HOURS

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

***Teen Movie Night*** — Join us for popcorn and a movie on **Wed., Aug. 7, 5:30-7:45 p.m.** The movie for August is "National Treasure."

***Teen Journal Making*** — Explore below the surface - of YOU! Using scrapbook paper, stickers, ribbon, and decoupage, create a special place to record your hopes, dreams, and feelings on **Thurs., Aug. 8, 5-6 p.m.**

***Summer Reading Finale Ice Cream Party and Talent Show*** — Can you sing a song? Perform a dance? Tell jokes? Play an instrument? Do a magic trick? Perform a funny skit with your friends? On **Thurs., Aug. 15, 5-6 p.m.** you can come show off your skills at our end-of-summer talent show! Also enjoy fun games and a make-your-own sundae party!

***Teen Book Discussion Group*** — Join us on **Wed., Aug. 21, 6:00-7:00 p.m.** for pizza as we discuss *Life As We Knew It* by Susan Beth Pfeffer. Get a copy at the circulation desk!

***Teen Crocheting*** — On **Wed., Aug. 28, 6-7 p.m.**, impress your friends by learning basic techniques to make scarves, blankets, and pot holders! Yarn and hooks are provided.

## ADULT PROGRAMS

***Book Cake Decorating*** — Join us on **Sat., Aug. 10, 11:30 a.m.** for a class in decorating a book of your choice with icing on a cake. Truly a fun and delicious program! This is for our adult summer reading club members or anyone interested in cake decorating, reading, or those who want to eat their cake, too!

***The Palisades*** — Join author and lecturer Kevin Woyce on **Wed., Aug. 14, 6:30-7:30 p.m.** for a colorful tour of one of New Jersey's most impressive landmarks, from its formation and discovery to the American Revolution and the creation of the Palisades Interstate Park.

***Friday Movie Matinee*** — Join us on **Fri., Aug. 16, 1:00 p.m.** for *Les Misérables*, one of the hottest movies of 2012, starring Hugh Jackman, Russell Crowe, and Anne Hathaway. Rated PG-13, 158 minutes.

*There is still time to sign up for Groundbreaking Reads, our adult summer reading program! Win weekly prizes and enter to win one of our great grand prizes! See a librarian for details!*

## MONTHLY

**Photography Club**— Meeting on Mon., August 26, from 6:30-7:45 pm. All Photographers welcome! Learn! Share!

**Job Hunters Workshop**—Meeting on Fri., August 9, 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., August 26, from 6:30-8:00 p.m. to discuss *Paradise* by Dante.

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### Their Health Benefits and Uses.



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### **PEPPERMINT** *The Marvel of Menthol*

A native of Europe, perennial peppermint likes warm, moist climates, and the rich soil around brooks or streams. It's an aromatic plant that will invigorate you with one cut leaf. This charming plant produces oil of peppermint, the third most popular oil in the world next to lemon and orange. It's a powerhouse of menthol.

Mint is mentioned in the Bible as one of the herbs that was used for paying taxes. In Greece and Rome, it flavored sauces and wines, and had a special place in festivals. Those crowns on noble heads were often crowns of invigorating mint. The Japanese valued it so highly, they carried peppermint in small, silver boxes that hung from their belts. In the late 1700s, peppermint caught on in Britain, and when it did, the attraction had a lasting impact.

**Chest Congestion. Nasal Congestion.** A peppermint tea bag in a pot of boiling water on the stove is a menthol inhalant to clear congestion in your nose and chest.

**Cure-All.** The British take their mint seriously, and often take what is called *The Peppermint Cure*—they drink *peppermint water* or *peppermint spirits* to ward off colds or disease at the onset. You've got it in peppermint tea.

**Headaches.** Mint is a strong local pain reliever, applied to skin. A warm tea bag on the spot where the headache is most pronounced will

bring pain relief. It's also been used in compresses for the pain of rheumatism or neuralgia.

**Laryngitis, Bronchitis.** A tea bag of peppermint in a pot of boiling water used as an inhalant will ease your throat and clear bronchial tubes.

**Nervous Tension/Stress.** Peppermint tea calms you all over. It's been used for hysteria and nervous disorders.

**Seasickness and Nausea.** Take peppermint tea with you when you cruise. The menthol has an anesthetic effect on nerve endings of the stomach, which prevents seasickness and nausea. Drink it iced.

**Stomach Cramps.** Peppermint tea alleviates sudden pains in the abdomen.

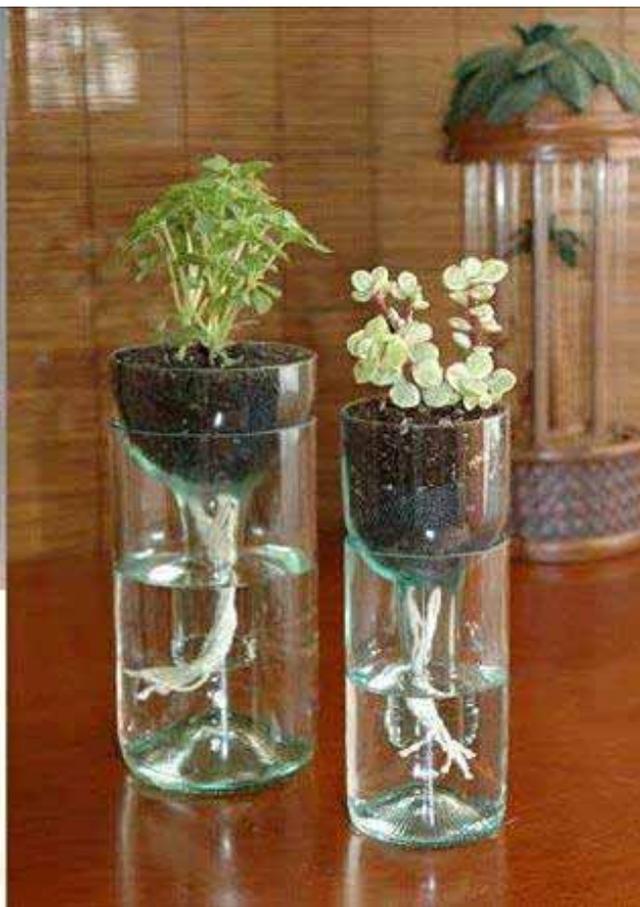
**Toothaches and Cavities.** Peppermint is a strong antiseptic and anesthetic, which is ideal for the pain of toothaches. Gargle with peppermint tea, and press the wet tea bag right on the aggravated tooth to numb the pain and treat the infection simultaneously.

**Uses Through the Ages.** Peppermint has been used for palpitations of the heart, cholic, dyspepsia, and flatulence.

**Special Features:** Body Odor. For tough or lingering cases of body odor, take peppermint tea internally, and make extra tea to use as an herbal bath.

**PEPPERMINT TEA.** A tall, cool glass of peppermint tea will ease inner tension and boost your energy. It's a great iced tea to take in a thermos in your car for long-distance drives. It relieves stress without putting you to sleep.

*Properties:* Volatile Oil of Peppermint, Good Source of Vitamins A and B-Complex, Vitamin C, Carotenoids, Betaine, Choline, Flavonoids, Minerals, Phytol, Tocopherols, Azulenes, Rosmarinici Acid, Tannin. *Values:* Stimulant, Antispasmodic, Stomachic, Diaphoretic, Antiemetic, Nervine, Antiseptic, Analgesic, Astringent, Decongestant, Tonic, Bitter.



**Glass Bottle Cutting-** soak a piece of yarn in nail polish remover, tie around bottle, light with a lighter, let burn all the way around for about 10-15 seconds then dip in bowl of cold water perfect spill every time (Be sure to wear safety gloves and glasses just in case!)  
 Now just invert the top of your bottle and fit into the bottom piece. Before filling with dirt and planting, thread some oil lantern wick thread through the top and down the bottle neck. This will absorb water up into the soil, giving you a self watering planter!

Turn your closet into a cedar closet. Fill a large food storage zipper bag with cedar chips (available at pet stores for animal cages). Seal the bag and poke small holes all over both sides. Hang it in your closet.

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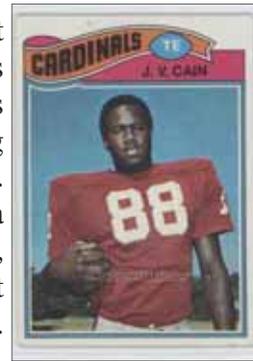
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**Lucille Ball** is now remembered as the first woman to run a major television studio (she gained full control of Desilu Productions in 1962) and the winner of most every major entertainment industry award (including 13 Emmy nominations and four wins), but her success was hardly immediate. In fact, Ball's first films were failures, and she was even dubbed the "Queen of the 'B' Movies" in the 1930s and 1940s. Luckily for all of us, Ball went on to star in "I Love Lucy" and pave the way for women in the entertainment industry.

## Athletes that Died While Playing

**J.V. Cain** was a tight end for the St. Louis Cardinals in the 1970s. He had been the tight end for six years and was racking up great statistics for the team. On July 22, 1979, Cain was taking part in the teams training camp in order to get ready for the new season. This day was also his 28th birthday. During camp, he was running a normal pass route and suddenly took a few steps backward, huddled over, and collapsed. Cain died from congenital heart failure. Though he didn't die during the NFL Season, he still died doing something he loved.



### Drain Clogs

A mixture of equal parts vinegar, salt, and baking soda may help open up a sink that is slow to drain. Pour solution down drain; let it sit 1 hour, then pour boiling or very hot tap water down drain.

### Did You Know?

- ◆ Franklin Delano Roosevelt always kept a gun under his pillow while he was president.
- ◆ In baseball, a left-handed pitcher is a *southpaw*. This term comes from the fact that most baseball diamonds are laid out with home plate toward the west so the sun won't bother the batter. The left-handed hurler, consequently, faces the west with his pitching arm to the south.
- ◆ There were no significant historical accomplishments during the Millard Fillmore administration. He did, however, negotiate a deal with Peru over the use of guano - bird droppings.
- ◆ They say that glass gets stronger the longer it stays under water, the only known substance to do so.
- ◆ The ampersand - & - is the world's oldest known symbol and is common among hundreds of languages.
- ◆ Your fingernails grow about two inches a year.



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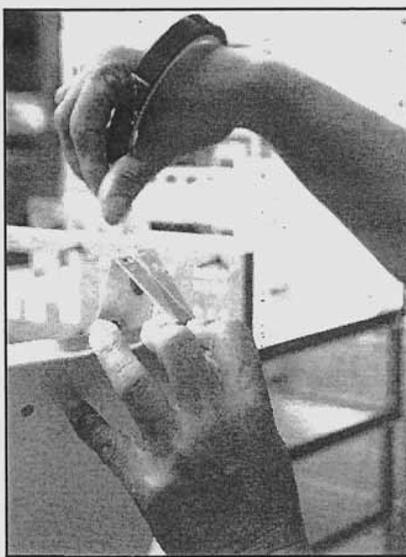
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Club open to all, residents and non-residents.

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



## **Congratulations to Riverdale's Class of 2013!**

On June 25<sup>th</sup>, Riverdale School's eighth grade class received their diplomas at a ceremony marking their achievements. The class of 2013 included: Adrian Bernal, Brenda Caba, Cameron Cleary, Emily Clinton, Peter Dampman, Amanda Ekkers, Joseph Fiduccia, Sophia Gagliardi, Matthew Gancher, Yuti Gandhi, Esteban Garcia, Taylor Gosson, Christopher Grecco, Johnna Hanzo, Marissa Hester, Christine Holl, Kevin Jablonski, Eric Knapp, Felicia Leaver, Hallie Mansoor, Ayla Markowski, Dragana Milikic, Nasir Mora, Nicolas Negrini, Kristian Neuschwanter, Joseph Poli, Danielle Shafer, Joseph Soto, Michael Spiridakis, Emily Maldonado, and Deanna Walker.



(from left): **First Ranked Student Award (Riverdale Board of Education):** Hallie Mansoor. **Second Ranked Student Award (Riverdale PTA):** Ayla Markowski **Third Ranked Student Award (Mayor and Town Council):** Kristian Neuschwanter

**Art Award:** Sophia Gagliardi

**Instrumental Music Award:** Kevin Jablonski

**Morris County Leadership Award:** Hallie Mansoor

**Pequannock Valley Rotary Volunteer Award:** Yuti Gandhi

**Pompton Lakes Rotary Student Achievement Award:**

Christine Holl

**Physical Education Awards:** Cameron Cleary & Deanna Walker

**President's Award for Educational Excellence:** Kevin Jablonski,

Hallie Mansoor, & Ayla Markowski

**REA Holocaust Essay Award in Memory of Eileen Guerra:**

Ayla Markowski

**REA All Around Student Award:** Hallie Mansoor

**Technology Award:** Cameron Cleary

**Vocal Music Award:** Sophia Gagliardi

**World Language Award:** Hallie Mansoor

**Women's Club Dorothea Walker Writing Award**

1<sup>st</sup> Place: Emily Clinton

2<sup>nd</sup> Place: Sophia Gagliardi

3<sup>rd</sup> Place: Peter Dampman

**Women's Club Carolyn Espie Art Award**

1<sup>st</sup> Place: Hallie Mansoor

2<sup>nd</sup> Place: Kevin Jablonski

3<sup>rd</sup> Place: Brenda Caba

## **Riverdale School Welcomes New Principal**

**Dr. Rosaura Bagolie** joined the district this summer, replacing Ms. Trisha Soucy who had accepted a principalship in Connecticut.

Dr. Bagolie earned her Bachelor's, Master's and Doctoral Degrees from Seton Hall University and comes to the district with a wide variety of experiences relating to general and special education. Dr. Bagolie most recently served as the Supervisor of Instruction for Special Education and Bilingual Education in Morristown and has teaching experience at the preschool, elementary and middle levels.

After a brief transition with Ms. Soucy, Dr. Bagolie is settling into her new role, working with staff and students who are present during Extended School Year program, as well as planning for the start of the upcoming school year. Her enthusiasm for teaching and learning is contagious and I am certain you will find her a welcome asset to our school district.

Dr. Bagolie looks forward to meeting all of Riverdale's students, parents and staff in the upcoming weeks and is eagerly awaiting the opening of school on September 6th.



## **Summer Happenings at Riverdale School**

Approximately twelve students participated in the extended school year program which concludes on August 2<sup>nd</sup>.

During the summer, faculty members have been collaborating with colleagues and a literacy consultant, developing teaching units which support achievement of the common core standards.

Facility enhancements, which were budgeted for in this year's budget, are currently underway. Air conditioning is being installed in the second floor classrooms. Security enhancements and upgrades are currently being installed.

The administrative and support teams are completing training and have begun implementing the new student information system- OnCourse. The new information system will also include a parent portal, which will afford parents the opportunity to monitor student grades in real-time. Look forward to an upcoming parent training opportunity early this fall.

## **New Board Member Takes Oath**

**Andrew Oliveri** was sworn in as the newest trustee to the Riverdale Board of Education. Mr. Oliveri was appointed to fill the unexpired term of Richard Osterhoudt, who recently moved out of the district.

## **CLASS PLACEMENT/TRANSPORTATION NOTIFICATION**

Please note that bus schedules and teacher assignments will be sent out shortly. Hopefully, our students continue to make good progress on their required summer reading lists. For further information regarding this and other school related items, please check our website [www.rpsnj.org](http://www.rpsnj.org) for updates.

If you have just moved into town and have a school aged child, please call the main office to begin the registration process. Mrs. Santangelo, the school secretary will be happy to assist you in registering your child. You will be required to show four proofs of residency as part of the registration process. If you are seeking after school care for your youngster, Passaic County Educational Services will again be offering this service. You can contact Cindy Carey or Cath Maxwell at 973-248-8225 for further information regarding the aftercare program.

Enjoy the rest of the summer. We look forward to welcoming our students back to school in September!



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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*

**WHITE OAK BARK** was for centuries, vital in wooden ship construction, from the English ships made from the English Oaks that brought our forefathers to this continent to the gun deck of the famous frigate *Constitution* and to the keels of World War II minesweepers and patrol boats. The North American colonists also used the American Oak for barrel making because the wood when wet, swells up, seals the barrels enabling it to hold liquids, including the all-important rum. Rum at that time, represented our foreign trade and unfortunately the slave trade was tied to rum.

Medicinally, the White Oak Bark is the classic example of an astringent. Due to its high calcium and tannins content, it acts by precipitating the tissue protein to tighten them. For external use, boil or steam the bark and/or leaves and apply them over the area needing treatment to relieve bruises, injuries, varicosities, swollen tissue and bleeding. This also helps strengthen capillaries.

- ◆ The White Oak has been used to treat diarrhea, dysentery and bleeding.
- ◆ Use the fomentation as the means of transportation of the medicinal ingredients into injured and ailing body tissues, apply overnight to swollen glands, tumors, mumps, goiter and lymphatic swellings.
- ◆ In cases of a loose tooth, it will help to strengthen the tissues and helps the tooth to set well in place.
- ◆ It is taken to reduce the deleterious effects of poisonous medicines, especially if ulceration of the bladder and bloody urine occurs.
- ◆ White Oak Bark is a strong astringent, and is used for both external and internal hemorrhage. It has a cleansing effect on inflamed surfaces of the skin or mucous membranes.
- ◆ The bark can be used for chronic diarrhea, chronic mucous discharges and passive hemorrhage.
- ◆ White Oak Bark is used as a goiter remedy and has been used to expel pinworms and in the cleansing of the entire gastrointestinal tract
- ◆ Its highly astringent qualities have made it very popular for use on varicose veins and hemorrhoids.
- ◆ White Oak Bark stops bleeding in the stomach, liver, lungs and bowels.
- ◆ It increases the flow of urine and acts as a good antiseptic and astringent.
- ◆ It will stop spitting up of blood and can be used for external and internal bleeding.
- ◆ White Oak Bark aids in the healing of damaged tissues in the stomach and intestines.
- ◆ It has been used for excess mucus with common complaints such as sinus congestion and post-nasal drip.
- ◆ White Oak Bark removes kidney stones and gallstones.
- ◆ It works in fevers, bringing down temperatures.
- ◆ White Oak Bark relieves the stomach by toning it for better internal absorption and secretion, improving metabolism.

*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).*

## PicTips

### TO FLASH OR NOT TO FLASH

Prepared by Bill Madden

**To Flash or Not to Flash.** That's really the question, isn't it? Most digital cameras are set to 'Auto flash', which means the camera itself decides when to flash and when not to. You DO have choices though. Look for a button with a lightning-bolt icon. Pressing this button a few times should cycle you through several possibilities: 'Always flash', 'Never flash', 'Auto flash' and sometimes a 'Red-eye reduction flash' mode.

No surprises here: 'Always flash' means that, with each snap of the shutter, the flash will go off: great at parties indoors with the lights set low, not so great in the hush of a cathedral. 'Never flash' literally turns the flash off: fine when you're at the beach, not so fine at the above-mentioned party. 'Auto flash' is usually the default setting: fine in most situations, not so fine in places where flash is inappropriate.

'Red-eye reduction' is a special mode which sends out 1-2 'pre-flashes' before delivering the full flash along with the snap of the shutter. The pre-flashes cause the pupils of subjects' eyes to constrict briefly. This reduces the amount of light reflected back toward the camera from the inside of your eye, eliminating the characteristic zombie-like look of 'red-eye'.

Some subjects are very prone to 'red-eye'; others, not at all – and there's really only one way to find out. Be careful: whenever you're using flash, especially in the red-eye reduction mode, you'll eat through your batteries very quickly. A fully charged spare battery is always a good idea if you think you may be shooting with lots of flash. Some cameras also have a 'Fill flash' mode, useful if there's a bright scene behind a dimly-lit subject standing just a few feet away.

*Submitted by Bill Madden*



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