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# NEWS & EVENTS

*News for and about the residents of Riverdale*

**December 2015**

**Volume 10 Number 12**



*Flight Night 2013*

*Design by Marika*



**BEHIND THE SCENES Report**

Volume 10 Number 12

William Budesheim, Editor  
Lori Clinton, Associate Editor

*Columnists*

- Hailey Coonrad
- Rob Errera
- Catherine Felegi
- William Lango
- John Morley
- Elaine Peacock
- Don Pruden

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**Mayor William Budesheim's**

120. That's the number of issues of the *Riverdale News & Events* we have published in the past ten years. It started as a four-page edition printed on a copy machine to its current 28-page color format. It is mailed to every residence and business in town.

The weekends I spent putting the newsletter together are what my family has laughingly called the "Ray Milland weekends," referring to the star of the classic movie *The Lost Weekend*. Each month, I typically worked on the newsletter until midnight in order to get it to the printer by Sunday evening.

This was not a solo project. I must thank the Associate Editor **Lori Clinton** who has been invaluable in her assistance the past few years. She edited the School, Collectibles and Recreation pages as well as proofing all articles.

With the increasing popularity of the newsletter, we received offers from residents wishing to contribute articles. The first was **Carolyn Masone's** *The Essence of Italy*. Since then we have enjoyed the monthly musings of **Elaine Peacock's** *By and Large*, **Don Pruden's** *Neighbors in Nature*, **Catherine Felegi's** *Tea Love*, **John Morley's** *Computer*

*Tech*, **Bill Lango's** *Collectibles*, **Marion Davis** and **Kay Boucher's** *The Senior Corner*, **Hailey Coonrad's** *Health Tips*, **Erin Earley's** *Pet Adoptions*, **Linda Vogel's** *Library Recipes*, and a favorite **Rob Errera's** *The Riverdale Rant*.

The residents have depended on the myriad information, including school news, recreation events, Fire Chief Dan Sturm's updates, health program schedules, recycling rules and dates, the Women's Club reports, Senior Citizen meeting minutes, Library news, favorite recipes, history, trivia, puzzles, nutritional articles, Scouts and Church news, exercise class information, 100 uses of vinegar, etc.

A heartfelt **Thank You** to the writers and especially the advertisers whose financial support made the newsletter possible throughout the years.

I have very much enjoyed providing this extraordinary means of communication with the residents, unlike anything else we have seen from other towns.



*William Budesheim*  
Mayor William Budesheim

**Lights are the Key to a Fabulous Tree**

The most important element when decorating your Christmas Tree is frequently of the branch or your cord and ornaments will not hang properly.

the one that gets the least attention -- The Lights. The key to a fabulous Christmas Tree is a well-lit tree.

Plan on using a minimum of 100 lights per foot of tree. For real pizzazz use even more. Begin your lights at the trunk or the very top and extend them out to the tip of the branch on one side and then back to the other side of the trunk. Continue this way for the entire tree. Do not cross to the next branch at the tip



It is important that your tree be lit back to the trunk since this will give real dimension to your tree when you finish decorating.

We have been showing this method to our customers for years and we have heard all the groaning. Yes, it does take some extra time but they return the next year to tell us what a difference it makes. Every ornament will be enhanced and your tree will be a showpiece.

To submit announcements, articles, advertisements or inquiries send to both emails: [mayor@RiverdaleNJ.gov](mailto:mayor@RiverdaleNJ.gov) & [RiverdaleMayor@gmail.com](mailto:RiverdaleMayor@gmail.com)

Advertising rates are on website [www.riverdalenj.gov](http://www.riverdalenj.gov)

# The Seniors' Corner



The first meeting of November was opened by **President Dorothy Bowersox**, who welcomed several members who had not been in attendance for a while due to health issues, etc. In honor of Veteran's Day, **Chaplain Elaine Peacock** read an inspirational piece, "Prayer for our Soldiers". She also read a poem entitled, "America The Beautiful". This was followed by the pledge of allegiance, the club pledge, a moment of silence, and the singing of "God Bless America".

Dorothy announced that our nominating committee is in the process of making phone calls in order to obtain candidates for the various officers' positions, as well as committee chairpersons. As her two-year position as President is over in December, she thanked everyone for their service this past year. Also as our books are audited every December, two members agreed to assist in this duty. Dorothy mentioned that Dave Desai, who is running for councilman, will be stopping by later on to say a few words, which he did.

**1<sup>st</sup> Vice-Pres. Grace Chiesa** was happy to announce that she didn't have to send out any get-well cards since our last meeting. She then recognized the November birthdays and those members stood up and received a "Happy Birthday" song. The Treasurer and Secretary reports were given, followed by the committee reports. Warren Sheps of the Trip Committee said that next year we were promised more money toward the trips, as the buses are getting very expensive. He asked volunteers to "step up to the plate" to fill the open positions. Lorrie Van Ry asked that all monies for the Christmas Luncheon be paid by the next meeting.

President Bowersox closed the meeting, the raffle was held, and then we were entertained by Ashley and Kristen Pettet, two sisters who sing and dance, and who have Broadway and film experience. They put on a great show, sang Broadway show tunes, tap-danced, and ended with an assortment of Christmas songs and carols. **Very professional entertainment!**

**The second meeting** of the month was opened by **President Dorothy Bowersox**. She welcomed everyone and hoped that they enjoyed the last meeting's entertainment. We sure did – and gave a round of applause! **Chaplain Elaine Peacock** read an appropriate piece that she had since 3<sup>rd</sup> grade, "A Good Thanksgiving". The message in that story was giving something away to others'. This was followed by the flag salute, club pledge, moment of silence for the people of Paris, and the singing of "America the Beautiful".

Dorothy announced that at the next meeting we will have a pizza party, and hopefully will be entertained by the Riverdale School chorus and musicians. Secretary, Treasurer, and Committee reports were given, Lorrie VanRy reminded us that all monies were due today for the Christmas Party at the Regency. She read off the menu, which sounded great! Warren Sheps spoke on behalf of the nominating committee for officers for the upcoming two years. This subject was discussed at length as candidates are still needed.

Dorothy again thanked all members who helped in any way over the past two years of her Presidency. The meeting was closed, raffle conducted, jokes told, refreshments served, and Bingo played.

Respectfully submitted,  
**Kay Boucher**

## Fantasy Beef Stew

### Ingredients:

- 3 packages of beef stew meat
- 4 stalks of celery (cut into pieces)
- ¾ bag of medium size baby carrots
- 1 medium size package of fresh green beans
- 7 to 8 potatoes (cut in cubes)
- 1 32oz. box of beef broth
- 2 16oz. Cans of diced
- Sea salt and pepper to taste
- 3 cups of water
- 1 cup of flour



Linda Vogel, Librarian

### Directions:

In a Zip-Lock bag add flour. Put meat in bag and coat meat. Brown meat lightly in frying pan with olive oil. In a big pot add the meat and the rest of the ingredients. Cook on low for 5 to 6 hours or until vegetables are tender and meat is no longer pink. Freeze leftovers in containers for a cold night.



**A Snowman Ornament** made from a battery operated tea light! Just add some ribbon and embellishments and it's good to go!



**Fun Christmas idea** for those who want to freak out their neighbors.



When changing the yield of a recipe, do not increase the seasoning proportionately. If, for example, you are doubling the recipe, increase the seasonings only by one-and-a-half, if you are tripling the recipe, double the amount of seasoning.

**Keep Yourself Warm.** Whenever possible, heat your body, not your house. Use an electric blanket or a heavy quilt when you're in bed; wear sweaters and warm socks when working or relaxing around the house. Warmer for less money.

**More than three billion Christmas cards are sent annually in the United States.**

# BY and LARGE

**Christmas is Coming  
are You Ready?**

By Elaine Peacock



I can't believe that I'm actually writing a Christmas piece for 2015. I feel like I just wrote the one for 2014. Actually I shouldn't be too surprised; Hallmark started showing Christmas movies on Halloween.

I don't know how you feel but I like to enjoy the season I find myself in and not be in such a big hurry to get to the next one. I love the seasons prior to Christmas and by the time we get to late November I'm ready for all the promises that Christmas brings.

I know that the Christmas season can be stressful but try and take a GOD moment every day. Find a quiet moment to reflect on all your blessings not how long your Christmas "to do list" is this year. Stop and think about the things you really want to do as a family that will make memories.

The first Christmas was many centuries in the making. The ancient people waited for a sign, a sign of GOD's promise to them. We don't have to wait, every day GOD's promise is renewed and all we have to do is clear our minds of all the clutter of this world and listen for his voice. Remember he is only a prayer away. Reflect on how much he loves each and every one of us.

I wish all of you wonderful Christmas season filled with lots of GOD moments and memories to treasure.

**Merry Christmas!**



**Reminder. Dog and Cat Licenses are to be renewed no later than March 5, 2016. Free Rabies Clinic March 5, 11am to 1pm, at DPW garage on Dalton Dr. One stop shopping: Get the rabies shot and renew the license all on the same day.**

**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.**



## NO PARKING RULES

**December 1** begins the no parking on the borough streets from 12 midnight till 6 AM

**No Parking on borough streets when snowing or when streets are snow covered.**

*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



# Riverdale Food Pantry

## This Month's Shopping List

- Pasta & pasta sauce
- Canned vegetables and soup
- Box potatoes and rice
- Peanut butter & jelly
- Hot cereal
- Canned tuna
- Children's snacks
- Paper products
- Detergents



**Thank you for your generous and continued support.**

*Volunteers are always welcomed. Service is one to two hours per month at 10 am on Tuesday or 9 am Saturday. If interested, please call Linda Roetman at the Borough Hall (973) 835-4060.*

- **To stop an earache, heat half an onion in the microwave for two minutes, wrap in a cloth and hold the flat end to your ear for 15 minutes.**
- **Onions are heart-healthy due to the organosulfur compounds, and onions can help stave off stomach cancer because of their anti-oxidant quercetin. Onions may even help relieve asthma attacks.**

### Building Permits:

- All applications for building, fire, electric and plumbing permits **may be dropped off at the Riverdale Municipal Building, Front Office**, to be picked up by the building inspector. The phone number for the Building Department is **973-839-3000 x7120** Technical Assistant Jennifer Fiorito.

### Water/Sewer/Tax Payments

- ◆ Payments for you Water and Sewer Bills and your Tax Payments may be dropped off at the Front Office at the Municipal Building just as always
- ◆ If you have any questions you may call Riverdale at **973-835-4060 x6**.



### 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**
- ◆ **Exercise Classes**
- ◆ **Recreation Programs**
- ◆ **Community Center Rentals**



### Movie Trivia

## CHRISTMAS VACATION 1989

- ◆ Chevy Chase appears in some scenes wearing a navy blue Chicago Bears ball cap. He wears the same Chicago Bears cap throughout all four Vacation movies.
- ◆ The Griswolds' neighbor's house is the same house Murtaugh and his family lived in all the "Lethal Weapon" movies. The houses on this street are on the Warner Brothers Studios back lot.
- ◆ A minor earthquake occurred at the time when they were filming the scene where uncle Louis and aunt Bethany arrive at the Griswold house.
- ◆ Final film of Mae Questel (Aunt Bethany), whose film career began in 1930 as the voice of Betty Boop.
- ◆ After Clark Griswold (Chevy Chase) unsuccessfully attempts to demonstrate his handiwork with the house Christmas lights to his family, he asks his son, Rusty (Johnny Galecki), to help him check all the light bulbs again. Rusty looks at his bare wrist, pretending to have a watch, and excuses himself. Looking at a bare wrist and pretending to have a watch is one of Chevy Chase's trademark gags.
- ◆ The old Dodge pickup that tailgates Clark and the family in the opening scenes of the movie was previously used as Kurt Russell's work truck in the movie Overboard (1987).
- ◆ According to Randy Quaid, many of cousin Eddie's characteristics (most notably the clicking of the tongue) were based off a guy that Quaid knew from when he grew up in Texas years ago who had similar traits.
- ◆ When Clark is in bed trying to read the People Magazine with sticky fingers from the tree sap, the person shown on the cover of the magazine is Matty Simmons, this film's producer.
- ◆ The movie is based on John Hughes' short story "Christmas '59", the second Vacation story to be published in National Lampoon's Magazine (the first was "Vacation '58", which was the basis for the first Vacation movie). The Christmas story was printed in December 1980. The label on the home movie reel that Clark finds in the attic is labeled "Xmas '59," a further allusion.
- ◆ When Clark and Cousin Eddie are talking in the living room, they are drinking egg nog out of Wally World mugs. Wally World was the destination of the Griswold's in the original National Lampoon's National Lampoon's Vacation (1983).
- ◆ This is the only vacation movie where Audrey is older than Rusty
- ◆ Only two Christmas-themed movies came out in 1989: Prancer (1989) and this film. Actor Johnny Galecki (Rusty) was in both of them.
- ◆ Rocky doesn't say anything throughout the film.
- ◆ The only Vacation movie to not feature the Lindsey Buckingham song "Holiday Road" throughout the entire film.
- ◆ The filmmakers had child actress Ellen Hamilton Latzen measured and fitted for a wig as they felt that Latzen's short pixie haircut was inappropriate for her character of Ruby Sue.
- ◆ This movie has four Saturday Night Live (1975) alumni: Julia Louis-Dreyfus, Brian Doyle-Murray, Randy Quaid and Chevy Chase.
- ◆ When shopping with Clark Eddie asks Clark if it was his company that "killed all those people in India". He is referencing the Bhopal disaster, also known as the Union Carbide disaster in which leaks from a Union Carbide pesticide plant escaped into the air. Thousands of people died and many more were sickened.
- ◆ The house front from Bewitched (1964) and The New Gidget (1986) appears in the home movie that Clark is watching in the attic
- ◆ Just before Clark gets locked up in the attic, he pulls out an old present from a hidden slot, and it contains a card that reads "Happy Mother's Day 1983, Love Clark". The first movie, National Lampoon's Vacation (1983) was released that same year.
- ◆ The Warner Bros. back lot used for the neighborhood in which the Griswolds live is the same as the one used on the TV series, The Middle (2009), which featured Brian Doyle-Murray (Mr. Shirley) in a recurring role as Mr. Ehlert for the first three seasons.
- ◆ When the police storm into the house, Ellen jokingly tells them this is the family's first kidnapping, which is actually wrong. In National Lampoon's National Lampoon's Vacation(1983), Clark kidnaps the security guard at Walley World and forces him to take the family on the rides.
- ◆ As Griswolds are putting up the tree, the film It's a Wonderful Life (1946) is showing on the television. That film was directed by Frank Capra. Capra's grandson, Frank Capra III, was assistant director on this film.
- ◆ In the scene when the police storm into the Griswolds' house, the song "Here Comes Santa Claus" sung by Gene Autry is used for the background music. Randy Quaid(cousin Eddie) is the third cousin of Gene Autry.
- ◆ The term "Griswold House," soon became a part of the American vernacular to describe a home that is overly decorated in a gaudy fashion to observe Christmas.
- ◆ This is one of three films released in 1989 to feature an animated title sequence. The other two are Honey, I Shrank the Kids (1989) and Troop Beverly Hills (1989).
- ◆ The brand of beer Eddie is drinking as he empties his septic tank is Meister Brau.
- ◆ In several outdoor scenes at the Griswold home a 1963 powder blue Lincoln Continental convertible can be seen parked out front. This was the last of the curved glass slab sides and is sought after by collectors. The 1964 Continental convertible had straight glass windows to provide more interior space.
- ◆ Three supporting actors went on to star in very successful TV series: Johnny Galecki(Rusty) would go to play David Healy on Roseanne (1988) and Leonard Hofstadter onThe Big Bang Theory (2007). Doris Roberts (Francis) would go on to play Marie Barone on Everybody Loves Raymond (1996). Julia Louis-Dreyfus (Margo) would go on to play Elaine Benes on Seinfeld (1989).
- ◆ Diane Ladd, who plays Clark Griswold's mother is actually only eight years older than Chevy Chase.
- ◆ None of the movie actually occurs on Christmas. The final scene is late Christmas Eve.
- ◆ When Clark shows his coworker Bill the brochure about the swimming pool he wants to put in his backyard, he is seen drinking coffee out of a Tasmanian Devil coffee mug.Miriam Flynn (Cousin Catherine) would later go on to play the voice of Taz's mother in the cartoon Taz-Mania (1991).
- ◆ The scene where the cat bites on the Christmas lights cord and gets electrocuted was nearly cut from the movie. Prior to the first test screening. the studio execs wanted the scene taken out, fearing that it might offend some viewers, but producer Matty Simmons begged them to leave the scene in, and they eventually gave in to his request. After the first test screening, the test audience had scored the cat electrocution scene as the No. 1 favorite scene throughout the entire movie.
- ◆ Near the end of he film, Rusty says "I told you we should have gone to Hawaii!" In the first film, when asked where in the world he would like to go to the most, Rusty says Hawaii.

## Headaches and Chiropractic Care

By Dr. Hailey Coonrad



Tired of taking medication for headache pain that does not go away? Many people are finding a more permanent solution for their headache pain naturally. It had been estimated that people spend upwards of \$40 million each year on over-the-counter and prescription drugs in their search for permanent headache relief. For some, the medication works. Unfortunately for many the relief obtained is temporary at best.

Recent studies link headache pain to nerve irritation. One study, conducted at the University of Maryland, found a connection between muscle tension at the base of the neck and headaches. Muscle contractions interfere with the sensitive fibers at the base of the neck that lead to the brain and spinal cord. This muscle tension often plays a contributing factor to headache pain.

Another study conducted found that the vast majority of migraine headache sufferers

have misalignments of the spinal vertebrae in the neck that was placing pressure on spinal nerves. Our remedy for headache pain is two-fold; remove pressure on the nerves caused by spinal misalignments and reduce tension in the cord and neck muscles to minimize nerve pressure due to tight muscles. This has been proven effective in many studies and the majority of people who suffered from spinal misalignments had their headaches relieved or their condition improved through chiropractic care.

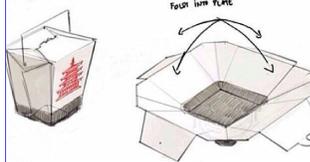
And in follow-up studies of the same patients it was found that many were still without recurring headache pain two years later. Your body continues to heal after the pain has gone, so continuing to have chiropractic adjustments helps to re-train your vertebrae to hold their healthy positions. Your nervous system will function more efficiently and your body will be better able to heal itself. In time, exercise, a healthy diet, and periodic visits to the chiropractor will help you stay healthy, pain free, and live life to the fullest.

Valley Natural Health; Paramus;  
[www.valleynaturalhealth.com](http://www.valleynaturalhealth.com)

## Natural Extracts Lower Blood Pressure

- High blood pressure (hypertension) is the leading causes of cardiovascular disease and is an important contributor to premature death and disability.
- Despite widespread awareness of hypertension as a health threat, only a minority of Americans manage to control their blood pressure.
- Patients using prescription medications may have to take two or more drugs before their blood pressure is controlled.
- One of the most effective drug combinations pairs an ACE Inhibitor with a calcium channel blocker.
- New scientific evidence shows that **olive leaf extract** provides ACE inhibition, while **celery seed extract** offers calcium channel blocking effects.
- Each of these supplements has independently been shown to lower blood pressure in human trials.
- ACE inhibition plus calcium channel blocking effects are available through the use of the natural ingredients **olive leaf** and **celery seed extracts**.

You can easily dust your Christmas wreath "snow" by using salt. Go outside with a large paper grocery bag and half a cup of salt. Pour the salt in the bag, place the wreath inside, and fold the bag closed. Then shake gently for 20 seconds and your wreath will look as good as new.



You're suppose to unfold the box to turn it into a plate.

Trying to reuse tired out, wrinkled tissue paper and hoping the recipient won't take it personally. Turns out you can iron used tissue paper on low to get it to look "like new".

**NOLADYLIKES** The first brushless shaving cream in America was Burma Shave. As pre-baby boomers may remember, it was popularly promoted with roadside jingles, a series of highway billboards about 100 feet apart, each containing one line of a verse like the following: "Within this vale/Of toil and sin/Your head grows bald/But not your chin/Burma-Shave."

**TO SNUGGLE**

**OR DINE**

**ACCOMPANIED BY**

**A PORCUPINE**

**Burma Shave**

### Did You Know?

- ◆ Water is the only substance that is found naturally in all three states: liquid, gas, solid.
- ◆ *Beetle Bailey* was banned from the comic strip pages of the U.S. military's newspaper *Stars and Stripes*.
- ◆ At this moment, 70 percent of Americans driving on the highway are speeding
- ◆ The only president born on July 4 is Calvin Coolidge in 1872.
- ◆ The silkworm is not a worm. It is a caterpillar.
- ◆ The electric razor made its debut on the U.S. marketplace on March 18, 1931.
- ◆ The 8th, 9th, and 10th presidents served in office in the same year. In 1841 Martin Van Buren, William Henry Harrison and John Tyler were President.
- ◆ A ladybird is not a bird. It is a beetle.
- ◆ A.M. *ante meridiem* (before midday).
- ◆ P.M. *post meridiem* (after midday).
- ◆ Actor Stewart Granger was born James Stewart.
- ◆ Your fingernails grow about 2" a year.

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### Question:

The steamer was able to go twenty miles an hour downstream, but could only do fifteen miles an hour upstream. She took five hours longer in coming up than going down. What is the distance from point to point?  
Answer P. 21

Although many believe the Friday after Thanksgiving is the busiest shopping day of the year, it is not. It is the fifth to tenth busiest day. The Friday and Saturday before Christmas are the two busiest shopping days of the year.

## Pompton Lakes Riverdale First Aid Squad



You can make your check out to the *Pompton Lakes-Riverdale First Aid Squad* and mail in your tax-deductible contribution to:

**PLRFAS, 700 Ramapo Avenue, Pompton Lakes, NJ 07442**

The Squad has been serving Riverdale for the past 80 years! They are always there when we need them. They depend on our donations. Let's not let them down!

We still have a special resident who is on a special diet. For medical reasons all he can use for nourishment is Ensure (vanilla or chocolate only). Can you please help?



**Where Are They Now? Lisa Loring** *THE ADDAMS FAMILY*: As spider-loving Wednesday Addams, Loring (with TV dad John Astin) was all pallor and deadpan delivery. She had roles in sitcoms and soaps afterward, but her life spiraled into sadness and addiction. Now 55, she makes appearances at horror conventions.



### New Year Trivia

More vehicles are stolen on New Year's Day than any other holiday, statistics from the National Insurance Crime Bureau revealed.

Time Square New Year's Eve Ball was first dropped in 1907 after there was a fireworks ban. Back then, a 700-pound ball embellished with 25-watt bulbs made of iron and wood was dropped. Now, however, it weighs 11,875 pounds, is 12 feet in diameter and is adorned with 2,668 Waterford crystals.

The tradition has continued in Times Square, except for in 1942 and 1943. The ball was not lowered because of wartime restrictions.

In Italy, people wear red underwear on New Year's Day to bring good luck all year long.

It's good luck to eat foods like black eyed peas, ham and cabbage because it is thought they bring prosperity. But if you want to have a happy new year, don't eat lobster or chicken. Lobsters can move backward and chickens can scratch in reverse, so it is thought these foods could bring a reversal of fortune.

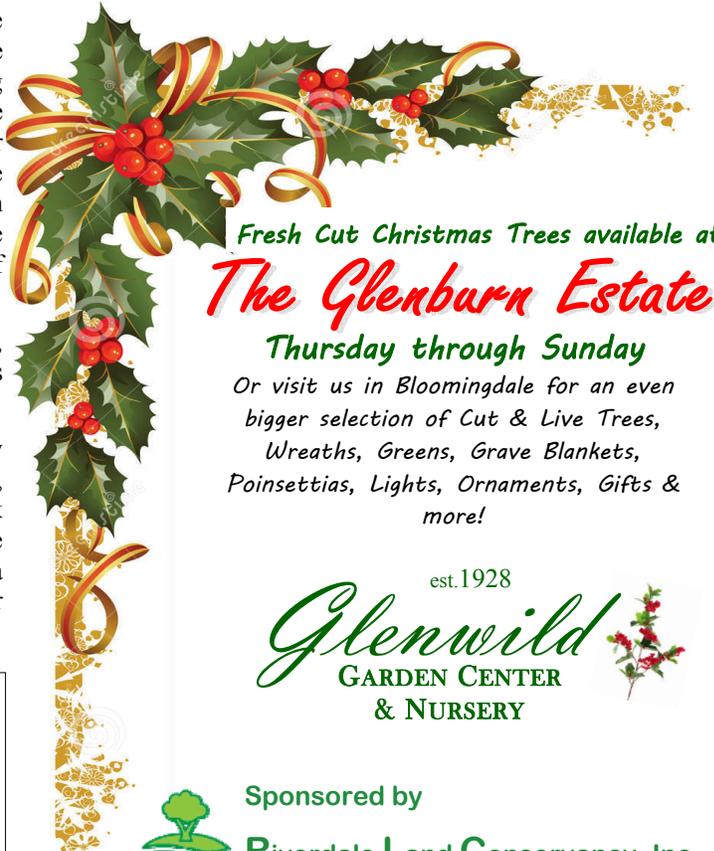
The traditional New Year's song, "Auld Lang Syne," means, "times gone by."

The top 10 resolutions are usually to lose weight, eat more healthily, exercise more, stop smoking, stick to a budget, save money, get more organized, be more patient, find a better job and to just be a better person over all.

**Can't Get Your Ring Off???? Try Windex, it contains silicone and usually slides right off.**



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



*Fresh Cut Christmas Trees available at*  
**The Glenburn Estate**  
*Thursday through Sunday*  
 Or visit us in Bloomingdale for an even bigger selection of Cut & Live Trees, Wreaths, Greens, Grave Blankets, Poinsettias, Lights, Ornaments, Gifts & more!

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**Glenwild**  
 GARDEN CENTER  
 & NURSERY

Sponsored by  
**Riverdale Land Conservancy, Inc.**



## Tree-killing Beetle

The emerald ash borer, an invasive beetle that attacks and kills ash trees, is active in New Jersey. "Emerald ash borer is a fast-moving, highly destructive invasive pest, which could lead to the death of ash trees," New Jersey Secretary of Agriculture Douglas Fisher said in a statement. "Now that the beetle is in New Jersey and is starting to spread, we ask that towns put plans in place to respond to the beetle."

Municipal officials and residents are encouraged to visit the New Jersey Emerald Ash Borer website for resources on how to protect ash trees and what to do with dead or dying trees.

Native to Asia, emerald ash borer was first discovered in New Jersey in May 2014 by a Bridgewater resident. It was first

identified in Michigan in 2002, and infestations throughout the U.S. and Canada have killed tens of millions of ash trees since then, agriculture officials said.

The adult metallic green insect measures about one-half inch long and one-eighth inch wide, making it difficult to detect in the wild, officials said.

Females lay eggs on the bark of ash trees. After eggs hatch, larvae bore into the bark, feed and develop, cutting off the flow of nutrients and eventually killing the tree, officials said.

They attack and kill North American species of true ash. Tree death occurs three to five years following initial infestation.

The agriculture department recommends not moving firewood, a vehicle for movement of tree-killing forest pests, including emerald ash borer.

Signs of the beetle can be reported to the state Department of Agriculture at 609-406-6939. For more information, visit [www.emeraldashborer.nj.gov](http://www.emeraldashborer.nj.gov).



**When do you think about chocolate?**

Christmas Valentine's Day Easter Mother's Day  
 Thank You Birthdays Graduations  
 Get Well Anniversaries  
 Weddings Bridal & Baby Showers

**Make any day a special day with Bromilow's fine chocolates.**

*Come see our selection of novelties, party platters and boxes of the most luscious chocolates imaginable!*

*Two convenient locations:*

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Essex Mall  
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 West Caldwell, NJ 07006  
 (973) 227-0819

or visit our website [www.bromilow.com](http://www.bromilow.com)



**Coming Clean.** Long-term exposure to *triclosan*, an antimicrobial agent often found in liquid soaps, just might increase your odds of liver cancer. Findings in the *Proceedings of the National Academy of Sciences* report that mice exposed to the chemical were more vulnerable to developing liver tumors than those that weren't. What's more, the tumors that did develop were larger in the triclosan group. Earlier studies have found traces of the chemical in 97% of breast milk samples from nursing mothers and in the urine of nearly 75% of people tested. Triclosan is already under scrutiny by the FDA, thanks to its widespread use and recent reports that it can disrupt hormones and impair muscle contraction. To clean up your cleansers, check ingredient labels before buying liquid hand soap, shampoo, dish detergent, or toothpaste and opt out for those made with natural vegetable oils and other plant-based ingredients.

**Creatine** is a favorite supplement among body builders thanks to its ability to supply energy to muscle cells. But a recent study in *Nutrition Journal* suggests that this popular nutrient might also boost the health of your circulatory system. Among 40 healthy men who were moderately active, those taking a creatine supplement daily for one week saw a decrease in both their blood pressure and their cholesterol levels two factors that, at normal levels, can help keep the inner lining of your blood vessels healthy.

**Just in time for holiday party season.** A new study found that drinking more than two drinks per day increased the risk of stroke by 30% among middle-aged adults. According to the *Dietary Guidelines for Americans*, moderate alcohol is defined as one drink per day for women and up to two drinks per day for men.



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 Novelty Deserts**

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*All menu items are always made fresh on the premises*

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*One Coupon per Customer - Not Valid with other offers  
 Expires 12/31/2015*

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Push to Walk is gearing up for our Fall and Winter events. Please contact us if you would like to participate!

**Tuesday, January 19<sup>th</sup> at 7:00 PM**

**NJ Devils vs. Calgary Flames**

Prudential Center

25 Lafayette Street, Newark, NJ 07102

\$40 per ticket (partial proceeds go to PTW)

please call 862-200-5848 or email Stephanie

[slajam@pushtowalknj.org](mailto:slajam@pushtowalknj.org) to sign-up or for more information.

**Christmas trees are edible. Many parts of pines, spruces, and firs can be eaten. The needles are a good source of vitamin C. Pine nuts, or pine cones, are also a good source of nutrition.**



## Be Aware of Tax Scams

The last several years have seen a sizable increase in the number and variety of tax related scams. It is important for you to be aware of them so that you do not become a victim.

One of the most common scams involves identity theft, as in someone filing a false tax return and claiming a tax refund in your name. This past tax season, people who used Turbo-Tax in prior years were especially hard hit by this scam. Others were hit as well. If you are the victim of identity theft, the IRS has special procedures in place to handle the processing of your tax return. Additional resources are available: [www.identitytheft.gov](http://www.identitytheft.gov)

One of the ways that you can guard against any form of identity theft is by guarding your personal information, especially your date of birth and your social security number. In short, if someone asks for that information and they do not need it, then do not give it to them. For example, doctors' offices routinely ask for your social security number and do not need it.

Email scams in which the email appears to be from the IRS or another tax agency are common. The IRS does not use

email to contact taxpayers. They will write first via the United States Postal Service (USPS).

Telephone scams include people impersonating tax agents and calling to ask for information needed to process your tax return. Again, if the tax authorities need something, they will write you via USPS.

Another tax scam involves someone impersonating a tax agent and warning you that if you do not comply with their demand, typically that you purchase a Green Dot card, they will arrest you or your spouse. If the tax authorities were going to arrest you, they would arrest you; they will not call ahead and tell you what to do to avoid arrest.

Another variation on the telephone scams is the threat that they will have local police arrest you unless you do what they say. Again, if the tax authorities were going to arrest you, they would arrest you; they will not call ahead and tell you what to do to avoid arrest.

Remember to never give out your personal information. Remember to always beware of these scams. As these scams are especially common during tax filing season, you want to be extra vigilant during income tax filing season.

ABF Consulting is located in Riverdale, New Jersey. ABF Consulting provides tax, accounting, bookkeeping, payroll processing and other professional services to individuals and small business.

**For more information about tax related scams, contact Gary Konecky, CPA at 973-616-6602.**

- **Candy canes began as straight white sticks of sugar candy used to decorate the Christmas trees. A choirmaster at Cologne Cathedral decided have the ends bent to depict a shepherd's crook and he would pass them out to the children to keep them quiet during the services. It wasn't until about the 20th century that candy canes acquired their red stripes.**
- **Frustrated at the lack of interest in his new toy invention, Charles Pajeau hired several midgets, dressed them in elf costumes, and had them play with "Tinker Toys" in a display window at a Chicago department store during the Christmas season in 1914. This publicity stunt made the construction toy an instant hit. A year later, over a million sets of Tinker Toys had been sold.**

the  **LAKELAND HILLS FAMILY YMCA**  
100 Fanny Road, Mountain Lakes (973) 334 2820

## Senior Christmas Concert

**Thursday, December 10 12:00 – 1:30 p.m.**

Enjoy some holiday music performed by the New Horizons Band. Light refreshments. Non-members welcome. It's FREE, no registration needed.

## Holiday Palooza for Preschoolers

**Monday, December 21 10:00 a.m. to 1:00 p.m.**

**Tuesday, December 22 10:00 a.m. to 1:00 p.m.**

**3 - 5 years**

Need a little kid-free shopping time for the holidays? Or, maybe just some free time to bake, wrap gifts, or relax? The Y can help! We've got lots of fun activities planned for them that are creative and stimulating, including gym time, crafts, and much more. We'll even provide the pizza! For more information contact Lyn at [lynw@lhymca.com](mailto:lynw@lhymca.com). **Non-members welcome!**

Fee: \$25 for members / \$35 for non-members.

## Holiday Mini Camps

### Soccer Clinic Camp

**Tuesday, December 29 10:00 a.m. to Noon**

**6 - 12 years**

### Basketball Clinic Camp

**Wednesday, December 30 10:00 a.m. to Noon**

**6 - 12 years**

It might be winter, but here at the Y they can pretend they're at summer camp during their holiday break with our first ever gymnastics and sports mini camps! Our experienced and talented staff will create a fun, creative environment based around your child's current skill level to help them grow and improve their abilities. Our gymnastics staff will be working on fine tuning basic skills and building newer, and more advanced skills on bars, floor, beam and vault. Our sports staff will foster increased development with the most important skills and strategies for both soccer and basketball. We'll keep your kids having fun during their winter break! Please pack a snack. For more information, contact Jared at [jaredo@lhymca.com](mailto:jaredo@lhymca.com). Non-members welcome! Fee: \$20 for members/ \$30 for non-members.

**The best selling Christmas trees are Scotch pine, Douglas fir, Noble fir, Fraser fir, Virginia pine, Balsam fir and white pine.**

## 2015 Riverdale Woman's Club Domestic Violence Scavenger Hunt Fundraiser

The New Jersey State Federation of Women's Clubs (NJSFWC), founded in 1894, is a federation of 216 local women's clubs with approximately 7,300 members which promote civic improvements through volunteer service.



One of the many causes NJSFWC advocates for is raising awareness of and preventing Domestic Violence. One particular organization that helps women and children who are victims of domestic violence on our area is the Strengthen Our Sisters Shelter located in West Milford, NJ.

Strengthen Our Sisters is a grassroots, community based, 501(c)(3), 155 bed shelter program serving homeless/battered women and children. The **mission** of Strengthen Our Sisters is dedicated to breaking the cycle of domestic violence, poverty, and abuse by restoring balance and harmony through individual empowerment.

This fundraiser is to help the Strengthen Our Sisters Shelter gather essential items to help the women and children both during their stay and once they graduate the program and move into their own homes.

Attached is a Scavenger Hunt Sheet that you can complete on your own, get a partner, ask your coworkers or neighbors, or get donations from local businesses.

Complete one or complete a dozen! Every item helps, big or small! Once you have completed your list(s) contact Jenny at 973-650-8860 and she will make arrangements to come and pick up your items!

The Riverdale Woman's Club is dedicated to helping raise awareness and to assistance those in need, but we need everyone's help to succeed!!

### Ending Domestic Violence Scavenger Hunt

*\*All items should be new and unopened! Happy gathering!*

- |   |   |
|---|---|
| <input type="checkbox"/> New Pillow     | <input type="checkbox"/> Toothbrush               |
| <input type="checkbox"/> Pillow Case    | <input type="checkbox"/> Hairbrush                |
| <input type="checkbox"/> Laundry Basket | <input type="checkbox"/> Bath Towel               |
| <input type="checkbox"/> Shampoo        | <input type="checkbox"/> Washcloth                |
| <input type="checkbox"/> Conditioner    | <input type="checkbox"/> Dish Liquid              |
| <input type="checkbox"/> Body Wash      | <input type="checkbox"/> Dishwashing Sponge       |
| <input type="checkbox"/> Hand Soap      | <input type="checkbox"/> Bathroom Cleaner         |
| <input type="checkbox"/> Bath Sponge    | <input type="checkbox"/> Bathroom Cleaning Sponge |
| <input type="checkbox"/> Deodorant      | <input type="checkbox"/> Mop                      |
| <input type="checkbox"/> Toothpaste     | <input type="checkbox"/> Broom                    |



### Do You Shop AMAZON.COM?

- If so, you can help support our local library without it costing you a cent!
- When you go onto Amazon.com sign into "Amazon Smile" and under Search, type:
  - The Friends of the Riverdale Library, Inc.**
- Save this charity and on all purchases the Friends will received 5% of your purchase!! This is a great way to help us provide programs and 'wish list' items for the library.
- If you wish to contact the **Friends of the Riverdale Library** we have a new e-mail address: FriendsOfTheRiverdaleLibrary@gmail.com.

## Happy Healthy Pets

By Lisa Perry, Animal Control Officer

Your pets can bring you incredible pleasure and companionship; but pets also come with obligations and responsibilities. Your pet's health and happiness depends on you, the choices you make and the care you provide.



Give your pet the love, care and attention he needs and deserves every day to ensure a happy and long life. Provide the basics such as fresh water, food and a comfortable spot for him to call his own, as well as a safe area out doors.

Leaving your pet unattended outdoors could cost him his life. If your outdoor area does not have a physical fence you should provide a cable tie out that is securely fastened to a tree or post. Preventing your pet from wandering off your property is your responsibility; chasing deer and other critters this time of year is a common occurrence.

Unfortunately some interactions with wildlife are very dangerous, make certain his rabies vaccine and license are current. Up to date information on his collar and tags can get him back home safely if he were to get lost and found. Make the best choices for your pet, he's counting on you!

- Frankincense is a sweet smelling gum resin derived from certain Boswellia trees which, at the time of Christ, grew in Arabia, India, and Ethiopia. Tradition says that it was presented to the Christ Child by Balthasar, the black king from Ethiopia or Saba. The frankincense trade was at its height during the days of the Roman Empire. At that time this resin was considered as valuable as gems or precious metals. The Romans burned frankincense on their altars and at cremations.
- Myrrh is an aromatic gum resin which oozes from gashes cut in the bark of a small desert tree known as Commifera Myrrha. The myrrh hardens into tear-dropped shaped chunks and is then powdered or made into ointments or perfumes. This tree is about 5-15 feet tall and 1 foot in diameter. Legend says Caspar brought the gift of myrrh from Europe or Tarsus and placed it before the Christ Child. Myrrh was an extremely valuable commodity during biblical times and was imported from India and Arabia.
- In 1647, the English parliament passed a law that made Christmas illegal. Festivities were banned by Puritan leader, Oliver Cromwell, who considered feasting and revelry, on what was supposed to be a holy day, to be immoral. The ban was lifted only when the Puritans lost power in 1660.
- In 1947, Toys for Tots started making the holidays a little happier for children by organizing its first Christmas toy drive for needy youngsters.
- A Christmas club, a savings account in which a person deposits a fixed amount of money regularly to be used at Christmas for shopping, came about around 1905.
- In the Thomas Nast cartoon that first depicted Santa Claus with a sleigh and reindeer, he was delivering Christmas gifts to soldiers fighting in the U.S. Civil War. The cartoon, entitled "Santa Claus in Camp," appeared in Harper's Weekly on January 3, 1863.

## Tea Love: Instilling a Love of Tea, One Sip at a Time Feature – True or False – Tea Helps Colds and the Flu

CATHERINE FELEGI

Catherine Felegi is the founder and author of the blog *Tea Love*, a blog dedicated to all things tea-related. You can find this post and others on her page, <http://cafelegi.wordpress.com/>.

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Christmas time is here! December is the season for spending time with family, friends, reminiscing about the year past as well as dreaming about the year to come – and colds. Especially in recent years with the fluctuating weather patterns that make us shiver in the morning and sweating in the afternoon, sickness is common around this time of year.

Though some might dutifully go out to get their yearly flu shot, they still might come down with a sniffle here or there.

At my Tea Love talks, I always like asking people what they think of when they hear the word “tea”. More often than not, I will hear “Lipton” first (which *always* makes me cringe, though less now that Lipton is upping their tea game), and second, I will hear about how someone’s mother or grandmother would brew them a cuppa with honey and lemon for when they were sick. I know that I will unconsciously reach more for tea and less for coffee when I am feeling icky.

The thinking behind it is that the hot liquids like tea helps to loosen the mucus in the chest and sinuses, which makes it easier to get rid of it and help to clear up congestion. The fluids also are supposed to help prevent dehydration.

We all know this method and it even crosses over into other cultures to try and bring someone back to health. But the big question is – does it work?

The New York Times posted an article Jan 26, 2009 by Anahad

O’Connor, *The Claim: Hot Liquids Can Ease Symptoms of a Cold or Flu*. O’Connor looks at a study run by the researchers at the Common Cold Center at Cardiff University in Britain (yes, this is an actual place, apparently) that looked at whether hot beverages relieved the symptoms of 30 people with colds or the flu versus other drinks at room temperature.

The results? “‘The hot drink provided immediate and sustained relief from symptoms of runny nose, cough, sneezing, sore throat, chilliness and tiredness,’ they reported, ‘whereas the same drink at room temperature only provided relief from symptoms of runny nose, cough and sneezing.’”

But why do people turn to tea in particular versus a cup of coffee? Looking at the science of tea, it has been shown that the beverage has lots of antioxidants. People hearing that might automatically think, “Hey! This will be better for me since it will help kick this cold in the behind!” Plus, you can add more healthy things to it – lemon, honey, milk, etc. The little add-ins give the tea a small boost in vitamin C. Tea’s caffeine (if you decide not to go for an herbal blend, which is more often caffeine-free, versus tea which will always contain at least traces of caffeine) is also metabolized differently than coffee. While coffee gives you that sudden jolt that might be less than pleasant while you are sick, tea releases the caffeine over a period of time, giving you less of a shock and more of a steady alert.

The downside though? Some scientists believe that tea does dehydrate (though, per the BBC’s article from April 2, 2014 by Claudia Hammond, *Do coffee and tea really dehydrate us?*, the science is still not out on that fact). If you do decide to go after the tea fix for those less-than-ideal days, make sure you supplement with lots of water as well. This will help you to flush out whatever is ailing you anyway.

So, a very happy holiday to all, a wonderful new year, and lots of delicious tea to one and all!



### If You’ve Got a Bad Back

*It’s been estimated that 8 out of 10 Americans will experience the agony of back pain, especially lower back pain. What can you do to ward off the pain?*

- Bad posture exaggerates back curvature and puts extra strain and stress right at the curve of your lower back. You should stand so that the back’s curves can take their natural arc: First, lengthen your neck without thrusting your chin forward; keep your chin tucked into chest. Second, contract the muscles in your buttocks, letting your pelvis thrust forward.
- When standing, ease the pressure on your back by standing with one foot elevated in front of you; rest it on a stool, the rim of a chair, a low shelf, or anything above floor level.
- Wear low-heeled shoes; they don’t require you to arch your back as much as higher heeled shoes do.
- The majority of people who suffer from back pain have weak abdominal muscles. Sagging stomach muscles put strain on the back, which is forced to bear the weight that the abdomen can’t handle. Exercise can often help to reduce lower back pain by strengthening the stomach muscles.
- To reduce strain on your back while sitting, raise your knees ½ to 1 inch higher than your hips by resting your feet on a footstool.
- After a long workday don’t slide the car seat back for a “winding-down” ride home. This will actually put unnecessary strain on your lower and upper back muscles. Instead, bring the seat forward so that your knees are higher than your hips.
- Sleep with your knees raised if you sleep on your back. If you sleep on your stomach, put a pillow under your pelvis. And if you sleep on your side, bend your legs in a semi-fetal position and put a pillow between your knees.

**ETYMOLOGY.** Duffers have never really been straight shooters—on or off the golf course. The original duffers of the mid-18th century were shysters of the first order, merchants who palmed off trashy goods as if they were highly valuable (they often implied to unwary buyers that the goods had been smuggled and were very rare). Over time, the meaning of duffer was extended from a no-good peddler to anyone who was “no good,” not just because the individual had low morals, but because he or she was incompetent or stupid. The term has been applied to hopelessly bad golfers since the late 19th century.

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# RIVERDALE SCHOOL NEWS

From the desk of Riverdale School Superintendent, Mrs. Vicki Pede and Riverdale School Principal, Mr. Sean Bowe

## From the Desks of Riverdale School Superintendent, Mrs. Vicki Pede & Riverdale School Principal, Mr. Sean Bowe

Believe it or not, the first marking period of the 2015-2016 school year is now behind us, leaving each of us with the anticipation of all that the next three quarters of the year has to bring! Parent conferences have now been completed with each family having the opportunity to meet with their child's teacher to hear how each is progressing toward the goals of specific grade levels. It is our hope that you have each had the opportunity to have some quality conversation time with your child's teacher as a benchmark of his/her progress this school year. Please remember to feel free to connect with the school at any time to obtain any additional specific information that you desire as a strong home-school connection is a key way for each of us to assist in a child's educational endeavors. Report cards are available for your perusal on the parent portal at this time as well. In addition, PARCC scores have recently been digitally released and there will be a public presentation at the December 2<sup>nd</sup> Board of Education meeting. We will also be doing four parent sessions in January to assist with any interpretation of the reports that may be necessary; paper copies of the score reports to be sent home are expected in the district within the next six weeks. Please watch our website and communications home for information regarding the parent sessions. We hope to see you there!

On November 11<sup>th</sup>, the students of Riverdale School District had the opportunity to thank some of our Veterans who served for our country giving us the freedoms that we enjoy today. The program was co-sponsored by our own National Junior Honor Society and Student Council. Teachers worked with their students to provide the program format that also highlighted our band and chorus. Preschoolers even provided our guests with a poppy and a poem that read "I have a little poppy, as red as red can be. To show that I remember, those who fought to make me free!" The photo to the left shows the wonderful pathway to our school arranged by the PTA and created by those who contributed to the recognition of current or former members of the armed forces. What a welcoming addition to the entrance of our school

On Friday, November 6<sup>th</sup>, one of our teachers, Mrs. Jessica Palombi, was honored in Atlantic City for receiving a Frederick L. Hipp grant from the NJEA. Mrs. Palombi worked with former Riverdale teacher, Mrs. Katie Berta-Hicswa on a program that

involved third grade students and their introduction to financial literacy. Through this program, third grade students from Riverdale Public School were provided internships and technologies not otherwise accessible to students. In the summer portion of the program, students heard personal experiences from business and community members; participated in work-like mini internships with businesses in the area; learned about the financial and economic responsibilities within and associated to careers; collaborated with children in surrounding communities; improved the quality of personal health and finance through a workshop related to shopping smart on a budget; and give back to the community through service projects.



November was certainly busy month for our students both within the classroom and outside of the classroom. Our kindergarten children enjoyed a Thanksgiving Feast while our middle school students participated in the traditional "turkey bowl" that we all enjoyed seeing. The last day before our break was filled with elements of thankfulness! On that note, please remember to enjoy the special times with your families. The weather has been beautiful, and many of us at school are very thankful that there has been no snow so far. Please remember to make sure that you are signed up for those important Honeywell Instant Alert reminders that come to your home since winter weather is not too far in the future.

Again, please be reminded that a strong home-school connection is essential for a child's success in so many ways. We encourage you to reach out to the school and join our events that help support a child's growth as you are able. As William Butler Yeats is quoted, "Education is not the filling of a pail, but the lighting of a fire." Together, we can all help to light those fires!

PTA Holiday Shop - Primary Wing - School Hours	12/3 & 12/4
Winter Wonderland Lighting - Front Lawn	12/3 @ 6 pm
PTA Holiday Fun Night - Community Center	12/4 @ 6:30 - 9:00
PTA Breakfast - Cafeteria	12/6 @ 8:00 - 12:00
PTA Meeting - Cafeteria	12/10 @ 7:00
Winter Dance - Gym	12/11 @ 7:00
Winter Concert - Gym	12/15 @ 7:30
Board of Education Meeting - Library	12/16 @ 6:30
Day Before Winter Break - EARLY DISMISSAL	12/23
Winter Break - SCHOOL CLOSED	12/24 through 1/3/16

*Icehouse Pottery's*  
8<sup>th</sup> Annual Holiday Show and Sale

Saturday, December 12<sup>th</sup>, 2015 • 10AM - 5PM  
Sunday, December 13<sup>th</sup>, 2015 • 10AM - 4PM

**The Glenburn House**  
91 Newark-Pompton Turnpike.  
Riverdale, NJ 07457

*Icehouse Pottery is a private cooperative of 20 local ceramic artists working together in your community since 2005; creating unique and distinctive wheel thrown and hand crafted pottery. Please join us for our holiday show where we're sure you will find that perfect one-of-a-kind gift for your loved ones... or yourself!*

\* Admission and Parking is free  
\* Cash and Personal Checks preferred; Credit Cards accepted

**To all pet owners**  
Remember that Poinsettias, Mistletoe and Holly Berries are toxic to your pets.

**Have a Safe Holiday season.** *Bottle*

# The Riverdale Rant By Rob Errera

## Holiday Home Decorating: Say No To The Pros

Why are homes decorated for the holidays so appealing? Because for a month or so out of every year, a month when trees and foliage are lifeless and dull, a string of cheap lights can turn the ordinary into something shimmering and magical, the drab into the dazzling. Christmas lights remind us that the ordinary is extraordinary if viewed in the right light.

My attraction to holiday decorations is something that has grown subtly over the years. Invariably around this time of year I find myself seeking out homes that are colorfully decked out for the holidays. Sometimes I'll even change my travel route so that I can pass through a neighborhood packed with nicely decorated homes. Weird? Maybe, but it gives me a vague sense of "holiday cheer."

My appreciation for holiday homes stems from my childhood. My Dad would take his time driving home from church on Christmas Eve so we could check out the holiday lights around town. Years later, I realized the reason my Dad took these extended drives was to give my Mom time to drive home ahead of us and put presents under the tree.



As we drove around on Christmas Eve, I noticed homes in the swanky end of town always had the best decorations. This made sense to my eight-year-old mind; a higher household income meant more money to spend on holiday decorating.

There are two essential rules to decorating your home for the holidays.

Do it yourself. Be creative.

The current trend is to ignore these rules. Drive through any development of modern-day McMansions, and you'll see plenty of dazzling holiday decorations. But it's the handiwork of hired contractors. Professional holiday home decorators have created a nice cottage industry for themselves in recent years.

Where's the personal touch and pride in paying a pro to hang your Christmas lights? What's creative about tossing a "light net" over an evergreen tree? Wrapping a string of lights around the bare upper branches of an oak or a maple, or decorating your mailbox with glowing icicles...that's creative! Owners of modern "estate homes" don't climb ladders to position a plastic Santa on the roof, or hang lights on gutters. The only time they might break a sweat is when they have to write a check to pay for it all.

That's not cool. It's cold. It violates all the rules of holiday decorating.

So get out your ladder, your extension cord, and get busy. Don't worry if your "artistic vision" doesn't quite turn out as planned – there's really no wrong way to decorate your home for the holidays. Just let the spirit of the season move you, and you'll be fine.

And don't think about climbing back up on the roof in a few weeks – when it's covered with snow and ice – to take everything down.

## Happy Holidays!

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.

## Neighbors in Nature

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

Now as December arrives and the weather really starts to get cold, you can still get out there and enjoy the local county parks and the bigger state parks as well. The same trail rules apply, mainly stay on a given trail and avoid bush whacking if you are a beginner. Have those maps handy with you. And you can still take your camera! You may have to keep that digital camera under your jacket for if the camera temperature gets below 35 degrees it will just up and quit working. My own camera sends me a little message as it starts to get colder: "Lost communication with lens!"

As weather gets colder you definitely need the proper boots for hiking. Your socks should also be a kind that help to keep your feet warm and comfortable. Your clothing in general needs to be layered so you can remove layers as you warm up or put on more layers as you get too warm. Look for clothing that is a thermal polyester that lets perspiration pass through and evaporate. Even the old fashioned wool thermal wear still works, through some people are allergic to wool.

Start with shorter local hikes until you get used to the practice of adding and removing clothing layers. I would say there is nothing worse than getting soaked while crossing a brook, slipping on the stones as you cross and falling back into the brook. This is when you need those layers of dry clothing in that back pack. Also having a good walking staff aids in crossing streams and not falling in. Grab a good stout staff at the beginning of your hike. You can also aid your fellow hikers in crossing by sharing your staff as others follow you if they have none of their own.

Start off on shorter hikes locally on your home streets with the gear you will carry into the parks. If you start at the traffic light at Newark Pompton Turnpike and Hamburg Turnpike and walk to Post Lane to Mead Avenue to Hamburg Turnpike you will have covered a bit over a mile. This is a good way to test those hiking boots and the idea of layered clothing. If you want a bigger workout before hitting the woods, start at that same traffic light and keep going on the Hamburg Turnpike into Pompton Lakes. At the traffic light in Pompton Lakes at Ramapo Avenue, head down Ramapo Avenue until you get to Riverdale Road. Follow Riverdale Road to Newark Pompton Turnpike and continue northward on the NPT until you pass Post Lane. At this point you will have gone about three and a quarter miles. That is also five kilometers. Included in that 5K you will have lost 40 vertical feet and gained that 40 feet back along Riverdale Road. I see people here in Riverdale that jog and/or run that route and even a bit more.

A good couple of 5K's will be a good test of your boots as well as your clothing layering management. Then go off to the parks. Start local and work toward the bigger places like Norvin Green. Find a hiking group on the Internet.

I belong to a group from what is known as "The Center for Lifelong Learning." They have three levels, *Ambler*s, *Rambler*s, and for the really hardy, the *Scrambler*s. *Ambler*s like places like the Botanical Gardens in Ringwood. Photographers like this group.

The *Rambler*s go on average about five miles and average gain of 500 feet up and back. We consider the pace as moderate and takes about three to four hours. The *Scrambler*s average seven miles or more at a more strenuous pace and more climbing.

You can make your own group of friends. Remember, good quality and



fitting boots, layered clothing, and a backpack to carry extra layers or to receive removed layers. Have at least one hiking buddy, and a freshly charged cell phones. And extra camera batteries.

# Our Lives, our Fortunes and our sacred Honor

The 56 signers of the Declaration of Independence risked all that they had for our freedoms. "And for the support of this Declaration, with a firm reliance on the protection of divine Providence, we mutually pledge to each other our Lives, our Fortunes and our sacred Honor." *Who are these men? We owe them so much and yet how well do we know them?*



paralyzed. General Washington warned Congress that he might have to stop fighting for a year until his forces could recover.

The theater of war had moved to the South, which was even more torn by violence between Whigs and Tories than was the North. This was an ugly, vicious,

hateful period, in which even women, children, and slaves were forced into woods and swamps to die.

By late 1779, the enemy had forced the sparsely settled coastal strip called Georgia into submission. There was strong Loyalist sentiment there, but the state's three delegates to Congress all had favored Independence. Lyman Hall, Button Gwinnett, and George Walton made a strong, united stand against foreign domination.

When the British captured Savannah, Colonel Walton, badly wounded, was taken prisoner. The enemy destroyed the home of Dr. Hall and confiscated his rice plantation.

Button Gwinnett, an Englishman who had come to Savannah in 1756, was commissioned president of Georgia and commander in chief of its military forces after Independence was declared. But, in May, 1777, he was badly wounded in a duel with a political adversary that he died a few days later. He was the second Signer to die.

Two of North Carolina's three representatives in Congress in '76, John Penn and William Hooper, were lawyers, and the third, Joseph Hewes, was prosperous merchant. A knowledge of shipping made Hewes a valuable member of the Marine Committee in Congress. He knew the Revolutionary hero, John Paul Jones, and was instrumental in procuring a ship for him. Hewes died during his term of service in Philadelphia,

presumably from overwork. Hooper and his family were endangered by the British and driven from their home near Wilmington, North Carolina.

The Signer who wrote "Thos. Nelson, jr.," on the famous parchment was a grandson of "Scotch Tom" Nelson, who founded one of the richest families in Virginia. The "jr." was to distinguish him from an uncle of the same name. The Nelsons, prominent merchants and planters, lived at Yorktown. Thomas, the Signer, was associated in business with a tobacco man named Reynolds.

He became a member of the Virginia Council a twenty-six. At the meeting in St. John's Church, Richmond, in March, 1775, Nelson asked for the floor a few minutes before Patrick Henry delivered his famous speech.

The chair recognized him: "The gentleman from York County."

"I am a merchant of Yorktown," Thomas Nelson said, "but I am a Virginian first. Let my trade perish. I call God to witness that if any British troops are landed in the County of York, of which I am a lieutenant, I will wait for no orders, but will summon the militia and drive the invaders into the sea."

Several of his colleagues jumped to their feet at this brash declaration.

It was Nelson who bore to Philadelphia the following year, in May, the resolution of the Virginia Convention which Lee presented to Congress. A year after he placed his signature on the Declaration, Nelson left Congress for military service. He commanded the Virginia militia as brigadier general. At the age of forty-two, he became third governor of his state, succeeding Thomas Jefferson. *To be continued....*

Taken from *They Signed For Us* by Merle Sinclair and Annabel Douglas McArthur 1957

The four young men all saw military service. In 1775, Lynch was appointed to command a company. On a march to British-threatened Charleston, he became violently ill. Privation and exposure aggravated a condition from which he never fully recovered. His health declined alarmingly while he was in Congress, and signing the Declaration was one of his last political acts. A change of climate was the only hope physicians could suggest. He and his young wife sailed for the south of France. Presumably, their ship foundered in a violent storm, which was reported by another vessel. The Lynches were never heard of again.

When Middleton, Rutledge, and Heyward returned from Philadelphia, they served as officers in the militia. All three were captured during the forty-day siege of Charleston and were taken to St. Augustine on a prison ship. There, for ten months, they suffered privations and indignities until the formal exchange of prisoners at the end of the war. The magnificent estates of Middleton and Rutledge were devastated.

By 1779, the British were confident that the North was all but won. They had wrought frightful damage to military installations. They held or had disabled so many ports that patriot shipping was



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**HOURS**

Monday 10-8 Thursday 10-8  
 Tuesday 10-5 Friday 10-5  
 Wednesday 10-8 Saturday 10-4

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**Public Library**

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

Registration for programs  
 is required.  
 Call (973) 835-5044 or visit  
[www.riverdalelibrary.org](http://www.riverdalelibrary.org)  
 to sign up!

**ADULT PROGRAMS**

**Movie Night - The Ref** — Wed., Dec. 16, 7:00 p.m. *Rated as one of the Top 20 Christmas movies of all time by Moviefone.* On Christmas Eve, burglar-on-the-lam Denis Leary takes a well-to-do Connecticut couple hostage, only to be caught in the middle of their grandly dysfunctional family drama. He's full of hard-boiled street wisdom, but he's in over his head when forced to mediate among this backstabbing clan. Rated R, 97 min.

**Gingerbread Houses** — Wed., Dec. 9, 6:00 p.m. *Sorry! This program is full.*

**ADULT COMPUTER PROGRAMS**

**iPad and Tablet Users Group** — Fri., Dec. 18, 1:00-2:00 p.m. New to using a tablet? Bring your device and learn the basics in this monthly workshop for tablet users looking to increase their skills and share knowledge and experience.

**TWEEN & TEEN PROGRAMS — GRADES 6 & UP**

**The Third Thursday: Coding Unplugged** — Thurs., Dec. 17, 4:00-5:00 p.m. Continuing the once a month after school program that alternates between science and art will be our first *computer science* program! Join us when we learn basics of computer programming without a computer through interactive games and team work! Registration begins December 1<sup>st</sup>.

**Tweens Tape** — Tues., Dec. 29, 11:00-12:00 p.m. We'll provide the tape (duct and wash). You bring your creativity!

**BookFace Photo Contest**

December 1<sup>st</sup> - 31<sup>st</sup>

Ages 12 and up



Check out a book or find one to use in the library that has a whole face or part of a face on its cover and get a friend to take a photo of you holding the book and completing the image.

Submit photos to [youthservices@riverdalelibrary.org](mailto:youthservices@riverdalelibrary.org) by Thurs., Dec. 31<sup>st</sup> and vote for your favorites in January!

**INFANT & PRE-SCHOOL PROGRAMS**

*Storytimes run the week of November 16 through December 14.*

**Baby Time:** Up to 2 years w/caregiver. Mon., 11:15-11:45 a.m.

**Totally Twos:** 2 year-olds w/caregiver. Mon., 10:15-10:45 a.m.

**Preschool Pals:** Ages 3-5, Tues., 1:30 - 2:15 p.m.

**Touch the Music: The Nutcracker** — Fri., Dec. 4, 2:00 p.m.

Join us for this hands-on music program that introduces children ages 3 and up to the fascinating world of musical instruments. After reading the story and listening to the music of *The Nutcracker*, Touch the Music owner Claudia Lemmerz will show the different instruments heard in the music and provide attendees with the opportunity to try them all out.

**Music & Movement: Holiday Hop** — Fri., Dec. 18, 2:00 p.m.

It's back with a holiday twist! Calling all wigglers and gigglers, singers and dancers ages 2 and up! You don't want to miss this special story time involving even more silly dancing and holiday tunes.

**CHILDREN'S PROGRAMS — GRADES K-5**

*Registration Required for all programs.*

**Annual Gingerbread House Decorating** — Sat., Dec. 5, 10:00-12:00 p.m. OR 1:00-3:00 p.m. The annual gingerbread house decorating returns to the library. Melissa Harsley, a dedicated Friend of the Riverdale Library, will be back to help children in grades K-8 create the gingerbread houses during two sessions of decorating.

**Paws to Read: Tales to Tails** — Wed., Dec. 9, 4:00-5:00 p.m. Readers of all levels get to read to a friendly canine listener!

**Star Wars Night** — Thurs., Dec. 10, 4:00-6:00 p.m. Before the new movie comes out join us for an evening of *Star Wars* fun complete with *Star Wars* crafts and games. Drop by any time between 4:00 & 6:00 and *may the Force be with you!* Registration begins December 1<sup>st</sup>.

**LEGO Lab** — Wed., Dec. 16, 4:00-5:00 pm. You bring your imagination, we'll supply the LEGOs and a great story!

**Drop-in Holiday Crafts** — Tues., Dec. 22, 4:00-5:00 p.m. Take a break from holiday prep and stop by for some holiday crafting. All ages welcome, no registration necessary!

**Holiday Schedule**

Closed dates:  
 Thursday, Dec. 24  
 Friday, Dec. 25  
 Saturday, Dec. 26  
 Thursday, Dec. 31  
 Friday, Jan. 1

**MONTHLY**

**Adult Book Discussion Group** — Mon., Dec. 28, 6:30-8:00 p.m. *The Autobiography of Santa Clause* by Jeff Guinn.

**Photo Club** — Mon., Dec. 28, 6:30-8:00 p.m.

**Gypsy Knitters** — Thursdays, 4:00-8:00 p.m. Experienced knitters, bring a project and join in!

**And So For Now....** As I leave office after more than 12 years serving as your Mayor, I would like to take this opportunity to thank all of the residents who helped and supported me in this journey. It is often said that we should leave a place better than it was when we arrived. I hope I have fulfilled that for you. This reminds me of an email sent to me by Colleen Tambuscio on the eve of a previous campaign: *"I will be honest, our politics particularly mine, are polar opposites, but I cannot argue at all with what you have given this town and the incredible relationship you have with the school....We have never enjoyed a cooperative and mutually beneficial relationship before you became mayor. You are always responsive, available and forward thinking when it comes to this town. Riverdale looks better, feels better and frankly*

*is a better town since you have been mayor."*  
I am thankful for the exciting and challenging opportunity to be able to accomplish so much and I am proud of the leadership and contributions I have made. I am humbled by the words of the beloved Editor of the Trends, Howard Ball, who stated a few years ago in one of his editorials, *"Mayor Budesheim is what a small town mayor is all about – dedicated to the job but not seeking the spotlight for himself."*  
My heart and intentions will always be with the Borough of Riverdale. I will be here in a new role as an "interested resident" to help ensure that our needs and opportunities are met. I encourage you all to join me at the Council meetings to work toward that goal.

## Working together, look at what we have accomplished



The Senior Community Center used hundreds of times each year.



Obtained a donation of \$65,000 towards the purchase of a new ambulance.



Glenburn - received over \$3,000,000 in grants for its acquisition and preservation. This year alone we have raised around \$45,000 in rental fees.

Raised nearly \$200,000 in donations and raffle sales to pay for the annual summer concerts attended by thousands for the past twelve years.



Revitalized our baseball fields, including installing dugouts for the first time.



Bought two new fire trucks, including a ladder truck, to protect a growing town.



Reactivated our Shade Tree Commission after 40 years of dormancy. We have been named Tree City USA for 8 years in a row.



New plaques on our lampposts in honor of our dedicated citizens.

Bought our own stage, saving rental costs and raising thousands every year by leasing it to other towns.





Designed and constructed the 9/11 artifact memorial.



Received more than \$37,000 a year in rents from this newly purchased, formerly empty building..



Organized our popular yearly Memorial Day ceremonies.



\$248,000,000 in new ratables



This year alone those ratables have brought in to Riverdale additional taxes for the School: \$2,241,920 and for the town: \$1,693,840. Half the reasons we have the lowest taxes in area.

Protected 100 acres of open space.



Conceived and designed the striking War Memorial.



Won a 4-year petition to have railroad safety gates installed on Hamburg Turnpike and Mathews Avenue.



Installed Defibrillator units, along with the required training, in both the Community Center and Glenburn.



Published 120 issues of the popular town newsletter.

Riverdale is named the #24 Best Place to Live in New Jersey.



Supported Scouts with their Eagle Projects.



Maintained award-winning website.



# RECREATION NEWS



"LIKE" us at Riverdale Recreation

Krista Osborne, Director

In order to register for any of the programs below, to ask any questions or looking to volunteer for any of the programs, you may call **973-835-4060 x232** or email **RiverdaleRec@gmail.com**

## KIDS OIL PAINTING CLASS

**Saturday Dec. 5 OR Jan. 6 10:00am – 4:30pm**  
**at Riverdale Community Center**

Children ages 7 – 14 years Beginner to Advanced

**Cost: \$45.00 (includes all supplies)**

To sign up email [riverdalerec@gmail.com](mailto:riverdalerec@gmail.com)  
 or call 973-835-4060 x232.

## Holiday Gathering

Thursday, December 3 Community Center  
*Please join us at the Community Center after the Riverdale School Lighting Ceremony*



- Bring Letters to Santa to be placed in Santa's Mailbox.
- Bring your camera and take pictures with Santa.
- Enjoy the Hot Chocolate and Dessert Table (everyone is welcome to drop off their favorite dessert and add to the Sweet Treats for all to enjoy).

## ZUMBA

At the Riverdale Community Center  
**All classes are \$6 each – pay as you attend**

**Zumba Toning®** Monday 7:30-8:30pm

**Zumba Gold®** Tuesday 10:00-11:00am

**Zumba®** Tuesday 7:30-8:30pm

**Zumba®** Thursday 7:00-8:00pm

## LETTERS TO SANTA



*Santa will reply to letters received by December 15.*

If your child would like to receive a reply to his/her letter, place their letter in Santa's Special Mailbox and be sure to include your return address. Santa's Mailbox will be at the Holiday Gathering on December 3rd and in front of the Borough Hall after that.



**Riverdale Recreation is offering discounted tickets!!**  
 Email [Riverdalerec@gmail.com](mailto:Riverdalerec@gmail.com) for information on how to purchase these tickets online.

## Men's Basketball

In conjunction with Pompton Lakes Recreation.  
**Tuesdays, September 15 thru May 16 7:00-10:00 PM**  
 at Lincoln School in Pompton Lakes  
**\$50.00 for 9 month session**

## Walking Club

In conjunction with Pompton Lakes Recreation.  
**Thursdays, October 8 thru April 28 7:00-8:00 pm**  
 Lakeside School Hallways in Pompton Lakes

## WOMEN'S FITNESS

In conjunction with Pompton Lakes Recreation  
**Mondays & Wednesdays 7:00-8:00p.m.**  
 at Lincoln School in Pompton Lakes  
 Session II: 1/11/16 – 3/9/16  
 Session III: 3/21/16 – 5/1/16  
**\$50 for 16 classes, \$35 for 10 classes, or \$5 drop in**

## Yoga

**\$10.00/class** (1/2 goes back to the Glenburn House)  
**WEDNESDAYS 7:00-8:00pm at the Glenburn House**  
*All levels welcome*



Say hello to Carolina, became secretary of the Josephus Daniels, Navy under president Woodrow former secretary Wilson. As recounted in a new biography, Daniels tried to imbue and namesake of the navy with a strict morality. He increased the number of chaplains, discouraged prostitution at naval bases, and, most controversially, banned the consumption of alcohol.

**CUP OF JOE.** Joe is, of course, short for Joseph. And in American English, "joe" can refer to an average guy, a soldier, or—somewhat strangely—coffee. A popular chain in New York, for instance, is called *Joe the Art of Coffee*.

As it turns out, the use of joe as slang for coffee dates to the World War I era. It was then that Daniels, who started his career as a newspaper publisher in North Carolina, increased their purchases of coffee, among other beverages," writes Lee Craig in the new book, "and Daniels's name became linked to the daily drink of millions around the world. A cup of coffee became disparagingly known as 'a cup of Joseph Daniels,' and as legend has it, this was soon shortened to a 'cup of Joe.'"



## How to remove permanent marker from everything!



- Clothes - hand sanitizer
- Walls - toothpaste or hairspray
- Wood - rubbing alcohol
- Carpet - white vinegar
- Dry Erase Board - dry erase marker
- Furniture - Milk



A simple board mounted with shelf brackets behind the sofa is a great space saving idea!

# Friends of Library



The manager of **Boniello's Restaurant** presented the President of the Friends of the Riverdale Library, Dennis Harsley, with a check for the Diamond donation the restaurant held. The Friends would like to thank everyone who came out to support this very successful fund raiser. The money will be used for books and programs for children and adults at the library.

# Amazing Animal Facts

**Porcupine.** North American porcupines are nocturnal and generally look for food on the ground. However, they may also climb slowly into trees to find food. They cannot see very well, but have sensitive noses for detecting danger. During the daytime, porcupines rest in hollow trees, caves or disused burrows. They regularly move from den to den throughout the year. They do not hibernate and keep feeding throughout the winter, but they will stay in their den during periods of harsh weather. Porcupines live solitary lives, but do not defend territories, although they may drive away other porcupines from trees laden with food. If they are cornered by predators, porcupines turn their backs on their



attackers and thrash around with their spiky tails. The barbed quills penetrate the attacker's skin, pull out of the porcupine and work their way into the body. In early winter, males seek out females and shower them with urine before mating. The males are chased away by the females after mating. They give birth to their litters in summer.

**Food:** Wood, bark and needles in winter; buds, roots, seeds and leaves in summer. **Habitat:** Forest and brush. **Size:** 25 - 32 inches; 7.5 to 15 lbs.. **Maturity:** 2.5 years. **Breeding:** Single young born in summer. **Life span:** 18 years. **Distribution:** Throughout North America. **Status:** Common.



In an effort to solicit cash to pay for a charity Christmas dinner in 1891, a large crab pot was set down on a San Francisco street, becoming the first Salvation Army collection kettle.

During World War II it was necessary for Americans to mail Christmas gifts early for the troops in Europe to receive them in time. Merchants joined in the effort to remind the public to shop and mail early and the protracted shopping season was born.

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# Athletes Who Died Too Soon

## Darryl Kile

AGE: 33 (December 2, 1968 – June 22, 2002)

CAUSE OF DEATH: Heart Attack

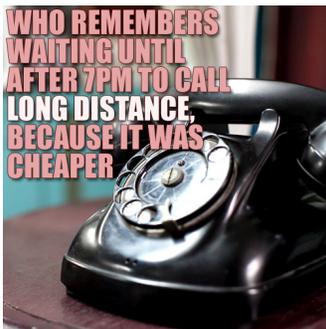


Kile was selected by the Houston Astros in the 30th round of the 1987 Major League draft. In his first major league start on April 24, 1991, Kile had a no-hitter going when he was lifted after six innings by manager Art Howe, who wanted to protect the 22-year-old

rookie's arm. Kile's breakthrough year came in 1993 when he went 15–8 with a 3.51 earned run average and made the All-Star team. On September 8, Kile pitched a no-hitter against the New York Mets. Kile made his first postseason appearance in Game 1 of the 1997 National League Division Series against the Atlanta Braves, giving up only two hits but suffering a hard-luck 2–1 loss. Atlanta swept Houston in the best-of-five series.

Two hours before a game at Wrigley Field against the Cubs, Kile was found dead in his hotel room. The cause of Kile's death was determined to be atherosclerosis (hardening of the arteries), which led to a heart attack. Some thought he might have died from drugs or alcohol, but toxicology reports proved otherwise. The only thing that came back was marijuana, which he had smoked several weeks before his death.

**Easily Label Drinks.** Keep a handle on whose drink is whose by pressing window decals onto the sides of glassware. This is a perfect trick for a party that takes place around the holiday, when you can use festive decals that are easy to find at party stores.



**An Alternative to Rock Salt.** Icy sidewalk? Throw cat litter down instead of rock salt. It won't harm your grass, stain your clothes, hurt the environment or damage your concrete sidewalk, but it will provide plenty of traction for safe walking and driving.



## Granpa's Old Fashioned Know How

### MAKING SMOKE WITH DRY ICE

You will need the following ingredients:

- 1 Part Dry Ice
- 2 Parts Water

Place the dry ice in a shop vacuum that will accommodate water and cover with water. Turn on the vacuum and aim the hose. If you use warm water the smoke will dissipate fairly fast.

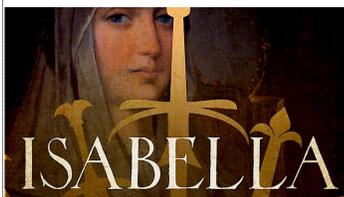
#### DRY ICE CAN BE FUN, BUT USE WITH CAUTION

Dry ice is actually frozen carbon dioxide gas that has been turned into a solid by reducing the temperature to -110°F. If you place the dry ice on your skin it will burn you. The "smoke" you see is actually carbon dioxide gas being slowly released.

# Influential Women

## Queen Isabella

April 22, 1451 - November 26, 1504



Queen Isabella was born to John II. When she was three, her father died, making her half-brother, Henry IV, King. Henry later named Isabella his successor, but withdrew his support when she married Ferdinand II of

Aragon in 1469. Henry's daughter, Juana took the throne after Henry's death in 1474, but after a war of succession that ended in 1479, Isabella became the Queen of Castile. Her husband, Ferdinand, had already become King of Aragon, and together they ruled both, unifying Spain. Ferdinand and Isabella, as a team, were efficient, strong, and effective rulers. Together, they changed and molded Spain from the separated and confused state it was before, to a unified and altered nation. Their alterations to this country reshaped Spain, and for that, they are remembered to this day.

By 1492 Isabella and Ferdinand began funding the voyages of Christopher Columbus, who would give any lands he discovered to Castile.

Isabella was an advocate for education, and she educated both her sons and her daughters, one of whom was Katharine of Aragon, Henry VIII's first wife. She was a patron of several scholars and of the arts. She had a large collection of art established, and she also established a number of educational institutes. Queen Isabella died on November 26, 1504.

The world's first singing commercial aired on the radio on Christmas Eve, 1926 for Wheaties cereal. The four male singers, eventually known as the Wheaties Quartet, sang the jingle. The Wheaties Quartet, comprised of an undertaker, a bailiff, a printer, and a businessman, performed the song for the next six years, at \$6 per singer per week. The commercials were a resounding success.



### Singing show tunes helps fight off dementia, Alzheimer's disease

The hills are alive with the sound of music, which could help people with Alzheimer's stave off the effects of the debilitating disease.

A study by U.S. scientists has shown that the brain function of those suffering from dementia can be improved if they belt out their favorite show tunes.

Researchers working with elderly residents at an East Coast care home found in a four-month long study found that people who sang their favorite songs showed a marked improvement compared to those who just listened.

Among the songs sung during 50-minute sessions were hits from "The Wizard of Oz," "Oklahoma!" and "The Sound of Music."

The most improvement was among those sufferers with moderate to severe dementia.

Jane Flinn, one of the scientists involved in the study who works at George Mason University in Virginia, concluded singing was beneficial.

"Even when people are in the fairly advanced stages of dementia, when it is so advanced they are in a secure ward, singing sessions were still helpful," she said.

"The message is: don't give up on these people. You need to be doing things that engage them, and singing is cheap, easy and engaging."

Amount the songs sung were "Somewhere Over the Rainbow," "The Sound of Music" and When You Wish Upon A Star."



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7	9	4	1	2	6	8	3	5
1	6	2	9	8	4	7	5	3
5	3	7	6	1	2	4	9	8
8	4	9	7	3	5	6	2	1
4	7	5	3	9	8	1	6	2
6	1	3	2	4	7	5	8	9
9	2	8	5	6	1	3	7	4

**Question on Page 6.** The distance must have been 300 miles.

- For every real Christmas tree harvested, 2 to 3 seedlings are planted in its place.
- The Christmas season begins at sundown on 24th December and lasts through sundown on 5th January. For that reason, this season is also known as the Twelve Days of Christmas.

**FREE MALL WALKER PROGRAM**

Participants may walk from:  
 7:00 to 10:00 AM - Monday through Saturday  
 9:00 to 11:00 AM - Sunday  
 Willowbrook Mall  
 The Wayne Alliance for the Prevention of Substance Abuse, Chilton Cardiac Rehabilitation and CareOn at Wayne are cosponsoring the Mall Walker Program. We Call 973-831-5367 to register for this program.

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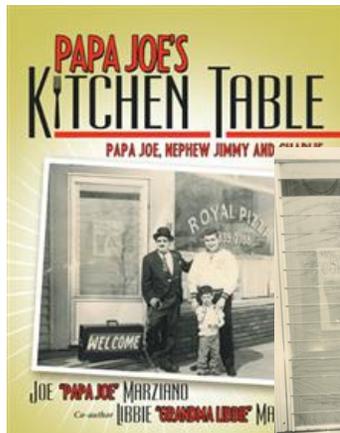
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delay, it's you  
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# Papa Joe's Kitchen Table

In 1964, at the age of 19, Joe Marziano opened **Royal Pizza** in Riverdale, and operated it for 11 years. After he retired, he and his wife wrote a cookbook with 160 recipes, as well as many helpful cooking hints and this past August it was published. It contains recipes that he used in his restaurant, also some of Grandma Libbie's award winning desserts and recipes that they obtained over the years.



*Royal Pizza was located on Hamburg Turnpike, which currently is occupied by an insurance agency.*



## **Papa Joe's Kitchen Table**

### **Book Signing**

#### **Boniello's Italian Restaurant**

72 Hamburg Turnpike

**Monday, December 7**

**4:00 - 7:00 pm**

Refreshments will be served.

**All Are Invited -**

**Don't Miss This Trip Down Memory Lane**

- Electric Christmas tree lights were first used in 1895. The idea for using electric Christmas lights came from an American, Ralph E. Morris. The new lights proved safer than the traditional candles.
- Frustrated at the lack of interest in his new toy invention, Charles Pajeau hired several midgets, dressed them in elf costumes, and had them play with "Tinker Toys" in a display window at a Chicago department store during the Christmas season in 1914. This publicity stunt made the construction toy an instant hit. A year later, over a million sets of Tinker Toys had been sold.

### **Proverbs**

- The man who finds a wife finds a good thing; she is a blessing to him from the Lord. *Proverbs 18:22*
- Listen to your father and mother. What you learn from them will stand you in good stead; it will gain you many honors. *Proverbs 1:8-9*
- God blesses those who obey them; happy the man who puts his trust in the Lord. *Proverbs 16:20*

# Riverdale Baptist Church

## **Do You Know...**

### **The Rest of the Story?**

How to have a **V**ery Merry Christmas,  
Believe on the Lord Jesus Christ:

#### **V**irgin Birth - Emmanuel

Means God with us. Christ is God in the flesh.

#### **V**irtuous Life - Jesus never sinned.

He lived the righteous life we could not live.

#### **V**icarious Death - He died on the cross in our place. Sins payment was made.

#### **V**ictorious Resurrection - He defeated death, and grants us eternal life.

#### **V**isible Return - Christ will return power and glory.

*"And she shall bring forth a son, and thou shalt call his name JESUS: for he shall save his people from their sins."* Matthew 1:21

All invited to  
**Riverdale Baptist Church**  
**Sunday, December 20**  
**10:45 AM**  
**Bell Choir**  
**Special Singing**  
**Christmas Message**



### **The American Experience**

- On November 27, 1910 Pennsylvania Station in New York City was officially opened to the public. The finished structure included 27,000 tons of steel, 500,000 cubic feet of granite, 83,000 square feet of skylights, and 17 million bricks.
- In 1620, John Howland was swept off the deck of the Mayflower and into the north Atlantic. He survived the ordeal, and nearly four centuries later an estimated 2 million Americans can claim him as an ancestor.
- On November 15, 1906 President Theodore Roosevelt visited Panama to see the progress on the canal. This marks the first time a sitting president left the U.S.
- October 14, 1912, Theodore Roosevelt was shot in Milwaukee; the bullet tore through his overcoat, pierced the manuscript of his speech, flattened his steel spectacle case, and drove into his chest. Despite his wound, Roosevelt still insisted on making his scheduled speech.
- In 1910, a wildfire tore through the Northern Rockies consuming more than 3 million acres and killing over 78 men.



## 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 meat.* Genesis 1:29

**PSYLLIUM.** Psyllium is a bulk laxative that increases the volume of the intestinal contents. The major component of Psyllium is mucilage. The seeds and the husk are hydrophilic bulking agents which swell several times greater than their original size in water. The increased bulk creates a stretching action on the wall of the intestine that stimulates peristaltic activity in the bowel.

The indigestible mucilage (active principle) is found both in the whole seed and the husk and swells when it comes in contact with water. This property has been used in diet aids to fill the stomach and intestines, as a bulk laxative and also works in diarrhea by forming a bulk that will slow down rapid, loose stools. Its drawing action makes it a good base for an internal poultice.

When Psyllium is taken with water or liquids and when six cups or more of fluid are taken with Psyllium in a day, the Psyllium acts as a bulking laxative by swelling in the intestinal tract. This aids in standardizing the habitual bowel movement, preferably a bowel movement with each normal sized meal.

If less fluid is taken in, the Psyllium will have to draw moisture from the gastrointestinal (GI) tract and its tissues, thus becoming astringent in action, which will further block an already blocked condition.

The mechanism involved is the procedure is that each seed of Psyllium has a husk (a thin, white translucent membrane). These husks are tasteless and without any odor, but when soaked in water, increase to 8 to 14 times their original size. This is due to the presence of mucilage, a complex carbohydrate that attracts and retains water.

Psyllium seeds are composed of from 10 to 30 percent of their total weight as mucilage, which is present mainly in the husk. When used in this manner, Psyllium is a form of dietary fiber taken purposefully to add bulk to the intestinal tract. It should not be consumed by any persons while they are in a constipated state.

An important purpose of the normal functioning of the large bowel is to reabsorb moisture from the loose stool as it traverses the colon and delivers it to be discharged from the system in a semi-formed or formed stool. The longer the contents of the colon are in the colon the drier they get and thus constipation results.

When used in this manner as a dietary bulking agent in the intestinal tract, Psyllium acts like both a soluble fiber, preventing cholesterol absorption and an insoluble fiber, preventing cholesterol absorption

and insoluble fiber, a scrubbing, clinging substance going through the intestines and adhering to and cleaning out old putrified waste material.

In this process, the husks are most often employed since the seed germ contains oils and tannins which are undesirable in bulk laxative preparations. These preparations are often compounded with other agents that aid in this process and are designed not to spoil, but to have an extended shelf life. The whole ground Psyllium seed, once the protective hull is broken, would spoil and the oils would become rancid due to the enzyme present in the whole raw seed.

The special asset of this compound or the raw hull is that, being a vegetable substance, it has a purely mechanical action, lubricating and cleansing the intestines simultaneously. Thus, there are no harmful side effects, either physiological or chemical.

This whole process is only safe to start after the bowels have had a thorough cleansing and start out open and mostly empty. Then it is to be remembered that at least two quarts of water (8 glasses) must be taken along with the Psyllium hulls, daily.

The Psyllium husks are a lubricating, mucilaginous, fibrous herb with drawing, cleansing, laxative properties. The Psyllium husks acts as a "colon broom" for those suffering with chronic constipation. This process of the use, made by an intake of Psyllium seed hull, is effective for inflammatory diverticulitis, as a lubricant for ulcerous mucosal lining tissue, a balancer and regulator for digestive enzymes and colon bacteria.

To sum it all up, taken properly internally, Psyllium helps overcome chronic constipation. Taken externally, Psyllium can, when using the whole Psyllium seed, either whole or whole ground, and specially prepared, relieve skin irritations. Psyllium used as a poultice will draw out pus from boils, carbuncles and sores when used as drawing agent, as an external poultice applications.

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



“It is not the critic who counts;  
not the man who points out how the strong man stumbles,  
or where the doer of deeds could have done them better.  
The credit belongs to the man who is actually in the arena,  
whose face is marred by dust and sweat and blood;  
who strives valiantly; who errs, who comes short again and again,  
because there is no effort without error and shortcoming;  
but who does actually strive to do the deeds;  
who knows great enthusiasms, the great devotions;  
who spends himself in a worthy cause;  
who at the best knows in the end the triumph of high achievement,  
and who at the worst, if he fails, at least fails while daring greatly,  
so that his place shall never be with those cold and  
timid souls who neither know victory nor defeat.”

- Theodore Roosevelt

## Proverbs

- O evil man, leave the upright man alone and quit trying to cheat him out of his rights. Don't you know that this good man, though you trip him up seven times, will each time rise again? But one calamity is enough to lay you low. *Proverbs 24:15-16*
- If you have been a fool by being proud or plotting evil, don't brag about it—cover your mouth with your hand in shame. *Proverbs 30:32*
- The wicked man's fears will all come true and so will the good man's hopes. *Proverbs 10:24*

# Riverdale Recycling & Solid Waste News for 2016

- ◇ Cans, bottles, paper and cardboard can be put out together for recycling.
- ◇ You can put out all the recycling on every Friday! Please do not include non-recyclable items with this pick-up.
- ◇ We recycle #1, #2, #4, #5 and #7 plastic food and beverage containers.
- ◇ Plastic bags, plastic toys, etc. are not acceptable for recycling.

*Please follow these simple requests:*

- ◇ Clean food off recyclables and empty liquids before you recycle them.
- ◇ As little paper as possible should be shredded - only those pieces of paper with confidential information that you don't want others to see. The less shredded paper there is in the recycling stream, the better it is for the recycling process. Because shredded paper is so small, it doesn't get sorted with other paper, and it winds up in the trash at the end of the system.
- ◇ Bottle caps are thrown in the garbage, please remove them before recycling.
- ◇ It is required that shredded paper must be put in clear or light-colored plastic bags, such as grocery bags.
- ◇ The Metal Appliances and Scrap Metal pickups are still the First Friday of Each Month.

## Morris County MUA Operates Year-round HHW Facility

In an effort to make managing household hazardous waste ("HHW") more convenient for Morris County residents, the MCMUA has a permanent HHW facility that allows both residents and businesses to dispose of hazardous materials throughout the year. The HHW facility is open by appointment on most Tuesday, Friday and Saturday mornings. Eligible businesses will be charged a disposal fee.

**To schedule an appointment, please call (973) 829-8006.**

## Morris County Continues to Sponsor HHW Disposal Events

The Morris County Household Hazardous Waste Disposal Program is designed to provide Morris County residents with an environmentally-sound way of recycling or disposing of hazardous materials found in and around the home. Disposal days are offered throughout the year at different locations to assist homeowners with a safe way to recycle or dispose of hazardous materials. If you would like more information on the specific dates and locations of the disposal events, **please contact the MCMUA at (973) 829-8006.**

**Recycling for Friday, Dec. 25 will be Saturday, Dec. 26**

**Recycling for Friday, Jan. 1, 2016 will be Saturday, Jan. 2**

## You may bring the following items to the DPW Garage on Dalton Drive.

*To arrange a drop off time please call 973-835-6077*

- ◆ Televisions (NO projection TVs)
- ◆ Computers, Laptops, Keyboards, Mice, External Drives, Modems
- ◆ Scanners, Printers
- ◆ Copy Machines
- ◆ VCRs, DVD Players
- ◆ Stereos
- ◆ Radios
- ◆ Phones
- ◆ Fax Machines
- ◆ Camcorders
- ◆ Electric Typewriters

- ◆ Cell Phones
- ◆ And most media (Floppy, CD)

## Items NOT Accepted:

- ◆ Projection TVs
- ◆ Loose Batteries
- ◆ Vacuum Cleaners
- ◆ Microwaves
- ◆ Refrigerators
- ◆ Hazardous Materials

- **Passenger Tires** may be disposed of at the Borough Garage, Dalton Drive, after paying a \$2.00 per tire fee at the Municipal Building. Tires may be on or off the rims.
- **Branches and Twigs** will be picked up on **Wednesdays**. They must be tied in bundles no longer than four feet in length. **Christmas Trees will be picked up on the same day as branches and twigs.** They must be free of ornaments, tinsel, etc. and they must NOT be bagged.
- **Leaves** will also be picked up on **Wednesdays**. They must be in **brown 30 gallon biodegradable paper yard waste bags** available from hardware and home centers.
- **Corrugated Cardboard** will be picked up on **Fridays** according to the enclosed schedule. All cardboard must be folded flat. Do NOT tie in bundles. The string interferes with the machinery.
- **Magazines, Junk Mail & Mixed Paper** will be picked up on **Fridays** according to the enclosed schedule. Do NOT tie in bundles. The string interferes with the machinery.
- **Metal Appliances and Scrap Metal** pick up will be on the **first Friday** of each month. (Doors must be removed from refrigerators and freezers before being placed out at the curb.)
- **Grass Clippings** will NOT be picked up by the DPW or the garbage hauler. We recommend mulching the clippings on your lawn or composting them.
- **Used Motor Oil** must be recycled. It may be brought to Malanga's Automotive for disposal. The cost is \$1.00 per gallon. It is unlawful to dispose of waste oil in your regular garbage. The oil must be free of contaminants, such as gasoline or antifreeze.
- **Natural Wood Waste and Oil-Contaminated Soil** must be recycled. Contact the DPW for information on vendors who handle these items.
- **Battery Recycling-Alkaline batteries may be disposed with household garbage. Rechargeable and button cell batteries may be disposed of at the Municipal Building. Vehicular batteries are accepted at Malanga's Automotive, 39 Hamburg Turnpike, at no charge.**
- **Garbage Collection is on every Tuesday.**
- **One Bulk Item** may be put out on collection day. This could be a couch, chair, mattress, box spring, etc. One roll of carpet (4 feet wide) and no heavier than 50 pounds will be picked up as a bulk item on each collection day. It is suggested you make arrangements with your carpet installer to haul away used carpet and padding.
- **Any Metal Items or Appliances** should be put out for scrap metal collection on the **first Friday** of each month.
- **Absolutely NO Construction Materials will be picked up.** Construction materials would include such items as sheetrock, tile, framing lumber, windows, doors, etc.

**Please do not place your containers in the street, place them on the curb. Especially in the winter this poses a problem if it should snow during the evening and the plows must clear the streets. Thank you for your cooperation.**

# Girl Scouts



GS Troop 96380 showed their appreciation to our local Veterans at the Veterans Day Ceremony!



Girl scouts from the Lakedale Service Unit of the Northern NJ Council, representing girls ages 5-17 from Pompton Lakes, Riverdale, Wayne & Oakland got into the holiday spirit when they donated 163 care packages to Operation Christmas Child. Through the efforts of Samaritan's Purse, the boxes will be shipped to needy children around the world.



GS Troop 94889 donated over 22 bags of Potatoes to a local food pantry this Thanksgiving Season!

## Will you be getting real change or becoming victim this season

Holiday times are once again upon us and time for those special traditions many of us hold near and dear. Whether you like to savor the flavor an good egg nog, enjoy home baked cookies or just sit around that crackling yule log; they all kindle our spirit for the season. The perfect time to bury those hatchets with family and friends and truly open our hearts to forgive. Our greatest gift in life is each other; we are not meant to build walls but instead to live fully with our whole heart mind and soul. While hearing holiday music, seeing captivating decorations at stores we may suddenly fall into an unexplainable bliss of euphoria and may receive incorrect change or counterfeit bills this holiday season.



We all want to enjoy the holidays and be full of that special glee and cheer however; it's important to be mindful to avoid victimizing situations which will prevent us from counterfeiting presentations and purposely receiving incorrect change. One of the things we need to understand is counterfeit bills are usually in dominations above a \$1.00, ie \$5, \$10, \$20, \$50, \$100 and higher as it's not worth the effort for them to attempt this on just a dollar bill. Another thing to take note of is authentic bills greater than a \$5 will use color shifting ink to print numbers depicting denominations in the lower right corner. One will notice that color will shift from copper to green and green to black and is one of the easiest features to detect with the naked eye.

There are a few things you should take note on; one being the portrait, as on a real bill it will stand out and be clear however on a fake it will not be as pronounced. If you look at a real bill you will notice that the secret service prints the serial # with the same color as the treasury seal Borders on real bills its clear and distinct versus unclear and broken lines. An easy way to detect a counterfeit bill is to feel the texture; as authentic bills feel raised. You

can use your finger to feel the raised printing or use your finger nail to detect the ridges. Remember just because it has a watermark doesn't mean it's authentic it has to match identically. Authentic notes also have very tiny red and blue hair lines on the bill.

With this new currency comes a feature that can easily be seen using a UV-Fluorescent light which will allow one to see the special marks made with fluorescent ink. Since counterfeit bills will reflect the light, no marks will be seen and activates a warning sound on many popular currency fraud detectors. Authentic currency greater than a \$2 bill will have a security thread that runs vertically through the bill and will have text of the bills amount and an image that is unique to that bill amount.

Before going shopping this holiday season with cash practice identifying authentic bills and looking for some of the security features I talked about. You may even want to get one of these counterfeit pen checkers which are usually in pack of three for around \$12.00 but remember they only detect whether US High Quality Treasury paper is used. Whether you're at your local food store, a major department store or local retailers this holiday season force yourself to be alert when it comes time to get your change. If someone or something is distracting you; pay attention to the transaction at hand and count your change twice. Also check to make sure your bills received above a \$1.00 are not counterfeit before you leave the register.

Whether you're going to pick up that quart of Egg Nog for the family at the local food store or buying your special partner those special gifts; be alert, count your change and check for counterfeit bills. I hope all of you found this article educational, useful and will choose to employ these tactics for a safe happy, healthy, holiday season.

By John Morley of The JMOR Connection

## For Dye-Bleeding Blunders

If you open the washer and everything's vaguely the same color as your new red shirt, don't despair. Skip the dryer and soak any garments that have been accidentally dyed in the wash in a bucket of rubbing alcohol, then rinse. Repeat the process until your clothes are their original color, then was as usual!

## Get Out An Ink Stain

Trying to get an ink stain out? Try spraying ultra-stiffening hairspray on the spot, then laundering as usual. Hairspray will usually remove the stain.

## Smelly Shoes!

Take a couple of old socks without holes and fill them with scented cat litter. Then place them in the shoes when you're not wearing them. They'll suck up any moisture, and odor along with it.

John C. Morley [jmor.com](http://jmor.com)

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# Fire Chief Dan Sturm

10  
Tips

## Get Ahead of the Winter Freeze

It's not too early to begin preparing for the heating season. Check these 10 tips off your list and get ahead of the winter freeze.

- Our furnace has been inspected and serviced by a qualified professional during the last 12 months. (A furnace should be serviced at least once a year.)
- Our chimneys and vents have been cleaned and inspected by a qualified professional. I have checked for creosote built-up. (Not cleaning your chimney is the leading cause of chimney fires from built up creosote. This service needs to be done at least once a year.)
- Our wood for our fireplace or wood stove is **dry, seasoned wood**.
- Our fireplace screen is **metal or heat-tempered glass**, in good condition and secure in its position in front of the fireplace.
- We have a **covered metal container** ready to use to dispose cooled ashes. (The ash container should be kept at least 10 feet from the home and any nearby buildings.)
- Our children know to stay at least **3 feet away** from the fireplace, wood/pellet stove, oil stove or other space heaters.
- Our portable space heaters have an **automatic shut-off**.
- Our portable space heaters will be **plugged directly into an outlet** (not an extension cord) and placed at least three feet from anything that can burn; like bedding, paper, walls, and even people. (Place notes throughout your home to remind you to turn off portable heaters when you leave a room or go to bed.)
- We have **tested our smoke alarms** and made sure they are working. (You need smoke alarms on every level of the home, inside each sleeping room and outside each separate sleeping area. For the best protection, the smoke alarms should be interconnected so when one sounds, they all sound.)
- We have **tested our carbon monoxide alarms** and made sure they are working. (Carbon monoxide alarms should be located outside each sleeping area and on every level of the home.)



## Fire Safety and Your Tree

- ❖ **Keep tree base immersed in water.**
- ❖ **Do not permit smoking near the tree.**
- ❖ **Use only lights that are U.L. approved.**
- ❖ **Use flame retardant decorations and paper.**
- ❖ **Inspect lights for frayed or cracked wiring, broken plugs, and defective sockets.**
- ❖ **Unplug lights at night and when leaving the house.**
- ❖ **Remove the tree soon after the holidays - before the needles dry out.**

**Prevention of Food Poisoning is actually quite simple if you remember a few simple steps. A good rule of thumb - "When in doubt, throw it out. Don't taste any food that's looks or smells questionable.**

**Clean:** Wash hands, utensils, cutting boards and countertops after each use. Use soap and warm water.

**Separate:** Don't cross-contaminate. Separate raw meats, poultry, seafood and eggs from other foods.

**Cook:** Cook to the right temperature. Always use a food thermometer. Keep hot foods hot and cold foods cold. Set out food only when it is time to eat, food left out in excess of 2 hours can become dangerous to eat.

**Chill:** Refrigerate/freeze food promptly. Follow the 2 hour rule - leftovers should be stored in fridge or freezer within 2 hours of being cooked.

## AVOID THESE HOLIDAY TRIP-UPS, FIRE HAZARDS, AND OTHER SAFETY SNAFUS.

- 1. Merry and Bright:** Carefully inspect holiday light strings each year and discard any with frayed cords, cracked lamp holders, or loose connections. When replacing bulbs, unplug the light string and be sure to match voltage and wattage to the original bulb.
- 2. Lights Out:** Always turn off holiday lights when you leave the house unattended or when going to bed.
- 3. Fresh Is Best:** Try to purchase a freshly cut tree, as they are more resistant to ignition. Keep your Christmas tree watered and away from open candles.
- 4. Timing Is Everything:** Use an outdoor timer certified by CSA International to switch lights on and off. Lights should be turned on after 7 p.m. to avoid the electricity rush hour.
- 5. Check for the Certification Mark:** When purchasing light strings, extension cords, spotlights, electrical decorations, gas appliances, or carbon monoxide alarms, look for the certification mark of an accredited certification organization such as CSA International, UL, or ELT to ensure that the products comply with applicable standards for safety and performance.

- 6. One and Done:** Never connect more than one extension cord together; instead use a single cord that is long enough to reach the outlet without stretching, but not so long that it can get easily tangled.
- 7. The Great Outdoors:** When hanging outdoor lights, keep electrical connectors off the ground and away from metal rain gutters. Use insulated tape or plastic clips instead of metal nails or tacks to hold them in place.
- 8. Climbing Up:** Using a ladder when you put up lights? Choose the correct ladder for the job and double check for a certification mark to ensure your portable ladder complies with applicable standards.
- 9. Keep the Gas Behind Glass:** Do not use your gas fireplace if the glass panel is removed, cracked, or broken, and only allow a qualified service person to replace fireplace parts.
- 10. Sound the Alarm:** Test your smoke alarms monthly to make sure they work, and be sure to install smoke and carbon monoxide (CO) alarms on every level of your home -- especially near sleeping areas.
- 11. Filter-Friendly Furnace:** To help prevent CO hazards in your home, have a qualified heating contractor perform a yearly maintenance check of your furnace and venting system, and clean or replace your furnace filter frequently during the heating seasons.
- 12. Clean the Clutter:** Do not store combustible materials such as gasoline, propane, paper, chemicals, paint, rags, and cleaning products near your gas furnace. Gasoline or propane cylinders should be stored outside the home.

# CARO 74

## Baroque Jewelers Holiday Sales Event

Special Holiday Offer  
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## Baroque Jewelers

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Holiday Hours starting December 7

◇ Monday	12:00pm - 8:00pm
◇ Tuesday	12:00pm - 8:00pm
◇ Wednesday	12:00pm - 8:00pm
◇ Thursday	10:00am - 6:00pm
◇ Friday	10:00am - 6:00pm
◇ Saturday	10:00am - 5:00pm
◇ Sunday	12:00pm - 5:00pm





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# Choose Wisely

Do you want a "Jack of All Trades" or a MASTER of ONE?!



Would you rather have a master mechanic work on your car or a shade-tree mechanic?



Would you rather have a master plumber or a guy who dabbles in plumbing?



You get the idea.

I don't sell pillows or mattresses or vitamins. I don't give exercise programs or do physiotherapy, muscle stim, low back traction, electroshock therapy or heat or cold.

**I DO ONE THING, and I DO IT WELL. I locate and correct spinal subluxations.**

Whether you know it or not, you probably have spinal subluxations.

Let me explain. Chiropractic is actually only one thing. It is the detection and correction of a health condition that affects millions of people: Spinal Subluxation (pronounced sub-luck-say-shun). Subluxations are misalignments of the vertebrae of the spine. Misalignments happen to almost everyone at any age from the daily stresses of living.

But subluxations are way more than just misaligned bones. Subluxations are nerve interference. Your spinal cord and nerves control all function and all healing in your body. Subluxations cause nerves to malfunction, which causes organs to malfunction, which leads to dis-ease.

The only way to know for sure if you or your family have subluxations is to be checked by a chiropractor. And I would recommend that you choose a master, not a dabbler.



43 Newark Pompton Tpke., Riverdale

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# Happy Holidays



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PRSR STD  
ECRWSS  
U.S. POSTAGE  
**PAID**  
EDDM Retail

Due to the Holidays, Recycling  
Pick-ups are being rescheduled:

**Saturday, December 26**

**Saturday, January 2**

\*\*\*\*\*ECRWSS\*\*\*\*

Local  
Postal Customer

# Workmanship To Perfection



Equipment



Supply

Happy New Year  
**2016**



## COVELLO BROTHERS

*"Service  
with Pride"*

## CONTRACTORS

### COVELLO BROTHERS

### ***COMPLETE SITEWORK***

**Excavating \* Drainage \* Grading  
Underground Utilities \* Sand & Gravel**

# 973.835.8850

**83 Newark Pompton Turnpike, Riverdale**