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# **NEWS & EVENTS**

*News for and about the residents of Riverdale*

**December 2014**

**Volume 9 Number 12**



William Budesheim, Editor  
Lori Clinton, Associate Editor

*Columnists*

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

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**BEHIND THE SCENES Report**

**Mayor William Budesheim's**

'Twas the night before Thanksgiving, I am working on this newsletter before the deadline, and our DPW Superintendent Steve Schotanus dropped in. It is nearly 10:30 at night and our guys are wrapping up the snow plowing. Wished him a Happy Thanksgiving and am grateful that they will be able to share this wonderful holiday with their families. "Thank you, Riverdale DPW, for keeping our streets clean and safe!"

Throughout each weekday I am fortunate enough to be here in the office when our residents stop in with questions, suggestions and issues. This gives me the opportunity to keep my eye on the ball, to be aware of the concerns of the community. The visitors may not always hear what they expected, but the answers are honest.

Recently, two former residents came by and presented a substantial donation in memory of their parents for the benefit of the Police and Fire Departments, as well as the First Aid Squad. Many thanks to the children of Albert and Ruth Lambert.

One resident stopped in to ask for help with the trees on his street that were lifting up the sidewalks to a dangerous imbalance. A program had already been put in place to remedy this problem. In the meantime we spoke about a number of issues giving him the opportunity to express his thoughts.

Another resident paid me a visit concerning the Pilgrim Pipeline. I had met with the company about six months ago. Riverdale resident Dan Sautner asked if Riverdale could adopt a resolution opposing the project. I prepared such a resolution and had the unanimous support of the Council.

The drainage and paving project in the Stoneleigh neighborhood has been stopped because of delays by Public Service. Before excavation is allowed we must get mark outs from all of the utilities. Unfortunately, Public Service could not locate their gas lines, taking six weeks to finally determine where they were situated! We are now into winter and our engineer will determine if the weather will remain conducive to initiating the project.

Last week many local officials went to Atlantic City for the League of Municipalities Annual Convention. It was recommended by the leadership of the League that I moderate the panel on a new, critical issue confronting municipalities - "Sovereign Citizens". This well-attended presentation was covered by the Star Ledger and the Bergen Record. Yours truly was quoted in the Record article:

*Officials worry that the movement could grow even more.*

*"This is a great concern," Riverdale Mayor William Budesheim said.*

*"Usually when you hear the word 'sovereign,' it's really positive."*

*He added: "They've taken a good word and applied it in a misleading manner. These sovereigns are really just anarchists."*

I was proud and honored to represent Riverdale on this important panel.

Wishing everyone a healthy and joyful holiday season. Looking forward to a prosperous and productive new year in 2015!

Merry Christmas and Happy New Year!



**No-Spill Party Drinks.** We love anything that gives us more time to talk to our company and cuts down on hosting duties during a party. One simple way to hand out drinks—use muffin trays instead of flat trays. You can easily carry two dozen glasses without breaking a sweat and even younger family members will be able to help.



Although plastic garbage bags were invented in 1950 by two Canadians, the bags were intended for commercial use. The first customer

was the Winnipeg General Hospital. It wasn't until the late '60s that Union Carbide bought the rights to the idea, and introduced GLAD garbage bags to the home customer.

# The Seniors' Corner



## FIRST MEETING

The November 5<sup>th</sup> meeting of the Riverdale Seniors was opened at 10:30 a.m. by **President Dorothy Bowersox**. **Chaplain Elaine Peacock** gave an appropriate reading for the season "The Crimson Days of Autumn", followed by the flag salute, club pledge, and singing of "God Bless America".

In honor of Veterans Day, Dorothy asked all veterans to stand. They received applause and she thanked them for their service. She then informed members of the dates and times in November available to receive flu shots, both at our Community Center and neighboring towns. Also she reminded us that the Fire Chief will speak at the first meeting in December. At the second meeting, we will have musical entertainment by children from the Riverdale School, followed by a Pizza Party. **Grace Chiesa** then acknowledged the four November birthdays, and those members stood up and received a song. She also reported on cards sent to ill members.

Committee reports were given by the secretary and treasurer. **Warren Sheps** of the Trip Committee asked interested members to sign up and pay "asap" for a trip to the Sands Casino with a Tony Orlando show in December. He also told us that he attended a Council Meeting and questioned the lack of emergency equipment such as a defibrillator, oxygen, etc. at the Community Center which hosts many public events. He did find out that the town has a defibrillator which has to be operated by trained personnel, and that a CPR class, open to all, is scheduled this month.

Our guest speaker, **Morris Selevan**, an elder lawyer, presented a program focusing on several legal issues important to senior citizens; estate planning, legal documents, Medicaid planning, and veteran's aid planning. There was a question and answer period during each category, and we received valuable information and advice, and perhaps the need for further legal service.

The meeting was adjourned, the raffle conducted, a joke told, refreshments served, and Bingo played.

**SECOND MEETING** - The November 17<sup>th</sup> meeting was called to order by **President Dorothy Bowersox** at 10:35 a.m. Dorothy wished all a Very Happy Thanksgiving and welcomed back **Joan and San Adornetto, Bob Wolf, and Carole Romaine**.

**Chaplain Elaine Peacock** read an inspirational message titled "Give Thanks with a Grateful Heart". **Secretary Jean McMichael** and **Treasurer Laura LaRosa** gave their reports. **First Vice President Grace Chiesa** reported on ill members.

Trip Coordinator **Warren Sheps** reported on our Sands Casino trip. Warren informed us that a defibrillator has been installed at the Center.

President Dorothy Bowersox asked members to participate in decorating our club Christmas tree following our next meeting. Dorothy announced that the Riverdale School Chorus will present their Christmas Concert at our December meeting. Members are looking forward to the Concert. Pizza will be served after the concert. The meeting was adjourned. Refreshments were served and Bingo was played.

*Presented by Kay Boucher*

## SENSUOUS MARINARA OVER SPAGHETTI

*By Librarian Linda Vogel*



### INGREDIENTS:

- ◆ 1 Can (16 oz.) crushed tomatoes
- ◆ 2 tbsp. minced parsley
- ◆ 2 cloves of garlic, minced, sautéed
- ◆ ½ teaspoon dried basil
- ◆ 2 tbsp. dried oregano
- ◆ 1 Can (16 oz.) tomato sauce
- ◆ 1 lb. ground meat cut up and browned
- ◆ 3 sausage links, take out of skin and sautéed with ground beef

### PREPARATION:

In pot combine crushed tomatoes, tomato sauce, parsley, garlic, basil and oregano. Brown meat and sausage in frying pan and add to sauce when cooked. Cook on low for 2 hours. Cook spaghetti as directed on box. Enjoy!



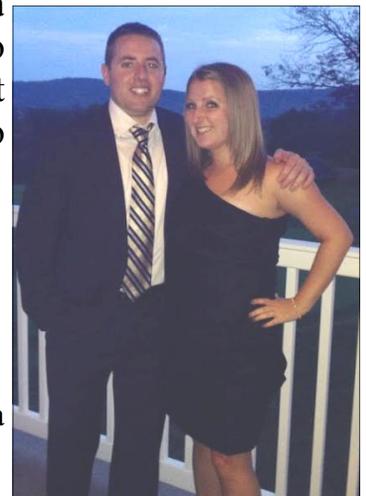
## Engagement

The **Szabo and DiScala Families** are excited to announce the engagement of **Tara Lynn Szabo** to **John Paul DiScala**.



The couple is planning a November 2015 wedding.

We wish them many years of love and happiness!



# BY and LARGE

## Ready or Not Here Comes Christmas

By Elaine Peacock

Well are you ready for Christmas? Probably not between the cards that need to be written, gifts to be bought and wrapped, special once a year treats to be made, a tree to be trimmed, etc. It all becomes so overwhelming that by the time we are ready for Christmas its almost over.



This year try and take some time to actually think what Christmas means to you, not all the trappings of Christmas but the feeling you used to get as a little child with eyes like saucers taking in all the sights, sounds and smells of Christmas.

I think GOD meant us to savor Christmas and He likes to surprise us. Remember how surprised the shepherds were that night they weren't expecting anything special but they received special just the same in the form of blinding light, choirs of angels and a heavenly being telling them that a savior had been born to them.

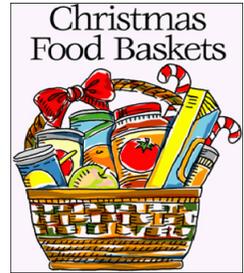
Sometimes I think that what we all need a blinding light to remind us that GOD is trying to get our attention away from the hustle and bustle of the season and listen to his message for us. So as we try to get ready for Christmas remember to listen for GOD's voice and the special message he has for each one of his precious children. Merry Christmas to All!

# Riverdale Food Pantry

Thank you for your generous and continued support.

### We need

- ◆ Cereal
- ◆ Tuna
- ◆ Rice
- ◆ Instant Potatoes
- ◆ Canned peas
- ◆ String beans
- ◆ Jelly
- ◆ Tomato Sauce
- ◆ Pasta
- ◆ Mac 'n Cheese,
- ◆ Cookies
- ◆ Coffee and tea
- ◆ Dish/Laundry Detergents
- ◆ Large Grocery Bags



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.

A special thank you to **Tom and Noreen Frodella of Emmaus For Vets** for their generous donation to the annual Christmas Drive for Children. If anyone wishes to donate to the Christmas Fund please contact Linda or Connie at 973-835-4060 x6 or 214.

### 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**.

## 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



### 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
- ◆ Glenburn Estate Rentals

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

## Movie Trivia

**HOME ALONE** 1990

◆ Joe Pesci deliberately avoided Macaulay Culkin on set because he wanted Culkin to think he was mean.

◆ In the scene where Harry attempts to bite off Kevin's finger, Joe Pesci actually bit Macaulay Culkin, leaving a scar on his finger.

- ◆ Joe Pesci kept forgetting that he was filming a "family" movie during his character's on-screen outbursts, so director Chris Columbus advised him to say "fridge" instead of the "F-word".
- ◆ Daniel Stern agreed to have the tarantula put on his face for exactly one take. He had to mime screaming because the noise would have scared the spider, and the scream was dubbed in later.
- ◆ The movie that Kevin watches on video tape is not a real film, but footage specially created. It was called "Angels With Filthy Souls." Along with other similar era references in the movie, this is a play upon the movie Angels with Dirty Faces (1938) starring James Cagney.
- ◆ The line "You guys give up, or are you thirsty for more?" was improvised.
- ◆ Despite filming a family movie, Daniel Stern once slipped in the "s-word," which can be heard when he is retrieving his boot through the doggy door at 55:27 on the DVD.
- ◆ John Candy filmed his part in only one day, albeit an extremely long 23-hour day. The story about having once forgotten his son at a funeral home was entirely improvised. His part is obviously inspired by the character he played in Planes, Trains & Automobiles (1987) also written by John Hughes.
- ◆ Entered into The Guinness Book of World Records as the "Highest Box Office Gross - Comedy", accumulating \$533,000,000 internationally. The highest-grossing movie of 1990.
- ◆ Macaulay Culkin drew the map that he uses to set up the traps.
- ◆ The concept for this movie originated during the filming of a scene in Uncle Buck (1989) in which Macaulay Culkin plays a character who interrogates a would-be-babysitter through a letterbox.
- ◆ Kevin's plane ticket can be seen briefly in the trash can after Peter McCallister cleans the counter.
- ◆ The ornaments that Marv steps on are actually candy.
- ◆ The movie is considered a traditional Christmas movie in Poland. It has aired on national TV during prime time Christmas season every year since 1990. In 2011 the movie aired on December 23rd with an audience of over 5 million, making it the most popular show aired during the Christmas season in Poland.
- ◆ The scene in which Kevin is buying a toothbrush was the first scene shot for the movie.
- ◆ The car that "Santa" (the guy Kevin talks to about getting his family back) starts before it stalls out is a 1980 Honda Civic hatchback. It really did stall on camera as the actor was driving it away.
- ◆ The last scene filmed was the scene in which Kevin is running through the water-filled basement. The scene was filmed in the swimming pool of the local high school.
- ◆ Robert De Niro turned down the role of Harry.
- ◆ There is a legend that Elvis Presley (who died in 1977) makes a cameo in this movie. Many of those who believe that Elvis is still alive maintain that, the heavily bearded man standing in the background of the scene where Mrs. MacCallister is shouting at the desk clerk (just before she meets John Candy) is Elvis.
- ◆ Daniel Stern wore rubber feet for his barefoot scenes.
- ◆ The "evil furnace" in the basement was done by two guys with fishing line and flashlights.

- ◆ The sled next to the TV when Kevin is watching How the Grinch Stole Christmas! (1966) is in Chris Columbus's office. It was signed by the entire cast.
- ◆ Several of Chris Columbus's family members make cameos in the film: His mother-in-law and his then-infant daughter Eleanor Columbus are both passengers on the plane. His wife Monica Devereux-Columbus is a stewardess and his father-in-law plays the police officer who gives the line "tell them to count their kids again."
- ◆ The wax-and-plastic artificial snow used in this film was given to the Lyric Opera of Chicago when shooting finished. It has since been used in numerous opera productions.
- ◆ According to Chris Columbus, Kevin Nordine did all the effects for the film in his parent's basement in Chicago, by drawing all the effects onto the film. He also did the effects for only a few hundred dollars at a time.
- ◆ Although the part was written especially for Macaulay Culkin by John Hughes, several hundred other boys were auditioned by director Chris Columbus just because he wanted to confirm that Culkin was right for the part.
- ◆ The poster and video box image of Kevin with his hands on his face and screaming, is based on the famous painting "The Scream" by Edvard Munch.
- ◆ John Williams's score for the film is a song called "Somewhere In My Memory." It's used mainly as soundtrack for both Home Alone films; however, he did a couple different recordings of the song itself. The full song done with vocals is on the Home Alone 2: Lost in New York (1992) music soundtrack with Bette Midler.
- ◆ Director Chris Columbus envisioned a scene in which the furnace came to life, gets up on all fours and chases Kevin to the stairs. The scene would have cost over a million dollars so it was trimmed down to the furnace simply lighting up and groaning Kevin's name.
- ◆ The police station was actually the office of a high school.
- ◆ The BB that hits Marv in the face was actually hand-painted.
- ◆ One of Kevin's cousins Fuller who apparently wets the bed is Macaulay Culkin's younger brother Kieran Culkin.
- ◆ Kevin's elderly next door neighbor who was thought to be a murderer shares the same surname as Jacob Marley Ebenezer Scrooge's deceased partner in Charles Dickens's famous story A Christmas Carol.
- ◆ Raja Gosnell: The voice on the answering machine when Harry and Marv are robbing their first house is the film's editor, who would later direct Home Alone 3 (1997).
- ◆ The picture Kevin finds of "Buzz's girlfriend" was a picture of a boy made up to look like a girl because Chris Columbus thought it would be too cruel to make fun of a girl like that. The boy that was used in the photo was the art director's son.
- ◆ According to Chris Columbus during an interview with Alec Baldwin on Baldwin's podcast Here's the Thing, John Heard was unhappy about working on the film, feeling that the film was going to be terrible. However upon seeing the finished film and it's subsequent success, Heard apologized to Columbus when they were shooting his scenes on the film's sequel, having broken character before his first take to tell Columbus. The director says he still had footage of Heard's apology on video tape.
- ◆ Chris Columbus had storyboarded a few scenes in which Kevin would have a dream where the house would come to life. One included the evil furnace in the basement, which would chase him to the stairs, and another which several toy nutcrackers would come to life along with the house. The scenes, however, would have been too expensive on such a tight budget and the ideas were dropped.



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## Christmas Season Household Tips

**Sappy Hands.** The scent of evergreens is pure magic, but you could do without the sticky sap left on your hands after collecting branches. Bring out the mayonnaise. Rub a small spoonful on your hands like lotion and the sap will wash right off.

**Long-Lasting Wreaths.** We love the look of pine wreaths and garlands, but hate it when needles get all over the floor. To keep the needles from falling, spritz your holiday greenery with hair spray right after you purchase it. The hair spray will keep the needles moist and where they belong.

**Outdoor Christmas Decorations.** When pruning your trees and bushes in the spring or summer, make sure to save some branches for later use. Then spray paint them red, white, silver, or gold and you have an instant Christmas decoration! Place them in planters of flowers that are dead for the winter, and add lights or ornaments.

**Free Tree Stand.** Instead of buying a stand for your Christmas tree, simply fill a bucket with sand. You can still water it, and you won't have to deal with the hassle of readjusting the stand so the tree isn't crooked.

**Watering Your Christmas Tree.** If you have trouble getting a watering can to reach underneath the lowest bows of your Christmas tree, throw several ice cubes into the base each day to easily keep it watered.

**Frost Your Windows.** If you want your windows to look like they've been touched with frost this holiday season, just mix 1 tablespoon Epsom salts with 1 cup beer, then brush onto the window with a small paintbrush. When you're ready to remove the frost, just wash it off with ammonia and water.

**The 365 Days of Christmas.** Before your tree goes out the door, pull off a few handfuls of needles that you can keep at simple potpourri. Little cloth bags are readily available in craft stores, or



## The Riverdale Woman's Club

has been very busy these last few months. In October for Breast Cancer Awareness month cards with lifesavers attached were placed in the library to remind women to get their annual mammogram.

In October the Arts Creative Department made ornaments for the Christmas trees it will decorate for Chilton Hospital. In November they met and made Christmas wreaths out of Christmas socks! In January they will have a demonstration on how to make greeting cards. For information contact Dolores at 973-835-3449.

The Culinary is planning to cook a dinner with products purchased at Traders Joes in January. These dinners are always a fun and food filled evening! For information contact Sue Suessmann at 973-492-7942.

Social Services Chairman collected and delivered a holiday food basket to a local family. The family was appreciative and our members are always happy to contribute to a neighbor in need.

The Club will be having its annual Christmas Brunch on Sunday, December 7<sup>th</sup> at Timbers in Oakland. The cost is \$30 a person and guests are welcome. The highlight will once again be the raffle of a lovely handmade afghan by Josephine Spenillo. For information contact Nancy Bird at 201-452-5515.

*The Riverdale Woman's Club wishes all our neighbors and friends a Merry Christmas and a Happy, Healthy New Year.*

**Question. Prosperous Business.** A man started a business with a capital of \$2,000, and increased his wealth by 50% every three years. How much did he possess at the expiration of eighteen years? *Answer on Page 21.*

## WARNING

**Computer fraud isn't limited to the Internet**

**Unscrupulous computer tech companies charge you for the same repairs over and over again**

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**John, a Riverdale Resident, can come to you to work on your computer or you can visit him at his Kinnelon Location**

you can make your own out of old nylons. Just cut a scrap into a square, place the needles inside, bundle up and tie with a ribbon. There's no reason not to enjoy that woodland scent all year long.

**CLASSIC TIP.** Wondering how much food to make for your big soiree? Wonder no longer. At a cocktail party (no dinner served), 10—12 bite-sized portions per person is a good bet. If you're also serving a meal, figure on 4—5 bites per guest. For dip, figure 2 tablespoon per person (plus veggies or crackers for dipping), and for cheese, get 4 ounces for each person.

# Neighbors in Nature

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

## How to Measure the Thickness of a Soap Bubble



A few of the photos I had on display at the Riverdale Library illustrated scientific principles. For example the whirligig beetle making surface water waves as it swam, the wave crests ahead of the

beetle were closer together than the waves flowing out behind it. This illustrated the water wave equivalent of the Doppler Effect.

Another science example was the insects whose colors were not due to pigments in the skin but were the result of light wave interference like that seen on a soap bubble colors or on wet pavement due to oil droplets spread out on the water. With those insects the skin have two layers and the inner layer reflects light back out through the outer layer.

Incoming waves interfere and combine with the returning reflected rays. The net effect is the color of the insect that you see. From a different angle of your view you will have a different net effect and see a different color. The color you see will change as your view point changes. You see a similar effect with soap bubbles. The swirling of multicolored you see on soap bubble is because the thickness of the bubbles are not uniform with just soap and water alone. With other mixtures for bubbles, you get three uniform layers, an outside layer of additive and soap, an inside layer also of additive and soap, and an in between layer mostly of water. These additive bubble solutions will look uniform in color, not swirling mixtures of colors. The color will change as the bubble is inflated. It will start with red and as it grows will become blue to purple. Red color is a longer wavelength that fits smaller, thicker bubbles and blue is a shorter wavelength that fits thinner bubbles.

Go onto the Internet and check out "super soap bubbles". You will get many recipes on what to mix and how much to mix to get super, colorful, and long lasting bubbles. If you are planning to try this

### **GET ADULT SUPERVISION!!!**

### **And protect work areas with news papers and paper towels.**

One recipe I have seen calls for a container that will hold five or more cups and has a secure lid. You can go to smaller containers by using smaller portions.

6 part water = 3 cups

2 parts dish detergent = 1 cup, plus one teaspoon of glycerine.

Cap the container securely, shake the mix vigorously and let it stand overnight.

If you like math and like to experiment (A teacher or some other adult should advise!), you can actually get a good measure of just how thick (or thin) a soap bubble is.

You will need:

- 1, a glass or plastic eye dropper with a measuring mark at 1.0 ml.  
1 ml. = 1 cubic centimeter
- 2, a small container to catch soap solution drops as you count the number of drops in one cubic centimeter.
3. You should be able to get the rubber "squeezer" off the measuring dropper because you will need the tube by itself for blowing a bubble from just one drop.
4. a centimeter ruler to estimate the size of the diameter of your bubble.
5. an old discarded news paper and some paper towels for your work area.

### THIS PART DEFINITELY: ADULT GUIDANCE!

1. Hold the dropper vertically and fill it to the 1.0 milliliter mark with super soap solution.
2. squeeze the solution, drop by drop, and count how many drops are in one milliliter. Do this several times. If your dropper is held vertically you should get about the same count each time. Use the count that is about average.
3. calculate the volume of one drop in cubic centimeters. 1 milliliter = 1 cubic centimeter. With my dropper and soap solution I got 50 drops from one milliliter. That would be 0.02 cubic centimeters in one drop from my dropper and my soap mix.
4. Remove the rubber part of the eye dropper and was the dropper glass or plastic tube in running water and wipe dry with a tissue. Remember, you are going to blow bubbles with this tube, you want it clean. Only blow at the end of the tube that had the rubber on it, not the part where the soap comes out!
5. Touch the dropper open end to the surface of your bubble solution. Some solution will rise up into the dropper. This will be about one drop.
6. Hold the dropper vertically, soap drop end down, and **gently** blow a soap bubble. Have your helper estimate the size of your bubble with the centimeter ruler.

If you are by a window and you can get the shadow of the bubble on a nearby wall, you can have them measure the size of the shadow. Note the size of the bubble when color first shows color and again as gets bigger, until it pops.

Once you have a bubble diameter in centimeters, you can calculate the surface area of the bubble in square centimeters. The formula for the area of a sphere is pi times the diameter in centimeters times the diameter again and divide that result by 4.,  $\pi \times D \times D / 4$   $\pi = 3.14$

For my own result with a 5 centimeter diameter bubble I got an area of 78.5 cm.cm. My volume was 0.02 cm.cm.cm, this divided by 78,5 cm.cm I got a thickness of 0.000255 cm. That was a bit on the thin side, A red bubble will be nearer to 0.00007 cm. and a blue bubble about 0.00005 cm.

## 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 the letter in **Santa's Special Mailbox** in front of Borough Hall and be sure to include your return address.





# Holiday Safety Advice from Fire Chief Dan Sturm



As you deck the halls this holiday season, be fire smart. A small fire that spreads to a Christmas tree can grow large very quickly.

### Picking The Tree.

- ◆ Choose a tree with fresh, green needles that do not fall off when touched.

### Place The Tree.

- ◆ Before placing the tree in the stand, cut 2" from the base of the trunk.
- ◆ Make sure the tree is at least three feet away from any heat source, like fireplaces, radiators, candles, heat vents or lights.
- ◆ Make sure the tree is not blocking an exit.
- ◆ Add water to the tree stand. Be sure to add water daily.

### Lighting the Tree.

- ◆ Use lights that have the label of a recognized testing laboratory. Some lights are only for indoor or outdoor use.
- ◆ Replace any string of lights with worn or broken cords or loose bulb connections. Connect no more than three strands of mini string sets and a maximum of 50 bulbs for screw-in bulbs. Read manufacturer's instructions for number of LED strands to connect.
- ◆ Never use lit candles to decorate the tree.
- ◆ Always turn off Christmas tree lights before leaving home or going to bed.

**After Christmas** get rid of the tree after Christmas or when it is dry. Dried-out trees are a fire danger and should not be left in the home or garage, or placed outside against the home. Check with your local community to find a recycling program. Bring outdoor electrical lights inside after the holidays to prevent hazards and make them last longer.

Winter holidays are a time for families and friends to get together. But that also means a greater risk for fire. Following a few simple tips will ensure a happy and fire-safe holiday season.

### Holiday Entertaining

- ◆ Test your smoke alarms and tell guests about your home fire escape plan.
- ◆ Keep children and pets away from lit candles.
- ◆ Keep matches and lighters up high in a locked cabinet.
- ◆ Stay in the kitchen when cooking on the stovetop.
- ◆ Ask smokers to smoke outside. Remind smokers to keep their smoking materials with them so young children do not touch them.
- ◆ Provide large, deep ashtrays for smokers. Wet cigarette butts with water before discarding.

### Before Heading Out or to Bed

- ◆ Blow out lit candles when you leave the room or go to be.
- ◆ Turn off all light strings and decorations before leaving home or going to bed.

### Facts

- ◆ Two of every five home decoration fires are started by candles.
- ◆ Nearly half of holiday decoration fires happen because decorations are placed too close to a heat source.
- ◆ One of every three home Christmas tree fires are caused by electrical failures.
- ◆ A heat source too close to the tree causes roughly one in every six of the fires.

## Coney Island Wood Fired Brick Oven



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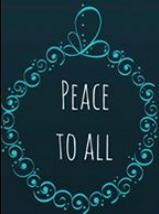
**P.O. Box 208, Riverdale**

# Riverdale Holiday Gifts & Vendor Fair

Where:  
Community Center  
57 LOY AVE.

TIME: 10am-2pm

WHEN: DECEMBER 7TH



Mini photo sessions with

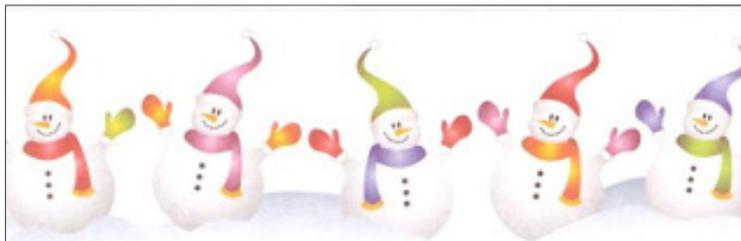
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## GIFTS & RAFFLES BY:

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- ★ 31 Bags ★
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- ★ Wrap me Tender ★

FREE CHILDCARE WHILE YOU SHOP



Wanaque School PTA's  
11<sup>th</sup> annual

# Holiday Bazaar

Saturday, December 6

10:00 am - 3:00 pm

Wanaque Elementary School  
1 First Street, Wanaque

Get all you holiday shopping done in one place!

Well known vendors and unique local crafters include...

Pampered Chef, Tastefully Simple, 31, Origami Owl, Scentsy, doTerra, Jamberry Nails, Arbonne, It Works, Park Lane Jewelry, Scholastic Books, gourmet foods, homemade jewelry, soaps, children's items, home décor, candles and so much more!!!

Free Admission!



# Christmas Craft Fair

Girl Scout Troop 70323  
will be hosting a

## Craft/Vendor Fair

December 6  
2:00 pm - 8:30 pm  
&

December 7  
10:00 am - 2:00 pm

276 Wanaque Ave, Pompton Lakes  
next to the Cardinal Cafe

Stop in to do some holiday shopping and, as always,  
thank you for supporting your local Girl Scouts!  
Be sure to visit us during the Holiday Stroll.



Fresh Cut Christmas Trees available at  
**The Glenburn Estate**

every weekend between Thanksgiving & Christmas,  
Thursday & Friday evenings too.

Or visit us in Bloomingdale for an even bigger selection &...

- \* Fresh Cut & Live Trees
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- \* Poinsettias
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# RIVERDALE SCHOOL NEWS

*From the desks of Riverdale School Superintendent Vicki Pede and Principal Daniel Cullen*

It is countdown to the New Year time already! My goodness how fast this school year is moving along. Believe it or not, the first marking period of the 2014-2015 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! Fall 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 quality conversation with your child's teacher as a benchmark of his/her progress this school year. Please feel free to connect with the school at any time to obtain any additional specific information that you desire. A strong home-school connection is the key way for each of us to assist in a child's educational endeavors with communication being a district goal!

Learning continues to move along strong in all aspects of our school. Our Veteran's Day Assembly on November 11<sup>th</sup> was a great example of how thankful our students and staff are for all of those who served our country. Poems, songs, and speeches highlighted the appreciation

for all these fine men and women did (and do) for the freedoms we are so fortunate to have at this time. It was so nice to see and hear the abilities of our children in expressing their thanks. Our event was well attended as thirteen veterans and their families were honored by our school community.

At this time of year, often we are extra thankful for the many privileges we have in America. Our kindergarteners celebrated with their annual Thanksgiving Feast on November 26<sup>th</sup> with both families and friends. This is such a wonderful opportunity for them to share with others! Our classrooms and halls are filled with expressions of thankfulness by our children. In addition, our annual traditional Turkey Bowl for our seventh and eighth graders was held on November 14<sup>th</sup>. The results showed that the eighth grade boys won while the seventh and eighth grade girls tied. As observers, we can certainly state that everyone did the best that they could for sure!

Enjoy these beautiful December days and the times we each have with our children during this end of 2014. We are so fortunate to have time with family and friends, and the positive partnerships established with the school can only help to support our children. We look forward to seeing everyone at the Holiday Gathering that begins at the Community Center this year and transitions to our school as we celebrate our new display! Best wishes for a terrific remainder of this year!

## Upcoming School Events and Reminders

Holiday Gathering	Thursday, December 4 at 6:30 PM	Community Center
PTA Holiday Gift Shop	Friday, December 5 all day	Riverdale School
PTA Holiday Breakfast	Sunday, December 7 at 8:00am - 12:00pm	School Cafeteria
PTA Holiday Party/Meeting	Thursday, December 11 at 7:00 pm	School Cafeteria
Winter Concert	Monday, December 15 at 7:30 pm	School Gym
Student Council Winter Dance	Friday, December 19 at 7:00 - 9:00 pm	School Gym
Early Dismissal-Holiday Recess	Tuesday, December 23 at 12:40 pm	Early Dismissal
Holiday/Winter Break	December 24, 2014 - January 2, 2105	School Closed
Classes Resume	Monday, January 5, 2015	School Open

**Welcome Home Our Troops from Iraq and Afghanistan**  
*Lets welcome them home Riverdale style!!!*

**Monday, December 22**  
**7:00 - 9:00 pm**  
**Glennburn**

**Merry Christmas**

**Bonfire, hot chocolate and some Christmas carols!!**

## Feeling Flirty This Holiday Season? Tag, You're It!

With Thanksgiving behind us, it's time to kick the holiday season into high gear! Deck the halls, trim the tree, and have awkward encounters with strangers while shopping!

A few years ago, it snowed the day after Christmas, and the supermarket was crowded with people stocking up before the storm.

I turned down an aisle that was surprisingly empty except for a lady walking toward me. She was middle-aged (probably a year or two younger than me) and attractive.

And she was smiling at me.

I gave her a half-smile and looked back down at my shopping list. She didn't look familiar. She wasn't one of my wife's friends. I'm bad with names and faces (and getting worse with age) but she didn't look like a former co-worker or classmate. She was a total stranger.

When I looked up again, she was still staring at me, still smiling.

I was alone in the store—no wife, no kids. I was wearing a new pair of jeans I'd gotten for Christmas, along with a new winter hat. Maybe she thought I looked handsome. Was she *flirting* with me?

As we passed each other in the aisle, I caught her eye. She smiled engagingly. I smiled back, so dashing, Johnny Depp, Brad Pitt, and Chris Hemsworth rolled into one. I raised a curious eyebrow, charming and sophisticated.

"The tags are still on your hat," the lady said.

I pulled my hat off. Two cardboard tags on plastic stalks hung from the peak like pom-poms, like a jester's cap.

Yeah. I'm a dork.

"Oh. I, uh, just got this hat yesterday...for Christmas," I explained. I tried to look cool as I pulled the tags off. One was too tough for me, so I gnawed through the plastic strip with my front teeth.

When I looked up again, the pretty lady was no longer smiling. She looked away, disgusted, and continued down the aisle.

I thought this story would amuse my wife, so I told her when I got home. I only got to the part about a smiling lady coming toward me before she interrupted.

"Did you still have the tags on your hat?" she asked.

"Yeah...how did you know?" I asked. "And if you knew, why didn't you *tell* me the tags were on my hat before I left the house?"

My wife smiled like the Mona Lisa and shrugged.

"I didn't know about the tags on your hat. That was a guess," my wife said. "But women aren't that obvious when they flirt. If she was smiling at you like that, there was another reason."

A reason beyond my rugged good looks? My wife tried to give my deflated ego a boost.

"Don't worry," she said. "I'm sure she thought you were cute, too."

Oh, yeah! I beamed, spun around, and struck a runway supermodel pose, running my hands over my denim-clad rear-end.

That's when I realized the sales tape was still stuck to the seat of my new jeans.

Doh! Double dork!



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.



## Pompton Lakes Riverdale First Aid Squad



If you haven't responded to the First Aid Squad's 2014 Fund Drive, please mail in the form you received, mail it today. Or else, 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 79 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?



## Announcements

Happy 28th Birthday, **Ashley Neil**, on November 28. Love Dad, Mom and Charles

Happy 15th Birthday **David Neil**, on December 24. Love, Dad, Mom and Charles.

Happy 21st Birthday to **Michael Carelli** on December 22. Love Mom, Dad, Tommy, Samantha, Grandma Carelli, Nauri, Treat & Magic too!

Happy 16th Birthday, **Matthew Gancher**, on December 5! We love you! Mom, Dad, Veronica & Aunt Joanne.

Happy 6th Birthday, **Emma Rose Budesheim**, on December 3. We love you very much! Love, Mom, Dad, Jack, Sara, Alex, grandparents, aunts and uncles.



Happy 2nd Birthday, **Alex Michael Budesheim**, on December 24. We love you very much! Love, Mom, Dad, Emma, Sara, grandparents, aunts and uncles.



Happy Police Birthday to **Dispatcher Joe Peters** on December 16.

*Kristina & Peter Bankuti hope that everyone had a wonderful Thanksgiving and Christmas will be filled with special blessings for everyone. Many thanks from both of them for all the kindness showed to them during 2014.*

*To wish family members or friends of a birthday, anniversary, or special occasion email the announcement, with a photo if you wish, to [mavor@riverdalenj.gov](mailto:mavor@riverdalenj.gov) and [riverdalemayor@gmail.com](mailto:riverdalemayor@gmail.com)*

# 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?*



all allegiance to the Crown or Parliament of Great Britain. This provincial resolution was read in Congress on May 27. It was tabled for ten days while the delegates attended to other matters. Then, on June 7, Richard Henry Lee rose to make his resolution, "That these United Colonies are, and of right ought to be, free..."

Before Lee had a chance to sit down, John Adams seconded the motion for Independence. A happy day in Adams' life! He had waited a long time for this moment.

In the discussion which followed, these two masters of debate, Lee and Adams, led the element favoring the resolution. They had the valuable support of one of the most influential Americans of that day, **George Wythe** of the Virginia delegation.

Wythe was a thinker, a scholar, a man of public affairs. He was to

become America's first law professor, at the College of William and Mary in Williamsburg. Jefferson had studied under Wythe and admired him enormously. George Wythe had taken the stand that the only political link between the colonies and Great Britain was their common allegiance to the King; that "that nation and its Parliament had no more authority over us than we had over them."

One reluctant delegate was Virginia's Carter Braxton, who had more conservative views on how to deal with Britain. He had come to Congress in February, sent, it was said, by Virginians who were "so alarmed with the Idea of Independence that they have sent Mr. Braxton on purpose to turn the Vote of that Colony, if any Question on that Subject should come before Congress."

Many delegates merely regarded Lee's proposition as premature. Some felt they should have instructions from their provincial governments before voting on such a momentous measure. Final action was postponed several weeks.

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

## Did You Know?

- ◆ Thomas Jefferson wrote his own epitaph, describing himself as having been the founder of the University of Virginia among other things, but not once did he refer to himself as President of the United States.
- ◆ Virginia is the state which is the birthplace of the most U.S. presidents (8).
- ◆ Sauerkraut originated in China some 1,000 years before it became a favorite in Germany.
- ◆ The original Stanley Cup, a silver bowl given to the National Hockey League champion each year, was worth \$48.67 when Lord Stanley of Preston donated it back in 1893.
- ◆ Cowboy Roy Rogers was born on November 5, 1912 at 412 Second Street in Cincinnati, Ohio. That site was second base at Riverfront Stadium, home of the Cincinnati Reds.
- ◆ Your hearing is not as sharp on a full stomach.

## Grand Chalet

1377 Route 23, Wayne, NJ

973-633-5111

As we continue our journey of our major transformation,  
We now have two (2) newly renovated rooms that are currently open for event bookings.

*Grand Chalet* still has dates available for your holiday party  
Or any corporate or social event.

Call **973-633-5111** for more information.

To herald the arrival in **2015** of our new, upscale venue, **Cosmopolitan**,  
We are pleased to offer an exceptional reduced rate for 2015 weddings  
That are booked now through December 1<sup>st</sup> of this.

# RIVERDALE Public Library

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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!

## HOURS

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



**Digital Magazines Available** - Through the Morris Automated Information Network (MAIN) library consortium, digital issues of

popular magazines are available to read on your computer, tablet, or Smartphone device.

*Popular Mechanics, Martha Stewart Living, Family Handyman, The Economist, Rachel Ray Everyday, and The Food Network Magazine* are just some of the magazines available. See our website for a complete list.

Always available, and you have it as long as you like - once downloaded, it's yours! To checkout a magazine, go to the library website, [www.riverdalelibrary.org](http://www.riverdalelibrary.org), and click the Zinio logo. You'll use your library card, and magazine issues are always available.

## ADULT PROGRAMS

**Gingerbread Houses** — Wed., Dec. 10, 6 p.m. (*Sorry—the program is full and registration is closed*)

**Friday Matinee** — Fri., Dec. 12, 1 p.m. Join us for a classic film on the big screen. Special holiday refreshments served.

## FRIENDS OF THE RIVERDALE PUBLIC LIBRARY DONATE MOVIE DROP BOX



Patrons love our new DVD book drop. Haven't used it yet? The movie drop box sits next to our regular book drop at the library entrance. The Friends of the Library provided the drop box for the convenience of our patrons. They are Friends indeed! Interested in joining the Friends and lending support to your library? Stop by the library for details, or visit the library website. The Friends usually meet on the third Thursday of

the month at 7 p.m. Next meeting is January 15.

### **Holiday Closings at the Library**

We will be closed on the following dates:

Wednesday, December 24  
Thursday, December 25  
Friday, December 26

## CHILDREN'S PROGRAMS — GRADES K-5

**Gingerbread House Workshop** — Sat., Dec. 6, 11 a.m.-12 p.m. (*Sorry, this program is full and registration is closed.*)

**Puppy Pals** — Wed., Dec. 10, 4-5 p.m. A fun way to encourage reading skills! Children can choose a book to read to Justice, a certified therapy dog from Creature Comforts Pet Therapy.

**Frozen Fest** — Thurs., Dec. 11, 4-5 p.m. (*Sorry, this program is full and registration is closed.*)

**Lego Lab** — Wed., Dec. 17, 4-5 p.m. You bring your imagination and we'll supply the LEGOs plus a great story!

**Family Matinee** — Sat., Dec. 20, 1 p.m. Join us for a holiday film on the big screen. Refreshments served.

## TWEEN PROGRAMS — GRADES 4-6

**Super Snowflakes** — Wed., Dec. 3, 4-5 p.m. Learn to make a variety of snowflakes, including giant spheres to hang from the ceiling. Take them home or help the turn the library into a winter wonderland! Warm up with peppermint hot chocolate before you go.

**Gingerbread House Workshop** — Sat., Dec. 6, 1-2 p.m. Create the perfect decoration — and dessert — for the holiday season! (*Sorry, this program is full and registration is closed.*)

**Tween Book Club** — Thurs., Dec. 18, 6-7 p.m. Just for older kids, hang out with friends and discuss awesome books over pizza! December's book is *One Came Home* by Amy Timberlake. Copies available at the circulation desk.

## INFANT & PRE-SCHOOL PROGRAMS

*Programs start the week of Jan. 5.*

*Registration begins Dec. 10 for Riverdale residents.*

**Baby Time:** Up to 2 years w/caregiver. Mon., 11–11:30 a.m.

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

**Preschool Pals:** Ages 3-5, Tues., 10:15–11:00 a.m. OR 1:30 – 2:15 p.m.

## MONTHLY

**Photo Club** — Will resume in March with a special program. Check upcoming newsletters for details.

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

**Adult Book Discussion Group** — Mon., Dec. 29, 6:30-8:00 p.m. *Daughter of Fortune* by Isabel Allende.

# RIVERDALE



## PLHS Tennis Team



The Pompton Lakes High School Tennis Team celebrated the end of their season with a delightful dinner at Glenburn on November 3.



## Girl Scout Troop 96380



Veteran's Day Ceremony in Pompton Lakes Municipal Building

## Girl Scout Troop 94886



Karate event at Traditional Okinawan Karate in Butler.



Riverdale Brownie Troop 94886 collected over 200 pairs of gloves and mittens for their Winter community service project for families in NJ with help from their fellow sister troops. For their hard work they celebrated at Bazaar Star Beadery, Ridgewood. They all worked hard on their Whirly Swirly's and earned a bead making badge. Way to go Troop 94886!



Post Office Tour in Pompton Lakes.

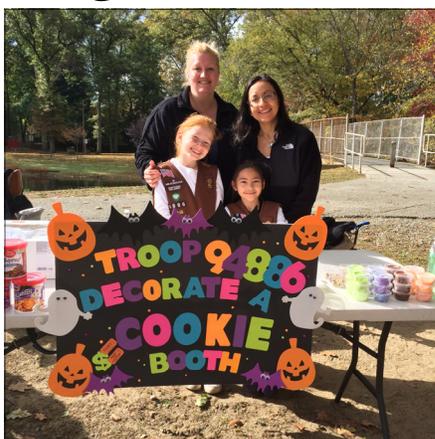
# DAILY NEWS

## Basketball Clinic



Pastor Timothy Flynn, Pastor of the Riverdale Baptist Church, held their 9th Annual Basketball Clinic on Saturday, November 22, at the Riverdale School gymnasium. A great program, watch for it when it comes back next year!

## Girl Scouts Fall Festival



The Lakendale Girl Scouts held their annual Fall Festival in Hershfield Park last month.



## Don Pruden



Just a few days left to view the extraordinary nature photos taken by Riverdale resident Don Pruden displayed in the gallery at the Riverdale Library.



## Thomas Kinkadee Paintings and Prints, Investment or Enjoyment?

By Bill Lango



It never fails that every few years some self-appointed financial expert cranks out an article listing the most completely worthless collectibles and, for some time now, Thomas Kinkadee painting and prints achieve the dubious distinction of finding

their way into the list of most worthless collectibles.

If you research Thomas Kinkadee's style of painting you find that he was the one painter that many of his contemporaries loved to hate. He was often criticized for his trademarked "Painter of Light" style where he incorporated light into just about everything he painted.

Critics often claimed that his technique of using exaggerated light imitating from every window and door of Victorian homes and cottages, with chimney smoke, undisturbed by the wind, rising straight up into a darkened sky, surrounded by misty orange sunsets, rolling fog, snow covered country lanes, streets and mountains portrayed an idealized version of the world.

Kinkadee was often taken to task because of his inclusion of the use of light in much of his works. In his book, *A Simpler Times*, published in 1996, Thomas Kinkadee went on to explain his use of light: "Someone asked me once why I paint so many houses and cottages with warm glowing windows. At first I didn't know what to say. After all, how does an artist explain why he paints what he does? I've thought a lot about that question, though, and now I think I have an answer. I paint glowing windows because glowing windows say home to me. Glowing windows say welcome. They say all is well. The say that someone's waiting, someone cares enough to turn a light on."

In his early days, Thomas Kinkadee, enjoyed an enthusiastic fan base eagerly buying everything he cranked out. He became America's best selling living artist, with his paintings and prints being sold in galleries, as well as on cruise ships. It is estimated that there's a Thomas Kinkadee painting in one of every 20 houses in America.

But a turn of events soon began to take place in the late 1990s when the Internet and personal computers became a staple in American homes, and the 'secondary market' for Kinkadee's paintings and prints became flooded. And for the first time ever, Kinkadee's began selling on the secondary market for much less than they were being sold for in retail stores. (The secondary market is a term used to define collectors or anyone, buying and selling items among themselves, rather than from the issuing company. A good example of the secondary market is when you sell between friends, or at a Garage Sale, Flea Market, Craig's List and eBay.)

What was to happen to Thomas Kinkadee paintings and prints is exactly what has happened in so many other collector niches. It's the age old supply and demand theory. Where there's more supply than

demand—more product than buyers. Despite all his fans, at some point there were still not enough new buyers to keep prices rising and the bottom began to fall out.

Back then, Kinkadee's paintings and prints were valued quite highly. Then sadly, Kinkadee's greed set in and his works slowly became victim to massed produced suicide when QVC glutted the market by selling his works on TV. As some observers went on to explain: "He has gorgeous stuff, but they QVCed it to death." "The frames are worth more than the paintings."

Kinkadee's art was eventually dumped by QVC, and after his death on April 6, 2012, at age 54, his art reappeared again on TV, this time on ShopNBC..

Even though his critics seem to take pleasure in his personal misfortunes, which included a DUI, accusations of bad business practices, law suits, and his death attributed to acute alcohol and Valium intoxication and more, his legions of fans have proven that they are willing to overlook his weaknesses. He was just a man, a flawed man with a great talent, who gave his fans peace and a sense of serenity through his works.

### Investment?

There's another equally important factor that has contributed to the lessening values of Kinkadee paintings and prints, and that's the number of his fans who made the number one mistake in collecting and purchased Kinkadee's works as an investment, instead of buying a Kinkadee because of the way it makes you feel.

Many fans caught up in Kinkadee's pre-fall frenzy, purchased two of each painting. One for their wall, and one put away for investment purposes. With the thought of perhaps someday they could generate real profits by selling off the extra one.

However, selling a so called "collectible" such as a Thomas Kinkadee painting or print, for a profit, rests on your ability to eventually sell it for more than you paid for it, and it's doubtful that is going to happen.

### Enjoyment?

I, like legions of others, love his work because it forces you to use your imagination since you never see the people or things inside Kinkadee's homes, just the light coming from the windows. Just the smoke rising from a chimney, indicating warmth, or the warm images of pairs of people walking together on a snowy street, often a mother with child, or a couple walking arm in arm.

There are other subliminal messages, too, such as a soaring eagle indicating freedom. Clouds and fog, conjure up thoughts of lost love ones, and of course, Light, the ever-present light which is supposed to be the light of God.

Despite being flawed himself, Thomas Kinkadee was a master of blending scenes together which evoked spirituality with sentimentality. His paintings show a peaceful life that so many of us crave but are unable to create for ourselves. It's reason enough to hang one of his paintings or prints over your sofa.

### Bottom line?

Enjoyment should always override any potential for investment. Unless you are a professional dealer in antiques and collectibles, you should only purchase an item because you like it, and with the knowledge that even if its monetary value falls to zero, it's something you would still proudly own and display in your home.

**Smells Like the Holidays.** This little gem of a recipe will give your home an instant cozy and home-for-the-holidays feel. Mix whole cloves, crushed cinnamon sticks, bay leaves juniper berries, orange peels, nutmeg, and allspice. (You can store the mixture in a jar until

you are ready to use it.) To get the smell to disseminate, boil water in a saucepan and pour in some of your homemade potpourri. Simmer gently and your house is guaranteed to start smelling like Christmas.



**Influential Women Annie Oakley** (1860 – 1926) famous woman sharpshooter, star of Buffalo Bill's Wild West Show. born **Phoebe Ann Mosey**, was an American sharpshooter and exhibition shooter. Oakley's amazing talent and timely rise to fame led to a starring role in *Buffalo Bill's Wild West* show, which propelled her to become the first American female superstar. Using a .22 caliber rifle at 90 feet Oakley reputedly could split a playing card edge-on and put five or six more holes in it before it touched the ground. Annie began hunting at the age of six to support her siblings and her widowed mother. She sold the hunting game for money to locals in Greenville, as well as restaurants and hotels in southern Ohio. Her skill eventually paid off the mortgage on her mother's farm when Annie was 15.



## Athletes that Died While Playing

**Alfredo Edmead** (1956-1974) came to the United States from the Dominican Republic as a 17-year-old in 1974 to play his first -- and only -- season of professional baseball. He left behind ten brothers and sisters to become almost an overnight success, then -- even more quickly -- the victim of a shocking tragedy.

Edmead turned pro when Pittsburgh Pirates scout Pablo Cruz signed him to a contract in 1973. The "Edmead incident" took place on August 22, in a home game at Municipal Field against Rocky Mount. Edmead scored the Pirates first run after swiping both second and third base to give him 61 steals for the season. Everything seemed fine, but an otherwise routine pop fly to short right in the top of the sixth changed everything.

Edmead raced in for the ball from right, while Cruz ran out from his second base position. Edmead dove in an effort to make the catch, but his head collided with Cruz' knee, and both men went down in a heap. Edmead had been knocked unconscious, and some of the first players on the scene reported that he wasn't breathing. The team trainer was able to revive him, but Edmead was rushed to Lewis-Gale hospital.

The game resumed, minus Cruz, who'd hurt his knee badly, but was too upset about Edmead to accept treatment. "My God. My brother, my little brother," Cruz lamented later that day. "He always tried so hard. I didn't see him."

Though the players on both teams weren't told until the game was finished, Salem's general manager called from the hospital just an hour after the impact with three sad words: "Alfredo is dead".

Edmead died from massive brain injuries, shocking his teammates, and nearly everyone who heard the news. "I never heard of anything like this before," said Pirates farm director Harding Peterson. "We lost not only one of the best young prospects in our organization. We lost a fine young gentleman. It's truly hard to believe."

**JANUARY** edition of **Riverdale News & Events** will be published on or about **Saturday, January 3**. Copy, photos, articles, announcements are due **Friday, December 26**.



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## Your Good Gut Guide to a Healthy Holiday Season

*It's that time of year when our days and nights seem to revolve around friends, family, parties—and of course, food! For many of us, the holiday season is the Superbowl of overeating. We stuff our stomachs with savory meals, snacks, and drinks as though we were Tom the Turkey. But the holiday season may not seem so joyful when it aggravates preexisting digestive conditions such as gastroesophageal reflux disease (GERD) and irritable bowel syndrome (IBS). Here are some tips to help you enjoy a healthy holiday without having hell to pay on New Year's Day.*

**Eat in moderation.** Perhaps the most challenging aspect of the holidays is finding healthy food while avoiding holiday favorites that pack on the pounds and cause digestive symptoms to flare. Eaters beware: The average person consumes an estimated 4,000 calories at the holiday table.

Rather than let the holiday season get out of control, keep balance, variety, and moderation in your eating habits. Take your time and try not to eat too fast: Slowing down and eating more mindfully helps prevent overeating. You will feel full much sooner than if you will if you race through your meals. Remember, it takes your brain 20 minutes to realize that your stomach is full. Don't arrive to the holiday meal hungry! Think about eating a good breakfast loaded with fiber the day of a family holiday gathering to help prevent being too hungry at dinner. Don't park yourself right next to the buffet table. Choose a few items that you really want on a napkin or small plate and walk to another spot in the room to socialize. If the food is out of sight, it is more likely to be out of mind.

And you can make healthy food choices while still enjoying a festive holiday experience. Select fresh vegetables and low-fat dips before a meal, and offer fresh fruit as part of your dessert. Avoid calorie-rich

drinks such as eggnog and hot buttered rum and go easy on high-fat foods that can trigger GERD such as fried appetizers, cheese fondue, lobster Newberg and cheese cubes. The combination of high-fat and acidic foods (pizza, lasagna, meatballs) is particularly notorious for aggravating heartburn. Favor lean protein sources such as turkey, which also is high in tryptophan, an amino acid that helps combat anxiety and depression. Whole cranberries are high in antioxidants and don't cause excessive spikes in blood sugar. When cooking, think about using spices that help calm the gut and aid digestion such as ginger, fennel, and mint.

Think about eating nuts as a snack instead of sweets, particularly if you have IBS: Sweets can cause gas and trigger IBS symptoms. If you're worried about the high fat content of nuts, don't be. Yes, they are rich in calories, but they increase your sense of fullness rather easily. In fact, women who consume two or more handfuls of nuts per week have a slightly lower risk of obesity than those who eat nuts less frequently or not at all, according to recent findings from the long-running Nurses' Health Study at the Harvard School of Public Health. When it comes to dessert, choose dark chocolate for its cardioprotective and mood-enhancing benefits. Try to limit alcoholic drinks, which are calorie rich and stress the gut, and keep hydrated with water or club soda with a twist of lemon or lime instead. Choose gut-calming herbal teas (i.e. chamomile) after dinner over caffeinated beverages, which can exacerbate IBS and GERD symptoms. Balancing your food intake will help you stay more in control of your digestion. Remember, balance, moderation, and variety are keys to an enjoyable holiday season.

By **Dr. Gerard Mullin**

# RECREATION NEWS



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## 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 4 and in front of the Borough Hall after that.

## Holiday Gathering

Thursday, December 4 6:30 PM  
Community Center

Please join us at the Community Center to enjoy a small Holiday Lighting Ceremony and listen to the caroling performed by the School Choir and Brass Ensemble.

- 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).



\*NEW PROGRAM\*

## 2015 Spring Break Rec

April 13 – 17  
during Riverdale School Spring Break

Children currently in K – 5<sup>th</sup> grade.  
9:30 a.m. – 2:30 p.m. Monday – Friday

More information and registration will be coming in January.



## KIDS WINTER BOWLING

Sundays, 2:00 PM - Holiday Bowl, Oakland

\$7.00 registration fee

Plus \$9.00/week for K-8

or \$5.00/week for Preschool

(money collected each week at bowling alley)

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Program runs January 11-March 15

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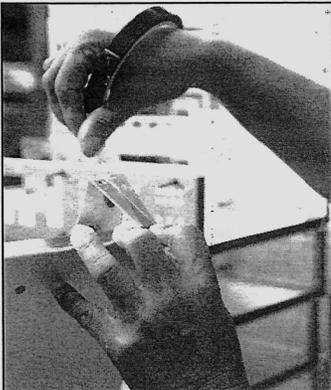
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ANSWER to question on Page 7. He possessed \$22,781.25.

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## Baby, It's Cold Outside!

As we head into December and the holiday season, we humans have lots of things to look forward to. Unfortunately our furry friends don't quite understand the beauty of a menorah, the joy of a Christmas tree or the fun when a glittery

ball drops on New Year's Eve. Instead of feeling the warmth the holidays bring to us, our companions experience the nip of Jack Frost! Below are some important tips to keep your animals safe when the mercury drops.

1. Keep your cats inside. We understand that cats like to explore and roam, but when they are outside they are at risk of freezing as well as exposure to infectious diseases from wildlife. Also, when it is cold outdoor cats will sometimes sleep under the hoods of cars. This can cause serious injury to your kitty when the motor starts!
2. Does your dog spend a lot of time engaged in outdoor activities? Increase his supply of food, particularly foods high in protein, to keep him and his fur in tip-top shape. Mike's Feed Farm carries the highest quality foods that are packed with protein. Ask any of our staff members for help to get the right brand for your pooch.
3. You wouldn't walk out of the house on a blistering winter day without snow boots and a winter jacket, right? Your pup doesn't have to either! Doggy sweaters, coats and even doggy boots are available in all sizes for walks or romps in the snow. And guess what – Mike's carries plenty of gear to protect humans from the elements too! Check out the supply of BOGS boots, O'Keefe's Working Hands, Heat Holders Thermal Socks, Grabber hand, toe and foot warmers so you can comfortably romp with your pup!
4. Make sure your companion animal has a warm place to sleep that is off the floor and away from all drafts. A cozy dog or cat bed

**Crowding the Pasta.** If you're trying to save energy or water, you may be using a smaller pot for cooking pasta, but there's a downside: you may end up with gummy noodles. If you can swing a big pot, do it. Fill it with 5 or 6 quarts of water, salt it liberally (the water should taste like the ocean), let it come to a rapid boil, and then add your pasta and follow the cooking instructions.

**Rinsing the noodles.** Your pasta wants to wear its sauce like a nice jacket. When you rinse your pasta after cooking it, you are washing away the starch that makes the sauce stick to it. The result? Slippery pasta to which sauce won't cling.

**Not letting food rest.** Food needs naps too! When you take meats and baked dishes out of the oven, they need to sit for a few minutes before serving. For meats, this prevents the juices from running amok; and for baked dishes like casseroles and lasagna, it helps the liquids be reabsorbed into the food so you're not left with a big soupy, slippery mess.



## Problems with the Eye

This month:

### Cataracts

Cataract is a clouding of the eye's lens and is the leading cause of blindness worldwide, and the leading cause of vision loss in the United States. Cataracts can occur at any age because of a variety of causes, and can be present at birth. Although treatment for the

- with a warm blanket or pillow is perfect. Pet bed warmers provide your dog with the perfect amount of pet-pleasing warmth as he snuggles in his bed. Mike's has all of these items in stock, and the pet bed warmers are both microwavable and plug-in.
5. Protect those paws from salt! On snowy days salt will be used in abundance to melt the ice, but that salt will also severely irritate the pads of your pet's feet. Wipe all paws with a damp towel before your pet licks them and irritates his/her mouth. For your own home, Mike's carries pet-friendly ice melters so you don't have to worry about your pets paws on your property.

We at Mike's are available at any time to answer any questions you have about your pets – we would love to help! Stop by the store and ask any of our staff members your questions, and if you can't get to the store you can reach us on Facebook! Please "like" us at "Mike's Feed Farm" and feel free to post any questions you have there. Have a pet-tacular holiday season!

### Adoptable animal

Snickers is still looking for her forever home! You may remember her from the September Riverdale Newsletter... or from our adoption event in October if you made it out. On May 23, 2012 Snickers was surrendered to Only Kindness as a pregnant kitten. Her entire litter has been adopted yet Snickers is still looking for her forever home. She is a social, friendly girl and she is the official greeter at all of their adoption events. Please contact Only Kindness for more info – we'd love to send her home for the holidays! Email MaryLinn at [okindness@aol.com](mailto:okindness@aol.com).



## THE FOUR STAGES OF LIFE

1. You believe in Santa Claus
2. You don't believe in Santa Claus
3. You are Santa Claus
4. You look like Santa Claus

removal of cataract is widely available, access barriers such as insurance coverage, treatment costs, patient choice, or lack of awareness prevent many people from receiving the proper treatment.

An estimated 20.5 million (17.2%) Americans aged 40 years and older have cataract in one or both eyes, and 6.1 million (5.1%) have had their lens removed operatively. The total number of people who have cataracts is estimated to increase to 30.1 million by 2020..

<http://www.cdc.gov/visionhealth>



## How brown fat, the 'good' fat, burns calories and could help treat type 2 diabetes and obesity

By Abby Phillip

By now, you may have heard about brown adipose tissue, or "brown fat." It is a type of fat, most likely present in all humans, that is a super calorie burner.

In recent years, a renewed interest in brown fat has revealed some promising attributes. Not only does brown fat play a role in warming up the body in cold temperatures, but by doing that, it is also an extraordinarily efficient calorie burner. And while some people may have more of this fat than others, there are ways of increasing the amount of brown fat in your body.

A new study has unveiled a piece of the puzzle in the emerging research into this remarkable tissue. Brown fat, it turns out, acts as a "super vacuum" to suck up excess glucose (sugar) in the blood by producing large amounts of a substance that transports glucose into the brown fat cells, where it can be burned to produce heat -- a process called thermogenesis.

"If you can start the tissue to burn and produce heat, then you can actually in a way take away excess glucose in the blood," said Tore Bengtsson, one of the study's authors and a professor of physiology at Stockholm University in Sweden.

Brown fat cells do this at a more efficient rate than other mechanisms the body uses to absorb glucose in the blood. When activated, the brown fat cells produce 10 or more times the amount of glucose transporters than insulin, for example, according to Bengtsson.

For people with type 2 diabetes, whose bodies do not use insulin properly and as a result have elevated blood glucose levels, these

findings could lead to new drugs that can activate brown cells and reduce blood glucose levels without insulin.

"The implication of this is normally when you have type 2 diabetes you have to inject insulin to reduce your blood sugar levels," Bengtsson said. "However you could make a medicine which is not based on insulin signaling. It's a completely new pathway that can be targeted for taking up glucose in the blood."

The study, published in the *Journal of Cell Biology* on Monday, helps to connect the dots between years of findings suggesting that better understanding brown tissue can lead to new treatments for obesity and type 2 diabetes. The tissue, which is typically found around the neck and spinal cord, is more present in the body when you are young; people who are overweight or obese tend to have less of it.

Initially, beyond infants who need the heat-producing tissue to maximize survival in the first days and months of life, scientists didn't fully understand whether adult humans had and used brown tissue. But recent research has also found that the amount of brown tissue grows in cold weather or when people are exposed to cold environments. Conversely, it declines in warm environments.

The findings support what scientists believe are the evolutionary origins of the tissue. In mammals and in humans, it helps regulate body temperature by converting glucose and free fatty acids in the blood into heat that the body might need to survive in colder temperatures.

"Brown fat has been investigated for a very long time in small mammals," noted Bengtsson. "Five or six years ago, we actually understood that we had brown fat in humans and the brown fat is working in humans -- not only in infant humans but in adults."

*Where Are They Now?* **JERRY MATHERS. LEAVE IT TO BEAVER:** He was 9 years old when the show premiered in 1957. It ended in 1963, and he later joined the Air National Guard and went to college. Now 65, Mathers is happy that he's still being linked to the Beaver: "I can go anywhere in the world, and people know me."



*Continuing one of our more popular features... the story of Vinegar*

—the acidic liquid produced by the fermentation process of all manner of fruits, vegetables and grains — is one of the oldest and most useful remedies in the world. Of the many forms of vinegar available today, **apple cider vinegar** (ACV) is widely recognized as the most potent and beneficial of them all. Unfiltered organic apple cider vinegar is packed with raw enzymes and good bacteria which promote healthy digestion and improve a number of bodily functions. While the acidic

property of vinegar can make it somewhat detrimental in too large of quantity, there are many benefits to drinking a modest amount of ACV throughout your day.

### Control Hunger and Cravings

Pectin, the soluble fiber naturally found in apple cider vinegar can help you to feel satisfied after a meal and reduce the urge to snack. Try eating a small piece of bread sprinkled with one or two teaspoons of apple cider vinegar or add ACV to a salad in order to control hunger. Drink a glass of water with 1 – 2 tablespoons of ACV thirty minutes before a meal to improve digestion and help you feel fuller faster.

### Cholesterol and High Blood Pressure

While there have been no documented scientific studies with humans, apple cider vinegar has been shown to reduce cholesterol and high blood pressure when administered to rodents. Because ACV in

moderate doses has no negative side-effects, try consuming one or two tablespoons at intervals throughout the day to help maintain healthy cholesterol and circulation.

### Relieve Sinus Pressure

Two or three table spoons of raw, unfiltered Apple Cider Vinegar added to a cup of hot water or tea taken three times daily will help thin out excessive mucus, relieving congestion and sinus pressure. Alternately, you can mix ACV with lemon and sweeten with honey or Stevia. Apple cider vinegar may also be added to boiling water then steam-inhaled to clear the sinuses. Always be sure to rinse your face and rehydrate afterward with cool filtered water.

### Insect Repellent

Use apple cider vinegar to make your own all-natural insect repellent. Add two tablespoons each of dried sage, rosemary, lavender, thyme, and mint to 32 oz of Raw Apple Cider Vinegar. Seal tightly and leave the mixture in a visible location. Shake well once per day for three weeks. At the end of the third week, strain the plant matter from your herb-infused ACV. Fill glass storage containers or spray bottles with half ACV mixture and half water. Shake before each use, spray on skin, and let dry.

This mixture works to repel many disease-carrying parasites such as ticks and mosquitoes. Also, while the vinegar may smell bad upon application to skin, the odor dissipates once the mixture dries.

*The End*



## 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



**DANDELION.** Dandelion as a potassium rich herb, is a superior natural diuretic which can help support the system's vital potassium levels that are being depleted by the many powerful pharmaceutical preparations being prescribed medically as diuretics which without the use of a Dandelion preparation would create potassium deficiencies. The use of Dandelion helps detoxify the system thus, improving health, increasing mobility and reducing stiffness in the joints.

The common Dandelion is a native of Greece. It thrives under almost any condition and has spread to nearly every part of the world. The first part of the botanical name, *Leontodon* was derived two Greek words meaning *lion* and *tooth*. It is believed that the name was given to the plant because the jagged leaf looks like the teeth of a lion. Again, others say that Dandelion gets its name from the French, *dent de Leion*, meaning teeth of the lion. The Latin name *Taraxacum* is from the Greek *taraxos*, meaning disorder and *akos* meaning remedy.

Dandelion is also known by a number of common names, among them, blow ball, which brings up early memories of a childhood game played in the park. You would give the matured seedhead your best puff of air sending the light seeds off into the air and then counting the seeds remaining to see how many children you were destined to have.

- ◆ Dandelion is known for inducing the flow of bile from the liver. It is so effective that the first stages of cirrhosis of the liver has been known to be alleviated by consistent use.
- ◆ Dandelion has been used as a poultice for breast cancer. It also has been known to reduce serum cholesterol and uric acid in the system.
- ◆ Dandelion is an excellent natural source of potassium. It is an ideally balanced diuretic that can be used safely when such an action is needed. It has been used in conditions where there is water retention due to heart problems. It is a specific diuretic in cases of congestive jaundice. It is also a very valuable general tonic and perhaps the best widely applicable of the herbas as a diuretic and liver tonic.
- ◆ The juice of the Dandelion root continues to be used by European herbalists to treat diabetes and liver diseases. They regard Dandelion as one of the best herbs for building up the blood and for helping with anemia.

- ◆ The plant is largely cultivated in India as a remedy for liver complaints. In France, the roots are cooked as a vegetable and added to broth and in Germany they are sliced and used in salads.
- ◆ Dandelion greens contain 7,000 units vitamin A per ounce. The Dandelion is so high in vitamin A, that it makes a carrot blush. Whenever or wherever they find cancer, they find a vitamin A deficiency. In Europe, many scientific experiments conducted with the plant have confirmed the traditional belief that its use is beneficial to the health of the liver.
- ◆ Dandelion increases the flow of urine. It acts as a gentle laxative and is invigorating and strengthening to the body in general. It's high in organic sodium and with its high potassium content combined, is the balancer of the electrolytes in the blood.
- ◆ Dandelion has been used as a high nutrient food. It has been used for calcium deficiencies and is a valuable survival food.
- ◆ In situations of severe vomiting, Dandelion restores the gastric balance in patients.
- ◆ Dandelion contains all the nutritive salts that are required for the body to purify the blood.
- ◆ The juice of the broken stem from the Dandelion can be used to treat warts. When used on a daily basis for about a week, it will dry them up. Dandelion juice from the broken stem is also useful to treat acne, blisters and corns.
- ◆ When Dandelion greens are used as a food, it improves the enamel of the teeth.
- ◆ The Chinese use the seeds as a strong antibiotic in cases of lung infections.
- ◆ Inulin, one of the major chemicals in Dandelion, is currently being studied extensively for its immune-stimulatory functions while also being used to strengthen the kidneys and as a pancreatic acid.
- ◆ In testing it against cancer, it has been shown to be active against two tumor systems, stimulating macrophage action. This helps substantiate the Chinese use of Dandelion for breast cancer.

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

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



## PIC TIPS Cheat's Tips

### Travel Without a Tripod

#### Tip 1

Packing a tripod when you head off on holiday is a great way to extend the shooting day, allowing you to take some stunning night-time shots with streaking lights and illuminated landmarks. If you're pushed for space, though, check out this trick. Balance your camera somewhere sturdy and safe, disable the flash and set a slow shutter speed or two seconds or more.

Now set your self timer, fire the shutter release and let go of your camera so that you won't cause it to wobble. By the time the self timer countdown expires, any residual movement caused by your hand letting go should have evened out, so your camera will sit still and steady throughout the exposure for a crisp, sharp result.

#### Tip 2

It's not always possible to find a flat surface on which to perform the previous trick. Try and find a flat surface on some castle battlements and you'll see what we mean. Combat this by packing a small beanbag in your camera bag.

Check out school sports and games categories on eBay to find 100g beanbags, which can be pressed into shape on uneven surfaces, with your camera snugly settled on top. It's more stable and less likely to either fall over or wobble during the exposure.

#### Tip 3

Professional tripods use quarter-inch screws to fix your camera in place. You can easily source a screw of the same size from a normal hardware store. To avoid travelling with a bulky tripod, drill a hole in a standard bottle top (the type you'd find capping a 500ml drinks bottle) and thread the screw through it, fixing it in place using strong glue.



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ZRBNZG

**Incredible Things Dogs Sense Before They Happen**

**Storms**

Just like with earthquakes, dogs can sense something on the horizon. Storms create an electromagnetic force that dogs can sense before the storm hits. Dogs also use their amazing sense of hearing and could possibly hear the thunder rumble for several miles away. Their olfactory senses are 100 times more sensitive than that of a human and most likely can smell the electrical current in the air.

**Illness (including cancer)**

Humans give off faint odors of illness, such as certain cancers and diabetes. Too subtle for another human to detect, but with the dogs amazing sense of smell, they may sniff out something that may be off. If a dog is sniffing a particular area on the owner's body obsessively, maybe a visit to the doctor should be taken.

**Seizures**

Some dogs are specifically trained to be seizure alert dogs. These dogs are taught to alert their owners before an impending seizure, lying on top of their owners during the seizure and summoning help when they can. Not all dogs are trained to recognize the signs of an impending seizure. They instinctively know what is going to happen, but no one knows exactly how a dog senses this.

**Labor**

There have been documented reports of dogs predicting the onset of labor in pregnant women; stories of dogs becoming virtual shadows of their pregnant owners the day before or day of the onset of labor are one of the many warning signals. Guesses as to how these dogs know to prepare for the new bundle of joy range from sensing the physical transition of the pregnancy or the woman giving off a "labor scent".



**Long Live Christmas.** We've been known to keep our Christmas tree up until well into January, and with this little trick, you can enjoy the holidays a little longer too. Add a small amount of sugar or Pine-Sol to the water to extend the life of your tree.

**The Windup on Christmas Lights.** When you take down your Christmas tree, always wrap the lights around the outside of a cardboard tube (try the tube from a roll of paper towels) and secure with masking tape. They'll be easy to unwind next year, and you'll never have another nightmarish day of untangling all the lights while the kids wait to decorate the tree.

**Safe Storage for Holiday Decorations.** When it's time to bring down the tree and lights, take great care with the more delicate ornaments. Slip them into old socks or nylons; for extra safety, then place them in disposable plastic cups before storing. Old egg cartons are another ultra-safe way to store bulbs and glass trinkets.

**Save on Your Tree Skirt.** Don't waste your money on an expensive tree skirt this Christmas. Instead, look for a small, round table cloth from a department store—they usually have a big selection and they're inexpensive, too. Cut a round opening in the center for the tree stand, and a straight line to one edge. Place the opening in the back of the tree and you're done.





## Tea Love: Instilling a Love of Tea, One Sip at a Time **Mountain of Mango Madness!**

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/>.*

So, for dinner, I had the [Inca Tea Mountain of Mango](#). For those that don't know me, I LOVE mango. When I am in a surly mood, my boyfriend knows that a fresh mango can immediately turn me around. I remember the first time I had a fresh mango was in college. Sitting in my dorm room, no clue how to eat it, I just went to town, burying my face deep into the green skin and pulling at the sweet yellow flesh underneath, smiling my fiber-filled grin with each bite I took. I was completely hooked.

By the way, since then, I have learned to eat mango in a more refined manner by simply slicing off some mango and eating that way, but admittedly, the other way is still a lot more fun.

[Mountain of Mango](#) is one of the herbal blends that Inca Tea sells. Upon opening the package, I noticed that there was a slightly acidic smell to it. Not what I was expecting! When I hear mango, I hear sweet, sometimes overbearingly so. However, there was something in this one, probably the hibiscus petals, that made the sweet dull down a little bit, which is a plus for those that want to drink tea and not drink a fruit juice.

The tea looked lovely, to say the least. A unique blend of mango, purple corn, hibiscus petals, rose hip peel, and apple, as well as some natural flavors. You could actually see each component, which, if you have been to my Tea Love talks, you know is a big deal to me.

When the tea was brewed, it created a red-ish orange hue, kind of like a sun set. This tea is definitely worth brewing in a clear mug, if you have any. The acidic smell went down a bit and the tea became more of a soothing smell, matching the taste. I would not mind waking up to a relaxing morning and brewing myself a cup of Mountain of Mango. It was sweet, relaxing, and felt like one of those teas that you would wake up early to see the sun rise with. It is not meant to wake you – it is meant to calm you.

This would also be a good tea to have as an introductory tea for children, should you wish. Being that it is an herbal blend, there is no caffeine in the tea. It is sweet enough where kids would like it, but not so sweet that you are going to think there is loads of added sugar in the drink. It will also be easier to introduce them to more tea-based drinks after using this as a primer.

So sit back, drink up, and enjoy some Mountain of Mango, courtesy of Inca Tea.

Sadly, I will be doing my last tea for Inca Tea next month! Join in as I review [Tawantin Black Tea](#).



**Apples are America's second favorite fruit.** We consume over 19 pounds of whole apples per year, and over 50 pounds of a combination of fresh apples and apple products (applesauce, juice, and more). It's a close second to the banana — we eat

an average of 28 pounds of them a year.

**Europeans pilgrims brought apples to Boston, Virginia, and the Southwest.** However, it was John Chapman—a.k.a. Johnny Appleseed—who cultivated most of the apple trees throughout Ohio, Indiana, Illinois, and present day West Virginia during the late 1700s and early 1800s. And he didn't just spread seeds everywhere he walked. Chapman mapped out nurseries, protected them with fences, and had neighbors tend the trees.

**The apples you're buying could be one year old.** But don't worry, this is totally safe. Farmers use sophisticated technology called "controlled atmosphere storage," which allows them to control the temperature and atmosphere where apples are stored, meaning they are delivered to you fresh and crisp.

**Apples are 25% air.** Which is why they float in water.

**The apple is the official fruit of six states.** They are: Minnesota, New York, Vermont, Washington, West Virginia, and Illinois.

**There are over 7,500 varieties of apples grown worldwide.** More than 2,500 varieties are grown in the U.S. alone. But China cultivates the most apples in the world.

**The most-grown apple is Red Delicious.** Followed by Gala, Golden Delicious, Granny Smith, and Fuji.

**Apples can help ripen other fruit.** Apples give off ethylene gas that accelerates ripening. You can place unripe avocados, tomatoes, and more in a bag with one apple to ripen them faster.

**In Latin, the same word is used for both "apple" and "evil."** Mālum (an apple) and mālum (an evil) are both commonly written as "malum." Although there was no direct mention of it in the Book of Genesis, this is why many believe that the forbidden fruit is an apple.

**Eating apples can aid in brightening teeth.** While not a substitute for toothpaste, the acid in apples actually helps clean and brighten teeth. The crunchy inside also acts like a mini toothbrush that can scrub away stains.

## Pithy Sayings

- ◆ "Leave your drugs in the chemist's pot if you can cure the patient with food. Our medicine should be food and food should be our medicine." — Hippocrates, 420 B.C.
- ◆ "The things that we love tell us what we are." Thomas Aquinas - Philosopher (1225 - 1274)
- ◆ "Those who cannot remember the past are condemned to repeat it." George Santayana - Philosopher (1863 – 1952)

- ◆ "You've gotta dance like there's nobody watching, Love like you'll never be hurt, Sing like there's nobody listening, And live like it's heaven on earth." William W. Purkey - Author
- ◆ "Those who hope for no other life are dead even for this." Johann Wolfgang von Goethe - Writer (1749-1832)
- ◆ "We feel and know that we are eternal." Spinoza - Philosopher (1632 - 1677)
- ◆ "Be kind, for everyone you meet is fighting a hard battle." Plato - Philosopher (427 - 347 BC)

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