

RIVERDALE NEWS & EVENTS

News for and about the residents of Riverdale

February 2015

Volume 10 Number 2



William Budesheim, Editor
Lori Clinton, Associate Editor

Columnists

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

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

Advertising rates are on website www.riverdalenj.gov

Mayor William Budesheim's



BEHIND THE SCENES Report

We are finally beginning to make headway with our sewer system. After having made repeated requests to the Pequannock River Basin Regional Sewer Authority to allow us to activate the sewer main on Hamburg Turnpike to Post Lane, they finally relented. My latest request was a letter formally petitioning their approval.

We received a Community Development Block Grant for \$100,000 towards the overall cost of the sewer main, and another \$80,000 grant towards the pumping station. Leaving this system unused for any length of time would have made the system nearly useless.

There are a few property owners who are beginning to experience septic issues. With the prospect of having new customers a part of the system additional revenue will be realized.

◆ Late last year we solicited engineering proposals to evaluate and appraise the sewer system within the Borough. We should be able to find the source of inflow and infiltration (I&I), which results in increased costs to our utility and rate payers. Should the I&I could not be discovered, this engineering firm will also be looking into the meters and the billing methods of the Authority.

If all goes well, the cost of providing sewer services should be reduced and additional allocation should be freed up so that more residents could connect to the system.

◆ As I am writing this (Sunday night), the weather forecast for tomorrow into Tuesday is heavy snow, up to two feet.

Our DPW is on the road for many, many hours clearing the streets, making them passable for emergency vehicles - police, fire and first aid.

Anything we can do to make their job a little easier would be greatly appreciated by these dedicated workers. Blowing snow back into the streets, as well as pulling our cars into the streets to remove the snow, results in our trucks having to plow the streets an additional time.

We have all experienced shoveling our driveways only to have a snow plow come by and close up the entrances to the driveways. Please be patient and understanding. As long as there is an opening the snow will fill that hole up.

With the rising cost of salt and so many of these storms occurring off-hours resulting in overtime, the faster and easier we get through the snow removal process, the less tax money we will spend.

◆ As a result of the public bidding laws we now have a new garbage/recycling contractor. There have been a few bumps a the start of the contract and we are working with Bella Carting to minimize these issues. The bright side of this is that their bid came in nearly \$40,000 cheaper per year than the next bidder.



William Budesheim

**Help Wanted -
Police Dispatcher**

The Riverdale Police Department is accepting applications for the position of part time dispatcher. The successful candidate must be available on short notice, holidays, weekends, and overnight. Experience is preferred but not required. Strong verbal communication skills, attention to detail, and the ability to work under stressful situations are necessary. Starting pay is \$13/hour. The Borough of Riverdale is an Equal Opportunity Employer.

Council Meetings
New Nights
2nd & 4th
Wednesdays
7:30 pm

The Seniors' Corner



The January 5th meeting was opened by **President Dorothy Bowersox** who wished us all a Happy New Year, and thanked those who helped put up and then take down the Christmas Tree. Dorothy did a New Year-themed reading from a book that was her mother's, which she has used for other special occasions. A very nice bit of nostalgia! **Chaplain Elaine Peacock** then read a piece which she

wrote; "My New Year's Wish for All of You!" The flag salute and club pledge followed.

Elaine called out the names of those with January birthdays. They stood up and received a Happy Birthday song. The Secretary and Treasurer reports were given. **Gloria Carelli** spoke on behalf of the Riverdale Food Pantry, which presently aids 15 families. Volunteers are needed, as well as donations of food.

Dorothy thanked all volunteers of the various committees for their service over the past year. It was a good year and their efforts were greatly appreciated. As of now, she does not have any special events scheduled for January and February, but she is working on it and would welcome any suggestions that would be of interest to the members.

The meeting was closed, the raffle conducted, jokes told, refreshments served, extra time to socialize and Bingo played.

The second meeting, January 16th was conducted by **President Dorothy Bowersox**. She announced that this was the 42nd Anniversary of the Riverdale Seniors and introduced **Chaplain Elaine Peacock**, who gave us a brief history of this organization. It was most informative, especially to recent members. It included facts

about the many venues at which meetings were held, mainly to accommodate the ever-increasing membership, in addition to other factors. We started with 27 people and now have a membership of 113! Then according to tradition, Elaine read the names of all our past presidents, followed by those members who have passed away since its inception. She then read a beautiful piece, "We Remember Them", which was presented at the 25th Anniversary by her mother, who was chaplain at that time. This was followed by a brief prayer written by Elaine. We then had the flag salute, club pledge, and singing of "God Bless America". **1st Vice-President, Grace Chiesa** thanked Elaine for her tribute and reported on cards sent to those who are ill and updates on their progress.

The Secretary and Treasurer reports were given. **Lorrie Van Ry**, of the Luncheon Committee, announced that our St. Patrick's Day Party will be held at the Regency Hotel. More details to follow. **Warren Sheps and Sandi Wolf** of the Trip Committee have organized a trip to the Westchester Broadway Dinner Theater in Elmsford, N.Y. with a performance of "West Side Story". Warren provided a sign-up sheet and will report further on this event. At our **February 2nd meeting**, we will be entertained by **Mark Darcey**, a singer and musician. His program will include songs from the 30's to the 60's. He is a seasoned professional with 25 years' experience, and he is known to several of our members. It should be fun! Dorothy told us that she is working on a future program with the AAA. Also, she is looking for someone to take over the Telephone Squad, which had been run by **Marie Cucci**. Thank You Marie! She then announced that we would have some unexpected entertainment today by the grandchildren of **Tom and Lois Naiman**, Sidney and Bryan, who had a school holiday. They did a great job with a Tae-Kwan-Do presentation, which was enjoyed by all.

The meeting was closed, the raffle conducted, jokes told, and refreshments served.

Presented by Kay Boucher

MOUTH WATERING PORK CHOPS & RED POTATOES

By Librarian Linda Vogel

Ingredients:

- 4 bone-in pork chops
- Italian breadcrumbs
- 2 eggs
- Salt
- Pepper
- 6 red potatoes
- Olive oil
- Italian seasoning
- Garlic powder
- ¼ Butter melted



Directions:

Heat oven at 350. Add melted butter, ¼ cup olive oil, salt, pepper, garlic powder and Italian seasoning in a bowl. Clean potatoes and cut into wedges. Add potatoes to mixture and toss. Put into baking dish and cook for about 45 min. until potatoes are soft.

In a bowl mix eggs, salt and pepper together. Add breadcrumbs to another bowl. Take one pork chop and dip into egg mixture on both sides than into breadcrumbs on both sides. Continue with the other pork chops. Heat large skillet on stovetop with olive oil. Add pork chops and cook on both sides for 10 to 15 min. on both sides until pork in no longer pink or juices run clear.

Report-Food Pantry 2014

From Gloria Carelli, Director

The Riverdale Food Pantry completed its sixth year of service with the December distribution to Riverdale residents who requested its confidential assistance.

The Pantry continues to be supported by Riverdale residents and businesses with food, cash and supermarket gift card donations as well as volunteers who sort and bag groceries.

Monthly distribution includes basic food items as well as cleaning and paper products. Volunteers sort and shelve donations once a month followed by bagging the items for client pickup.

During 2014 the Pantry delivered:

Bags of Groceries	505
Estimated Weight	3.03 tons
Meat Provided	500 lbs.
(chicken, turkey, chop meat, bacon, frankfurters)	

The Riverdale Library continues to provide age appropriate books for clients' children up the age of sixteen. These books are given monthly along with the Pantry distribution.

BY and LARGE

Love Isn't Love Until You Give It Away

By Elaine Peacock



Do you remember the title of this piece? It was a catch phrase back in the late 60's early 70's when we were all trying to be gentler people and get rid of our *it's all about me image*. Hopefully we have succeeded in turning ourselves outward instead of inward. Every time I hear about a group of people feeding the homeless, neighbors pitching in to help each other after Super Storm Sandy, a

clothing drive or donating school supplies to kids would normally not have any I feel we are sincerely trying to reach out to others.

Love comes in many forms. There is romantic love for that special person, love for a child or grandchild, love for a special friend, love of country, and the chance to love and change the life of someone we don't even know. I think that is probably the most special kind of love. We are sure to receive love back from that special person, our children and grandchildren and our special friends, but when we love and help change the life or lives of someone we don't even know and probably will never know that is something that makes God happy.

Helping others when you never know what a difference you made is really putting yourself out there. Remember God gives us chances to make a difference every day we just have to keep our eyes and ears open for that still small voice. When you do that it's not just a catch phrase but a new way to live your life and not only does it make you smile it makes God smile too.

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

Pleasant-Smelling Litter. Don't spend extra money on scented cat litter. To keep cat litter fresh smelling, simply mix a bit of baby powder into clean litter.

Riverdale Food Pantry

Thank you for your generous and continued support.

We need

- ◆ Cereal
- ◆ Tuna
- ◆ Rice
- ◆ Instant Potatoes
- ◆ Canned peas
- ◆ String beans
- ◆ Canned Corn
- ◆ Pork 'n Beans
- ◆ Meat
- ◆ Peanut Butter
- ◆ Jelly
- ◆ Potato Flakes
- ◆ 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.

Building Permits:

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

Water/Sewer/Tax Payments

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



Credit Card Payments

Welcome to Riverdale Borough's Pay-On-Line Service

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

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

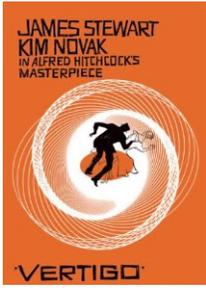
We accept Visa - MC - Discover - American Express
As well as Electronic Checks from your personal checking account.

Borough of Riverdale now accepting Credit Card Payments for:

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

A small convenience fee applies.
Go to our website www.RiverdaleNJ.gov to make your online payments.
Credit cards may be used in person, too!

Movie Trivia
VERTIGO 1958



◆ Uncredited second-unit cameraman Irmin Roberts invented the famous "zoom out and track in" shot (now sometimes called "contra-zoom" or "trombone shot") to convey the sense of vertigo to the audience. The view down the mission stairwell cost \$19,000 for just a couple of seconds of screen time.

- ◆ There is a 25 year age difference between James Stewart and Kim Novak, who were 49 and 24 respectively when the film was shot in 1957. In a later interview Alfred Hitchcock said he believed Kim Novak was miscast and the wrong actress for the part.
- ◆ The Empire Hotel where James Stewart eventually finds Kim Novak is (as of 2009) the Hotel Vertigo (formerly the York) located at 940 Sutter St. in the heart of San Francisco. Novak's character lived in Room 501, which still retains many of its aspects captured in the film.
- ◆ Kim Novak does not speak until more than a third into the movie.
- ◆ Alfred Hitchcock reportedly spent a week filming a brief scene where Madeleine stares at a portrait in the Palace of the Legion of Honor just to get the lighting right.
- ◆ Bernard Herrmann's score is largely inspired by Richard Wagner's "Tristan und Isolde" which, like the film, is also about doomed love.
- ◆ Alfred Hitchcock was embittered at the critical and commercial failure of the film in 1958. He blamed this on James Stewart for "looking too old" to attract audiences any more. Hitchcock never worked with Stewart, previously one of his favorite collaborators, again.
- ◆ The zoom out/track in shots were done with miniatures laid on their sides, since it was impossible to do them vertically.
- ◆ Scottie's apartment actually exists, and it boasts the improbably stunning view of Coit Tower through its living room window, which looms over Scottie and Madeleine in the apartment scenes. True aficionados can find it (near Fisherman's Wharf in San Francisco) by positioning themselves in the same relation to the tower that is seen through the window.
- ◆ In 2012, Vertigo replaced Citizen Kane (1941) in the Sight & Sound critics' poll as the greatest film of all time.
- ◆ Costume designer Edith Head and director Alfred Hitchcock worked together to give Madeleine's clothing an eerie appearance. Her trademark grey suit was chosen for its colour because they thought it seemed odd for a blonde woman to be wearing all grey. Also, they added the black scarf to her white coat because of the odd contrast.
- ◆ When Alfred Hitchcock's wife, Alma Reville, saw the film, she said that she liked it, except for one shot where Kim Novak walks towards the San Francisco Bay, which she felt made Novak look too large on the screen. For years afterward, when discussing this film, Hitchcock would insist that Alma hated this film.
- ◆ The flower shop, Podesta Baldocchi, has been in business in San Francisco since 1871.
- ◆ Poorly received by U.S. critics on its release, this film is now hailed as Alfred Hitchcock's masterpiece.
- ◆ The movie's poster was as #3 of "The 25 Best Movie Posters Ever" by Premiere.
- ◆ The word "vertigo" is only spoken once in the movie, towards the beginning by Scottie to Midge. After that it is never uttered again.
- ◆ San Juan Batista, the Spanish mission which features in key scenes in the movie doesn't actually have a bell tower - it was added with

trick photography. The mission originally had a steeple but it was demolished following a fire.

- ◆ Alfred Hitchcock originally wanted Vera Miles to play Judy, but she became pregnant and was therefore unavailable.
- ◆ Kim Novak hated wearing the important grey suit because it felt confining. However, she learned to make it work for her, as she saw it a symbol of Madeleine's character.
- ◆ Ransohoff's of San Francisco was a famous and trendy high-end boutique. It closed in 1976.
- ◆ Scottie's car is a white 1956 Desoto Firedome Sportsman Hardtop Coupe. Madeleine's is a green 1957 Jaguar Mk. VIII. Midge's is a gray 1956 Volkswagen Karmann Ghia Coupe.
- ◆ A theme song titled "Vertigo" by Livingston and Evans (Jay Livingston and Ray Evans) was recorded by Billy Eckstine, and was reportedly used for promotional purposes, but was not included in the film's final cut. Word has it that Alfred Hitchcock didn't feel it was appropriate.
- ◆ The scene outside Elster's shipyard where Hitchcock makes his cameo appearance at approximately 11 minutes in, was actually the Paramount prop department gates.
- ◆ On-location filming lasted 16 days.
- ◆ When this movie opened at San Francisco's legendary Castro Theater during its restored re-release in October of 1997 (only a few months after the death of star James Stewart), it did more business there than any other theater in the US that weekend.
- ◆ Alfred Hitchcock switched Pierre Boileau and Thomas Narcejac's story from Paris to San Francisco and changed their ending, in which the enraged hero strangles the mystery woman upon discovering her trickery.
- ◆ It was rumored - and even written in Alfred Hitchcock's script notes - that Kim Novak dubbed the last line of the film, which was delivered by the nun. However, she denied this in an interview.
- ◆ The only one of Alfred Hitchcock's films in which the killer is not punished. An ending in which Scottie and Midge hear news over the radio that Gavin Elster was caught was tacked on for European distribution.
- ◆ Alfred Hitchcock: Wearing a gray suit walking past Gavin Elster's shipyard, carrying a musical instrument case.
- ◆ The film was unavailable for decades because its rights (together with four other pictures of the same period) were bought back by Alfred Hitchcock and left as part of his legacy to his daughter. They've been known for long as the infamous "Five Lost Hitchcocks" amongst film buffs, and were re-released in theatres around 1984 after a 30-year absence. The others are The Man Who Knew Too Much (1956), Rear Window (1954), Rope (1948), and The Trouble with Harry (1955).
- ◆ When Kim Novak questioned Alfred Hitchcock about her motivation in a particular scene, the director is said to have answered, "Let's not probe too deeply into these matters, Kim. It's only a movie."
- ◆ Alfred Hitchcock reportedly spent a week filming a brief scene where Madeleine stares at a portrait in the Palace of the Legion of Honor just to get the lighting right.
- ◆ Alfred Hitchcock had originally wanted to use his now-famous Vertigo zoom in Rebecca (1940), but due to lack of technology at that time he couldn't do it. The technique was inspired by a time when Hitchcock had fainted during a party.
- ◆ Costume designer Edith Head and director Alfred Hitchcock worked together to give Madeleine's clothing an eerie appearance. Her trademark grey suit was chosen for its colour because they thought it seemed odd for a blonde woman to be wearing all grey. Also, they added the black scarf to her white coat because of the odd contrast.



Casino Night
featuring:



TEXAS HOLD 'EM TOURNAMENT

Elimination Format; Re-buys Available

Saturday, March 21, 2015

Doors Open at 6:30 PM; First Card Dealt at 8:00 PM

****GRAND PRIZE****

\$5000!!

(VISA Gift Cards)

WWW.PUSHTOWALKNJ.ORG

REGISTER ONLINE TO RECEIVE BONUS OF 1000 CHIPS
200 PLAYERS MAXIMUM

Location:



1301 Route 23, Butler, NJ 07405

\$150 Entry Fee, includes Buffet Dinner, Wine & Beer

(must be 21 years of age to register)

Register Early!! Entry Fee INCREASES to \$175 on March 14th

\$100 for Buffet Dinner includes Wine & Beer

FINAL TABLE PLAYERS RECEIVE VALUABLE PRIZES

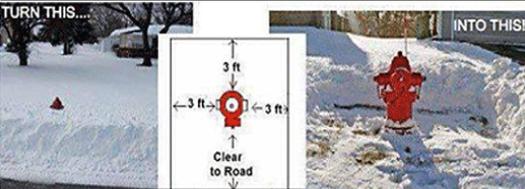
BLACKJACK, 50/50, RAFFLE PRIZES

All proceeds to benefit Push to Walk in Riverdale, NJ,
a specialized exercise gym for people with spinal cord injuries and paralysis
6 North Corporate Drive, Riverdale, NJ 07457

Push to Walk is a registered 501c3 non profit organization. Tax ID# 20-8059368

For information, call Stephanie Lajam at **862-200-5848**
or e-mail slajam@pushtowalknj.org

Sponsorships Available!! Call for details



During the winter months, fire hydrants are marked with poles to assist firefighters in finding hydrants quickly in the event of an emergency. If your

home/business is located in front of, or near, a fire hydrant, please shovel out the area in and around the fire hydrant if it is covered with snow. As you know, every second can count in an emergency! Your help in keeping hydrants clear of snow is greatly appreciated.

Emmaus for Veterans

Wants to thank all our veterans and all servicemen by inviting them to a

FREE Comedy Show and Dinner

Sparta PAL Building, 38 Station Road, Sparta

Saturday, February 21

7:00 to 10:00 pm

Headliner

Special Guest

Hosted By

Featured



Johnny WATSON



Scott BRENNAN



Melissa ALLAN



Father PAUL

Limited Number of Tickets for General Public can be bought that night for a \$20 donation

All vets and servicemen can come free to the event by contacting

Melissa at MelissaMollyAllan@aol.com

Nutrition Lies That Are Keeping Americans Sick (and Fat)

Breakfast Is the Healthiest Meal of the Day, and You Should Eat Many Small Meals a Day

There is now a good deal of research supporting the health benefits of intermittent fasting—which is what you are really doing whenever you zip out of the house in the morning without breakfast.

Recent studies suggest that intermittent fasting can provide the same health benefits as constant calorie restriction which many studies have shown to dramatically increase life span in animals. It may also be helpful for those who cannot successfully reduce their everyday calorie intake.

Besides turning you into an efficient fat burner, intermittent fasting can also boost your level of human growth hormone production (aka the "fitness hormone") by as much as 1,200 percent for women and 2,000 percent for men.

Intermittent fasting and continuous calorie restriction have both been shown to produce weight loss and

improve metabolic risk markers. However, intermittent fasting tends to be slightly more effective for reducing insulin resistance.

Other benefits include reducing inflammation, improving blood pressure, and increased lean body mass. Intermittent fasting can also improve your brain function by increasing levels of BDNF, a protein that protects your brain cells from the changes associated with Alzheimer's and Parkinson's disease.

There are several types of intermittent fasting to choose from, so I recommend experimenting to see what style works best for you. One of the easiest, however, is to simply skip breakfast, and limit your eating to a narrow window of time each day—say between 11am and 7pm, to start. You can review my more comprehensive article on intermittent fasting for more details.

The advice to "eat six small meals per day" comes from seemingly logical principles (portion control, keeping your energy up, stabilizing blood sugar, etc.), but in reality, eating this way has not been shown to provide these benefits. We seem to need periods of fasting for optimal metabolic function.



WHO REMEMBERS GETTING THEIR MILK DELIVERED TO THE DOORSTEP?

January 11, 1878
milk was first delivered in bottles



Fill plastic water bottles a quarter of the way full and lay on the sides and put into freezer. This way when frozen you can fill with water and have ice cold water on the go.

Cough - Through - Rough - Though

None of these words rhyme. But for some unknown reason

Pony and Bologna do.

English is Weird.

EMMAUS
FOR
VETERANS

NOW HIRING

Emmaus for Veterans is a registered 501(c)3 charity organization. We are a Christian outreach for United States Military Veterans.

We are looking for Military Veterans you want to learn construction arts, such as plumbing, electrical, carpentry, and masonry. We pay you to learn.

For more information contact Thomas Frodella.

973.919.5562

tom@emmausforvets.org
emmausforvets.org

Did You Know?

- ◆ Calvin Coolidge's will was one sentence long.
- ◆ A world class high jumper could clear the bar at almost fifty feet on the moon.
- ◆ British naval hero Horatio Nelson had a chronic case of seasickness.
- ◆ Rudyard Kipling would write only with black ink.
- ◆ The average person will catch 140 colds in a lifetime.
- ◆ Rube Goldberg, famed for his cartoons of crazy inventions, was a sewer engineer for the city of San Francisco.

- ◆ WATCH OUT! The Leaning Tower of Pisa bends an extra 1.25 millimeters every year and is expected to topple over somewhere between the year 2010 and 2020. *This was written in 1986.*
- ◆ The planet Saturn, like some others, is made up primarily of liquids or gasses and is less dense than water. If you placed it in a bathtub—a very big bathtub—it would float.
- ◆ Rabbits talk to each other by thumping their feet.
- ◆ The word *taxi* is spelled the same in English, German, French, Swedish, Portuguese.



dresser, and then sell it for \$100, that is viewed as a gain, and the \$100 is taxable.

Bartering of trading: You babysit for a neighbor, and in exchange, they drive you to the airport. Cash did not trade hands. But guess what? The IRS says you should each be taxed at the fair market value for the good or services exchanged.

Unwanted clothes, cars, furniture, etc: If you sell an item for less than you originally paid, no capital gain is realized. But if you inherit an antique

dresser, and then sell it for \$100, that is viewed as a gain, and the \$100 is taxable.

Bartering of trading: You babysit for a neighbor, and in exchange, they drive you to the airport. Cash did not trade hands. But guess what? The IRS says you should each be taxed at the fair market value for the good or services exchanged.

Gambling: So you spent the weekend at your local casino and won big at a slot machine. Looks like Uncle Sam got lucky too, because he will be getting a cut of your winnings!

Prizes and awards: If you buy raffle tickets and win a boat, you aren't just walking away scot-free. You will be taxed at what the cash value of whatever your prize is worth.

Lawsuit recoveries: This is usually taxed. Even though it may seem like you are just getting the damages owed to you, the government can still get their cut. The only exception is in settlements resulting from physical injury. But even in this situation, the punitive damages and interest are taxed.

Craft Show



Crafters & Vendors Wanted

April 26 - June 28

July 19 - August 9

at the

Glenburn

please email Pam Sylvestri at
lovinhome123@optonline.net
for more information.

Question. Alfred and Bill together can do a piece of work in twenty-four days. If Alfred can do only two-thirds as much as Bill, how long will it take each of them to do the work alone? *Answer on Page 21.*



Stewart Family Chiropractic

will be holding a

“Week of Love Food Drive”
during the week of

February 9 - February 14

We have chosen this week because the need is even greater at this time of year since most people aren't focused on food pantries except around Thanksgiving.

Proceeds will benefit the Riverdale Food Pantry

We would like to invite everyone in town to put some non-perishable food in their car, pop in to the Stewart Family Chiropractic Office on the way to work or school or on the way home, say 'hello', drop off some food and they've done a good thing.

**Stewart Family Chiropractic, 43 Newark Pompton Turnpike
973-835-5773**

Cancellation of debt: If you borrow money, you are not required to pay income on it since it is not yours. But if the lender forgives your debt, then you pay a tax on it.

Treasure trove: Although this sounds like something out of pirate movie, it is a term the IRS uses pertaining to cash or valuables you find. If you're metal detecting on a beach and stumble across a trunk full of old coins, you are not a pirate, but you will be taxed on your treasure.

Tips: You're a waiter and someone slips you a \$100 tip for the awesome service you provided after busting your butt. Yep, that should be reported as income too.



PAY BY
FEBRUARY 15th
AND SAVE \$5.00

THE RIVERDALE WOMAN'S CLUB
4TH ANNUAL SCRAPBOOK
CROP IS APRIL 18TH!!
SAVE THE DATE & GET THOSE
CREATIVE JUICES FLOWING

WHEN: APRIL 18, 2015 FROM 10:00AM until 10:00PM

WHERE: Riverdale Community Center .

Located at 57 Loy Avenue, Riverdale, NJ 07457

WHAT: CROP TIL YOU DROP! With Lunch, Dinner, and snacks all included! Plus vendors galore!

HOW MUCH: \$50.00

VENDORS: Close To My Heart, Creative Memories, Mary Kay, Massage Therapist, and more!

And don't forget all the great door prizes, raffles and giveaways!

For more information call Jenny at 973-650-8860

Checks made payable to Riverdale Woman's Club can be mailed to

15 Silverleaf Court, Riverdale, NJ 07457. SEE YOU THERE!!!

The Daniel Motors family since 1943 now serving you as:

1(800) SELL-A-CAR



*We Buy and Sell
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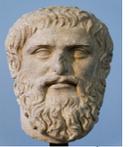
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"Be kind, for everyone you meet is fighting a hard battle."

Plato - Philosopher (427 - 347 BC)



Eye ☺ On Riverdale

A non-profit, online publication dedicated to bringing Riverdale residents news and information that really hits home.

Local Government, Taxes, Utilities, Public Services, Schools, COAH, Community Events, if it effects you, we report it.

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Antiques & Collectibles

by Riverdale Resident and Columnist
Bill Lango



If you dabble in antiques & collectibles and have ever purchased something labeled old “original” or “authentic” only to find out later that it was not in any way as old as you were led to believe, then join the club, ‘cause you got stung. And you are not alone and if it’s any consolation; it happens all the time. One incident remains very clear in our memories and we still chuckle over it when ever the subject of Reproductions comes up.

During the late 1970s in our quest for treasures, we would often visit the old Englishtown Flea Market on Saturday mornings before the sun came up. Back then vendors would pull their cars and trucks up to eight foot long wooden tables and begin selling their wares as early as 5 am.

One hot Saturday early morning, my wife and I are walking down a lane with row after row of tables when we notice the shopper in front of us walk up to the very next table that had all sorts of old stuff on it, nothing really “antiquey,” instead it was piled high with old mail boxes, metal door knobs, pots and pans, old bottles, garden tools and the like. In the middle of all this stuff the shopper stops and picks up and gives a closer look to what appeared to be an old mechanical Bank, an Uncle Sam Bank.

Of course, Uncle Sam stands for patriotism and Americanism and I’m certain with his likeness on a bank, he also stands for being thrifty. The original Uncle Sam Mechanical bank was produced in 1886. Uncle Sam wears his stove pipe hat, blue full dress coat and striped trousers. He stands next to an umbrella. To work the bank, you place a penny in Uncle Sam’s hand. When the lever is pushed, a carpet bag opens and the penny falls into the carpet bag. Bank has a back door with a key to open and remove the pennies.

We stopped behind the prospective buyer and I notice the bank had a string price tag of \$40 on it. Quite a bargain if the bank was an authentic old mechanical bank. The prospective buyer turns to me: “Hey, what do you think of this?” I reached my hand out for the bank, but he wouldn’t hand it over to me, for a look see. (I guess he thought I might buy it from under him.) Instead he held it in his hands and I notice there are no signs of genuine old age: 1. Its cast iron castings

were sharp, thin and lightweight instead of being thick and well fitting. 2. The remaining paint on the bank was too bright to be authentic. 3. Machine screws that held it together were too shiny to be old original. 4. It did not have wear patterns on the bottom surfaces. 5. Inside the metal looked clean, no brown rust. (Old cast iron generally rusts brown.) All of which made me cast doubt on the bank’s authenticity.

It was also well known fact amongst antique toy collectors that during the American Bicentennial in 1976 Uncle Sam Banks were being reproduced in some small factories in and around Wrightsville PA. as well as in Korea and China. The repro banks were selling as novelties at \$10 apiece.

So I explain to the buyer that the bank looks like a modern reproduction produced for the Bicentennial that was doctored up to look old. Well, the selling dealer overhears me and throws a fit. Screaming at me that I don’t know what I’m talking about and says to the prospective buyer: “Listen Pal, that old bank just came out of an old house at an Estate Sale in Montclair, N.J.”

After hearing this, the buyer nervously hands the dealer two twenties and the dealer wraps the bank in newspaper, puts it in a bag and hands the bag to the buyer, who begins rapidly walking away, with his new found treasure.

About this time we just about finished our sweep of the flea market. By 8 a.m. the market grew terribly crowded as the summer sun began to heat up the dusty lanes. We began navigating our way through the crowds back to our car. As we got nearer to the table where we witnessed the sale of the repro bank, we stopped and watched as the unscrupulous dealer reached under his table and takes out another reproduction Uncle Sam Bank embellished to look old and placed it on his table! Janice turns to me and we almost burst out laughing as we head to our car.

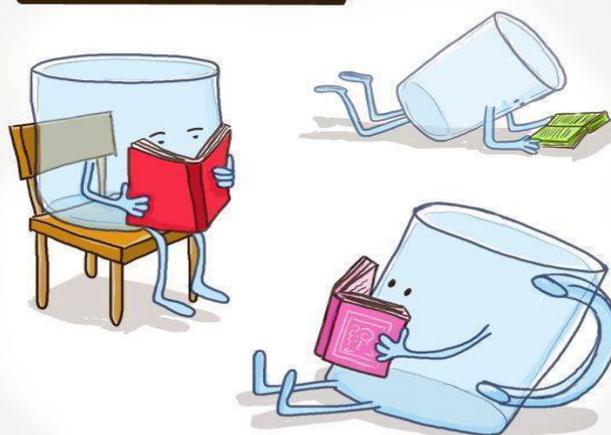
Old cast iron banks and toys are a specialty niche within the antique toy hobby. Several waves of reproductions have been produced during the last century, and determining real items from reproductions has always been a problem. As with any antique or collectible, knowledge of your item before you buy is essential.

In the case of the above buyer, he was fooled thinking he was getting a bargain. it wasn’t a tremendously expensive error. Hopefully, when he eventually realized he paid \$40 for a \$10 reproduction, he chalked it up as cheap tuition on a good learning experience.

GHANDI'S 7 DANGERS TO HUMAN VIRTUE

- ① WEALTH WITHOUT WORK
- ② PLEASURE WITHOUT CONSCIENCE
- ③ KNOWLEDGE WITHOUT CHARACTER
- ④ BUSINESS WITHOUT ETHICS
- ⑤ SCIENCE WITHOUT HUMANITY
- ⑥ RELIGION WITHOUT SACRIFICE
- ⑦ POLITICS WITHOUT PRINCIPLE

READING GLASSES



RIVERDALE SCHOOL NEWS

From the desks of Riverdale School Superintendent, Mrs. Vicki Pede and Principal Mr. Daniel Cullen



As I look outside my window, the sky is clear, but snow is on the horizon according to the weather predictions! The impact the presence of snow makes upon any community is positively amazing. Ranging from the joys of children laughing and playing in the snow to the devastation snow and ice can cause to those who end up stranded and without power certainly plays upon our emotions. Our classrooms are also filled with wonderful and unique winter and snow lessons we can talk about even when the school day ends. Take this opportunity to share stories of the snowfalls and winter weather of the past with your children; also think about all of the discoveries we can do together as families as we learn about the cold weather in our area!

As folks travel along the highways of New Jersey and Pennsylvania, one can't help but notice the numerous billboards along the way that emphasize some of the same character education qualities that are emphasized throughout our classrooms. Qualities such as **persistence, optimism, perseverance, motivation** and **believing in oneself** are a few examples of the messages displayed on some billboards around various areas of our country! Think about it...each of those five character qualities are what one certainly hopes is something that we strive for in the education of our children. Most of those qualities even appear in the book about success that have been highlighted in the principal's newsletter. We all should be trying our best to reach our goals and not give up in the face adversity. Hard work can pay off, and in our schools, educators and students strive daily to achieve the goals set before them. It's interesting that the messages of "school" surround us in our everyday lives. Taking the time to read the positive messages along the road can certainly be a subtle reminder of that.

Coupled with these positive messages, some recent happenings stand out as evidence of these traits being part of recent events in our own school. First of all, at the January 14th Board of Education Meeting, we had the wonderful opportunity to recognize all of those students who have worked so hard academically to achieve various honor roll status. In addition, it was our pleasure to recognize our Teacher of the Year, Ms. Brigita

Shoblock and our Support Staff Member of the Year, Mr. Dan Denude. We are pleased that they were honored in front of a standing room crowd and thank them for their true portrayal of outstanding qualities for our school. Further, it was a pleasure to hear the wonderful work that our Riverdale PTA continues to do month after month. At their recent PTA meeting, a beautiful letter was read to recognize an individual's never-ending volunteer support of our school and so many of its functions. It will be a pleasure to recognize this person at our February meeting. It is certainly true that both our students and the adults in our community do portray those traits noted above and displayed on many billboards on New Jersey and Pennsylvania highways. Congratulations (and thank you) to you all!

As we continue our efforts to educate our children the best that we can, please keep in mind the dates of programs that our schools will be providing in the upcoming month. As has been stated in the past, being involved in your child's school happenings is such an important aspect of the educational process. This month's topics for "Coffee with the Principal" include upcoming activities and instructional technology resources; consider attending, as this is another way to be a part of your child's education. Our doors are open to you!

UPCOMING SCHOOL EVENTS AND REMINDERS:

Book Fair	Feb.2 – Feb.6	Student Schedule
PTA Food Drive	Feb.9 – Feb.13	Main Entrance
School Board Meeting	Feb.11 – 7:30	Library
Coffee with the Principal	Feb.12 - 1:15 and 6:45	All Grade Levels
PTA Founder's Day Meeting	Feb.12 – 7:30	Cafeteria
Valentine's Day Dance	Feb.13 – 7:00	Gym
Winter Recess	Feb.16, 17, 18	SCHOOL CLOSED
Kindergarten Registration	Feb.24	9:00-11:00, Main Entrance
Kindergarten Registration	Feb. 25	2:00-4:00, Main Entrance
School Board Meeting	Feb.25 – 7:30	Library

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?



Dial-A-Ride Policy

Five Town Regional Dial-A-Ride is a public transportation service that complies with the Para Transit regulations of the ADA. We are a **curb to curb** service that is available to residents who are 55 or older or 18 or older and have a physical or mental disability that includes functional limitations and resides in the communities we service. Dial-A-Ride may also be able to provide transportation for people temporarily disabled by illness or injury.

As a **curb to curb** service, we require our passengers be in a place where they can see, or hear the vehicle arrive for their scheduled pick up. All customers are **required** to come to the **curb** for bus service and the driveway for car service to meet the vehicle

within five minutes of the vehicle arriving. If necessary our drivers will assist you with entering and exiting the vehicle, securing safety belts, and mobility devices. Drivers will assist bringing three packages to the client's door if needed.

In inclement weather the driver must be able to deploy vehicle lifts in a safe location, or we, Dial-A-Ride, will not be able to transport the passenger. All driveways and or sidewalks must be cleared and passable. If this is not the case, the driver will not transport the client until requirements are met.

All persons in using the Dial-A-Ride service are required to attend an in-person transportation assessment interview with the administrator.

January 1, 2015



The Tooth Comes Out During Jaw-Dropping Mystery

As the daughter of a dentist, oral care is important to my wife. *Really* important.

The value of brushing and flossing was drilled into her head from an early age. “Take care of your teeth, or you’ll lose them!” was the mantra of my wife’s childhood, delivered by her father, a guy who saw the results of poor dental care every day.

That’s why saving her lower left molar meant so much to my wife. For the nearly a year she bounced between her dentist, two oral surgeons, and a periodontist, trying to save her tooth.

Last Monday was a big day — she was finally getting a crown on her tooth that would bring her long oral ordeal to an end. But the crown didn’t fit, and my wife’s dentist had to put a temporary in there until a new crown could be ordered.

My wife and I were getting out of our car the next morning when she started screaming. She picked something tiny off the passenger seat.

“My tooth!” she screamed. “My tooth fell out!”

She held a tiny tooth in her palm, capped in silver.

“How did it get on the seat of the car?”

“I don’t know.”

“When did it fall out?”

“I don’t know. But...it must be mine.”

“Maybe your temporary cap fell out.”

“It looks like a whole tooth! You can see roots!”

My wife was nearly in tears and seriously depressed. She’d tried so hard to save her tooth. She spent a lot of time in dental chairs, and took a lot of needles in her mouth. Invested a lot of money, too.

“It’s all for nothing. I’m going to be a toothless old woman,” she lamented. “What would my parents think if they were still alive? They’d be so ashamed.”

I assured my wife this wasn’t the case, and that I’d still love her even if she were toothless. This brought her no comfort. It just made

things worse.

“Let’s put the tooth in a Ziploc bag, and call the dentist,” I told her.

My wife got an appointment the following afternoon. She walked into the dentist’s office with a tooth in a baggie, and her head hung in shame. The dentist had her sit down, and open wide.

“Laura, honey, I don’t know how to tell you this,” the dentist said after a thorough exam. “But that’s not your tooth.”

“What?”

“It’s not your tooth.”

“Then whose tooth is it?”

“I don’t know. It looks like a kid’s molar. The temporary cap is still in your mouth. I’ll see you next week when the new crown comes in.”

So whose tooth was it?

My son, Rocco. He has autism, so sometimes he doesn’t tell us stuff, like if he loses a baby tooth. He also has a bad habit of tossing his trash from the back seat of the car into the front while we’re driving. I’ve taken more empty French fry cartons to the back of the head than I can count.

Last year Rocco needed a spacer put on one of his baby teeth so the adult tooth next to it had room to come in. His silver-capped baby tooth had finally fallen out, and my son tossed it onto the front passenger seat along with the rest of his trash. Give the Tooth Fairy a chance, son!

“The Mystery of the Elusive Tooth is solved,” I told my wife. “It’s a shame. I found the idea of you as a toothless old woman kind of sexy.”

She found no humor in this. It just made things worse. If I wasn’t such a horse’s ass, I would have said the right thing.

“Your parents would be proud of you.”



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 and Twitter/Tweets@haikubob.

What is oil pulling? If you aren’t familiar with oil pulling, it is simply swishing oil (usually sesame or coconut oil) in the mouth for a period of time (5-20 minutes) and then spitting it out in the trash. It is said to help reduce plaque and coconut oil is naturally antibacterial and even said to kill the specific bacteria that causes cavities.

Lately, I’ve been experimenting with adding essential oils to oil for oil pulling to improve the taste and to get the added benefits of the essential oil. My favorites so far have been essential oils that are naturally found in toothpaste, like peppermint, cinnamon and clove.

An easier way. The other day when making coconut oil chocolate in little heart molds, I realized that I could simplify the oil pulling process by making pre-made, bit-size oil pulling chews.

The result was simple-to-use pre-mixed oil pulling chews. I keep these in the fridge so they maintain their shape and also so that they are cool when I use them since it helps with the texture at the beginning.

Coconut Oil Pulling Chews

Recipe by Wellness Mama - Recipe type: Remedy - Prep Time: 5 minutes

Ingredients

- 1/2 cup Coconut Oil
- 20-30 drop of Essential Oil (peppermint, cinnamon, clove, lemon, etc.)

Instructions

1. Melt the coconut oil until just barely liquid.
2. Remove from heat and add essential oils.
3. Pour into silicon candy molds and put in the fridge or freezer to harden.
4. When done, remove from molds and store in a jar.
5. Use one per day as needed for oil pulling.

Where Are They Now? **Marc Copage - JULIA:** A 5-year-old Copage played Corey on the groundbreaking 1969 sitcom. “He was so lovable,” Diahann Carroll once said about her TV son. More work was scarce, though. He’s now an L.A.-based singer and dancer with a Facebook page as a “social dance instructor.”



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?



to the State House yard for a public reading of the document. Colonel John Nixon mounted a high platform and spoke the noble lines in a strong, clear voice. The crowd, now hushed, listened intently throughout.

"...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."

Patriots shouted their approval of the pronouncement of their leaders. Some of them celebrated by tearing down the King's Arms over the seat of justice in the courtroom and casting such vestiges of authority into a bonfire in the street. Processions and demonstrations lasted till midnight, when thunder and lightning sent the excited townspeople running to their homes.

Newport, Williamsburg, Charleston—a great many cities and towns—held happy

celebrations, and patriotic observances with speeches and prayers. Dover arranged a grand turtle feast. In Savannah, jubilant citizens burned King George in effigy, and conducted a mock funeral service over his grave.

Not even a smallpox epidemic kept a great crowd from assembling in Boston. The Declaration was read from a balcony of the Massachusetts State House. At a given signal, thirteen cannon boomed across the New England shore. Bostonians celebrated with banquets and bonfires, having special reason to rejoice over their freedom from Britain and her obnoxious redcoats. According to a Boston newspaper, "The King's Arms, and every sign with any resemblance of it...together with every sign that belonged to a Tory, was taken down and made a general conflagration of in King Street."

In New York, General Washington ordered that the Declaration be read at the head of each brigade of the army at six o'clock, the evening of July 9. the brigades were drawn up in hollow squares. Washington, mounted on his horse, took up his position within one of these squares while an aide read the broadside.

Afterward, the commander in chief reported to Congress on "the expressions and behavior of officers and men testifying their warmest approbation of It."

Civilians rushed to Bowling Green, where stood a life-size equestrian statue of George III. They tore down the figure, which was made of lead, richly overlaid with gold. What fine ammunition it would make!

The metal was transported to the home of Brigadier General Oliver Wolcott, a Connecticut delegate to Congress. Behind his white house in Litchfield, the general's wife and children, assisted by several ladies of the village, melted down His Majesty into 42,088 bullets for the American army. Mary Ann Wolcott, eleven, with great industry made 10,790 of them. Her eight year old brother Frederick turned out 936 bullets. Their father was a general!

General Wolcott was a tall, distinguished-looking man of forty-nine, son of a former colonial governor and a lawyer in private life. After graduation from Yale at the head of his class, he became active in both military and legislative affairs.

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

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RIVERDALE Public Library

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Registration for programs
is required.
Call (973) 835-5044 or visit
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

ADULT PROGRAMS

Documentary Screening - Dinosaur 13 — Mon., Feb. 2, 6:30 p.m. 105 min. The true tale of one of the greatest discoveries in history.

Eating for Energy — Thurs., Feb. 5, 7 p.m. Always feel like you're running on empty? Join Allison Smith, MPH, RD, registered dietician at ShopRite of Lincoln Park, to learn how you can eat to fuel your day and feel energized.

Spend Less Time Cleaning — Wed., Feb. 11, 1 p.m. OR 7 p.m. What cleaning products work best? What tools & tricks do professional housecleaners use? What design changes can reduce maintenance? Get the answers to these questions and more from Linda Anders, owner of COC Enterprises LLC, and spend less time cleaning!

Friday Matinee - My Old Lady — Fri., Feb. 13, 1 p.m. A New Yorker discovers that the Paris apartment he inherited is already occupied by a retired woman and her daughter. PG-13, 107 min.

ADULT COMPUTER PROGRAMS

Introduction to the PC II — Sat., Feb. 14, 11:00-12:30 p.m. Learn to find documents, make new folders and keep them organized. Customize your workspace with desktop icons and shortcuts and learn how to put your programs on your Start menu or taskbar.

iPad & Tablet Users Group — Fri., Feb. 20, 1-2 p.m. New to using an iPad or tablet? Bring your device and learn the basics in this monthly workshop for tablet users looking to increase their skills and share knowledge and experience.

Digital Magazine Downloading — Fri., Feb. 20, 11:00-12:30 p.m. Use your library card to access digital versions of popular magazines. *Martha Stewart Living*, *The Economist*, and *Food Network Magazine* are just some of the magazines you can download each month (for free!) and keep. Attend this workshop to see the one-time set-up process. Have a tablet? Bring it! Computers will be available for those without a tablet.

Microsoft Excel — Sat., Feb. 28, 11:00 a.m.-12:30 p.m. Learn how to create a simple worksheet. You will input data, create simple formulas and use basic formatting techniques.

Coming Soon! AARP Driver Safety Course – Sat., Mar. 7 & Mar. 14, 1:00- 4:00 p.m. The purpose of this course is to help drivers of all ages to refresh their driving skills. Cost: \$15.00 for AARP members; \$20.00 for non-members. **Both sessions must be completed;** participants may be eligible for auto insurance discounts.

CHILDREN'S PROGRAMS — GRADES K-5

Puppy Pals — Wed., Feb. 11, 4-5 p.m. A fun way to encourage reading skills! Children can choose a book to read to Justice and Liberty, certified therapy dogs from Creature Comforts Pet Therapy.

Drop-In Valentines — Thurs., Feb. 12, 3-6 p.m. Stop by after school to make a special Valentine card for a friend or family member and take home a sweet treat. No registration required.

Chinese New Year Celebration — Wed., Feb. 18, 4-5 p.m. Welcome the Year of the Sheep with traditional tales, music, crafts, food and fun! Don't forget to wear red—the Chinese color of good luck!

Family Matinee - Dolphin Tale 2 — Sat., Feb. 21, 1 p.m. Spend a snowy afternoon enjoying popcorn and this heartwarming true story about a rescued dolphin. PG, 107 min.

Lego Lab — Wed., Feb. 25, 4-5 p.m. You bring your imagination and we'll supply the LEGOs plus a great story!

TWEEN PROGRAMS — GRADES 4-6

I Heart U — Wed., Feb. 4, 4-5 p.m. Create a Valentine for someone special and snack on delectable goodies while you work!

Winter Movie Night - If I Stay — Thurs., Feb. 19, 6 p.m. Get out of the cold with popcorn, hot cocoa, and the hit adaptation of Gayle Forman's best-selling novel. Plus, enter a raffle to win a copy of the sequel, *Where She Went!* PG-13, 107 min.

Candy Sushi — Thurs., Feb. 26, 4-5 p.m. Roll up Rice Krispies, Swedish Fish, marshmallows, and licorice into tasty treats! Chopsticks optional.

INFANT & PRE-SCHOOL PROGRAMS

Programs run through the week of Mar. 24.

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.

Friends of the Library Book Sale, March 27-29.

We are currently accepting donations of books, DVD's, CD's and audiobooks for the annual book sale. We're sorry, but we can't accept magazines, condensed books, or encyclopedias. The Friends of the Library Book Sale is March 27-29, 2015.

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., Feb. 23, 6:30-8:00 p.m.** *The Giver* by Lois Lowry.

Friends of the Library meeting — **Thurs., Feb. 19, 7:00 p.m.**

RIVERDALE



Mike's Feed Farm



Way Back When

Chicken Owners

Chicken Gifts

Anna Soto



Mrs. Anna Soto was the Riverdale School Crossing Guard for 20 years, retiring in 1995. Mrs. Soto passed away on December 28, 2014. Our condolences to the Soto Family.

DAILY NEWS

Never Forget



Tomb of the Unknown Soldier

Congratulations!



Happy 9th Birthday on February 28, **James** and **Julia Regeling!** We love you so very much! Love, Mommy, Daddy and Sebastian. xxoo



On January 8, John & Josephine Spenillo welcomed a new granddaughter into the family, **Antonia Gia Spenillo**, second daughter to John & Toni Ann Spenillo.



Remember the old Pompton Feed & Supply on the Hamburg Turnpike? Currently on this site is Dan Salomeno's Riverdale Self-Storage.



Congratulations to **Anthony Budesheim** upon his graduation from the Nursing Program at the County College of Morris!



NEW PROGRAM

2015**Spring Break Rec****April 13 – 17***during Riverdale School Spring Break*Children currently in K – 5th grade.**9:30 a.m. – 2:30 p.m. Monday – Friday****\$100 for the week due at Sign-Up**

There will be NO traveling. All entertainment and programs will be provided at the Community Center.

973-835-4060 x232**Spring Break Rec Registration****FINAL NIGHT TO REGISTER****Wednesday, February 28 at 6:30-7:30 at**

Recreation Office in Borough Hall across from Library.

Cost is \$100 due at Sign-Up.Questions: email Krista Osborne at riverdalerec@gmail.com.**Recreation Office Telephone 973-835-4060 x232****Counselor Applications**

- **2015 Spring Break Rec:** will be accepted during January and February ONLY.
- **2015 Summer Rec:** will ONLY be accepted during March and April.
- Please pick up an application at the Borough Hall (they are not available anywhere else).
- You must be 16 years old and a Riverdale Resident to apply.
- If you have any questions, please email Krista Osborne at RiverdaleRec@gmail.com.

SUMMER REC REGISTRATION: It's that time again!**Wednesday, February 16****6:30 - 7:30 pm** -Riverdale Recreation Office in Borough Hall

Full Time Program for Children entering Grades 1 - 6 as of Fall '15

Part Time Program for Children entering Grades 7 - 8 as of Fall '15

\$100 deposit due in order to reserve your child's spot.**Summer Rec: June 29 - July 31.**More information email RiverdaleRed@gmail.com**Softball Clinic**

In conjunction with Pompton Lakes Recreation.

Tuesdays 7:00 - 8:30 pm**March 17 thru April 16**

Lakeside Middle School in Pompton Lakes.

\$60**Children in Grades 1 - 8**To register email RiverdaleRec@gmail.com**Indoor Field Hockey Clinic**

In conjunction with Pompton Lakes Recreation.

Thursdays 7:00 - 8:30 pm**March 19 thru April 30**

Lakeside Middle School in Pompton Lakes

\$70**Children in Grades 1 - 8**To register email RiverdaleRec@gmail.com**Walking Club**

In conjunction with Pompton Lakes Recreation.

Thursdays 7:00 - 8:00 pm**Now thru April 23**

Don't want to walk in the cold? Join us in the hallways at Lakeside Middle School.

May 7 thru August 20

Hershfield Park in Pompton Lakes.

Adult Crazy Bowl**Saturday, March 28 - 8:00 - 11:00 pm****Holiday Bowl in Oakland****\$35 per Person**

includes 2 games of bowling, shoes, hot/cold buffet, dessert, soda & coffee. Cash bar available.

PLUS win prizes for In the Gutter Award, Spare Change Award, Strike It Rich Award and lots more! Sign-up by email at RiverdaleRec@gmail.com, deadline is March 15.**Easter Egg Hunt****Saturday, April 4****11:00 am SHARP**

Riverdale Community Center

Children ages 2 thru 5th Grade

Bring your own basket!

As a temporary remedy for a toothache before you can get to the dentist, rinse your mouth with a mixture of 4 ounces of warm water, 2 tablespoons white vinegar and 1 tablespoon of salt.

When gums are sore, use a rinse of 1 teaspoon of salt in 4 ounces warm water. Swish the solution around in your mouth. If you have an abscess, the salt will draw out some of the infection.

Athletes Who Died Too Soon

Lou Gehrig (June 19, 1903 – June 2, 1941) died from ALS (Amyotrophic lateral sclerosis) a.k.a Lou Gehrig's Disease.

Considered by many to be the greatest first baseman of all-time, Gehrig racked up six World Series rings, two AL MVP titles, and a Triple Crown award during his 15-season career. The Iron Horse will forever be remembered for his durability which carried him through 2,130 consecutive games from 1925 to 1939 despite several injuries. Gehrig's streak and career came to a halt as the effects of a motor neuron disease known as ALS became overwhelming for the slugger.

On July 4, 1939 Gehrig delivered what has been called "baseball's Gettysburg Address" to a sold-out crowd at Yankee Stadium. There is no known intact film of Gehrig's speech; only a small snippet of the newsreel footage has survived, incorporating his opening and closing remarks: *"For the past two weeks you have been reading about the bad break I got. Yet today I consider myself the luckiest man on the face of this earth. When you look around, wouldn't you consider it a privilege to associate yourself with such fine looking men as are standing in uniform in this ballpark today? ...that I may have been given a bad break, but I have an awful lot to live for. Thank you."*

The crowd stood and applauded for almost two minutes. Gehrig was visibly shaken as he stepped away from the microphone, and wiped the tears away from his face with his handkerchief. Babe Ruth came over and hugged him as a band played "I Love You Truly" and the crowd chanted, "We love you, Lou". *The New York Times* account the following day called it "one of the most touching scenes ever witnessed on a ball field", that made even hard-boiled reporters "swallow hard."



On June 2, 1941, at 10:10 p.m., sixteen years to the day after he replaced Wally Pipp at first base and less than two years after his retirement from baseball, Lou Gehrig died at his home at 5204 Delafield Avenue, Bronx, New York.

Upon hearing the news, Babe Ruth and his wife Claire went to the Gehrig house to console Eleanor. Mayor LaGuardia ordered flags in New York to be flown at half-staff, and Major League ballparks around the nation did likewise.

The Gehrigs had no children. Eleanor, who never remarried, dedicated the remainder of her life to supporting ALS research. She died 43 years after Lou on March 6, 1984, on her 80th birthday.

First athlete ever to appear on a box of Wheaties. First baseball player to have his uniform number retired.

Influential Women

Ayn Rand



(January 20, 1905 – March 6, 1982) was a Russian-American novelist, philosopher, playwright, and screenwriter. She is known for her two best-selling novels, *The Fountainhead* and *Atlas Shrugged*, and for developing a philosophical system she called Objectivism.

Born and educated in Russia, Rand moved to the United States in 1926. She had a play produced on Broadway in 1935–1936. After two early novels that were initially unsuccessful in America, she achieved fame with her 1943 novel, *The Fountainhead*.

In 1957, she published her best-known work, the novel *Atlas Shrugged*. Afterward, she turned to non-fiction to promote her philosophy, publishing her own magazines and releasing several collections of essays until her death in 1982. Rand advocated reason as the only means of acquiring knowledge and rejected faith and religion. She supported rational and ethical egoism, and rejected altruism. In politics, she condemned the initiation of force as immoral and opposed collectivism and statism as well as anarchism, instead supporting *laissez-faire* capitalism, which she defined as the system based on recognizing individual rights. In art, Rand promoted romantic realism. She was sharply critical of most philosophers and philosophical traditions known to her, except for some Aristotelians and classical liberals.

Literary critics received Rand's fiction with mixed reviews, and academia generally ignored or rejected her philosophy, though academic interest has increased in recent decades. The Objectivist movement attempts to spread her ideas, both to the public and in academic settings. She has been a significant influence among libertarians and American conservatives.

Rand died of heart failure on March 6, 1982, at her home in New York City, and was interred in the Kensico Cemetery, Valhalla, New York. Rand's funeral was attended by some of her prominent followers, included Alan Greenspan

MARCH edition of Riverdale News & Events will be published on or about Saturday, February 28. Copy, photos, articles, announcements are due Friday, February 21.



The Friends of the Riverdale Public Library will be busy preparing for their
14th Annual Book Sale.

This year's event will be held on **March 27-29** at the Riverdale Community Center. Volunteers are needed to help sort books before sale at the library during regular library hours as well as setting up before the sale and cleaning up after the sale.

Set up dates and times: Tuesday, Wednesday & Thursday March 24-26 from 6:30-9:00 pm. Clean up date is Sunday, March 29 starting at 3:00 pm

Donations of books, DVDs, CDs and audiobooks are also welcome (sorry – we're unable to accept magazines, condensed books, encyclopedias, VCR tapes or books in poor condition)

Please drop donations at the library during regular hours.

Book Sale will be held at the Community Center, 57 Loy Avenue, on Friday, March 27 from 4:00 to 8:00 pm; Saturday, March 28 from 10:00 am to 4:00 pm; and Sunday, March 29 from 12:00 to 3:00 pm.

For more information contact Lori Clinton at 973-616-4406 or lcClinton99@gmail.com

Neighbors in Nature

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



Last year just around Christmas time, I gathered some seeds from our butterfly bush at the Riverdale Library. I discussed some details about growing butterfly bushes from seeds and how to gather those seeds. I have no idea how many others actually tried to grow a butterfly bush from seeds but I do know

that our librarian, Linda Vogel, grew a butterfly bush from seeds from the library butterfly bush and her seedling bloomed! It is possible to grow your own bush from seeds.

As I reflect back on the seed gathering, it was on December 26, 2014! It was winter and cold and windy! Freezing cold!

According to a book I have on growing "house plants" from seed, they point out that some seeds actually will not germinate unless they have been frozen ... for weeks! I suspect that butterfly bush seeds may just tolerate cold winters or might just require cold winters. They don't really give you many seeds until well into the fall weeks.

Also those seeds are so tiny and light the winds can carry them

great distances. There are several local places where there are flowering butterfly bushes that were not deliberately cultivated there. Those of you who venture to walk along the railway and its sidings in Riverdale will encounter flowering bushes in June. Follow the railway siding by the bank in Riverdale back to the main line in June and you will find numerous butterfly bushes. Head from the junction of that siding with the main line and head back toward Hamburg Turnpike near the quarry. Along the way you encounter discarded piles of old railway ties. Sheltered by those ties, on their southern exposure, are hundreds of butterfly bushes. Small ones about two feet high can be simply just pulled up out of the ground, stuck in a plastic bag of local dirt and transplanted to your own garden! Also remember, you are trespassing and that can have other consequences. And you could also be run over by the train! Growing butterfly bushes from seeds is a much safer alternative.

Another place I have seen flowering "wild" butterfly bushes in mid June is along the roadway past Pier One Imports to Walmart in Riverdale. As you are heading toward Walmart, as you have just past Pier One, look to you left as you drive by in mid June. From just past Pier one all the way to the end of the Walmart parking lot you will see flowering butterfly bushes. Or you can just continue on Rt. 23 to Home Depot and buy a butterfly bush there! They might even have them on sale at Walmart as well! That solves two butterfly bush problems. You avoid trespassing and you keep your eye open for traffic as you drive!

Animal Control Officer



Bloomington Animal Control provides varied services to your community. Following local and state regulations we strive to protect the health and well being of both the citizens and animals of Riverdale. Complaints, animal cruelty, running at large, animal bites and wildlife issues as well as license enforcement and rabies control are some of the matters handled through the Animal Control department.

The Borough of Riverdale contracts with the Borough of Bloomington for animal shelter services as well. The North Jersey Community Animal Shelter cares for dogs and cats obtained by Animal Control until their owners reclaim them or until they are adopted into responsible loving homes.

We also provide free rabies clinics to all NJ residents that are held locally in January, February, March and every Saturday in the month of November.

In Bloomington February 14 from 11am-1pm at 101 Hamburg Turnpike Bloomington.

Riverdale's clinic is March 7 this year at the DPW garage on Dalton Drive from 11am-1pm.

All dogs and cats should be on leashes or in carriers. Responsible pet owners license their pets. A rabies vaccine is the only requirement to license your pet, so take advantage of the free clinics. We strive to perform the duties and responsibilities entrusted to us with respect and compassion.

The Animal Control Office is open Monday through Friday 8am-4pm by calling 973-838-8959; however, we are available 24/7 to meet the needs of those we serve. We encourage you to contact us should you have any questions. Our phone number is 973-838-8959 or email us at lperry@bloomingtonnj.net

The North Jersey Community Animal Shelter (NJ) (CAS) is located at 23 Brandt Lane in Bloomington. For shelter information please call 973-850-6767.

If you have an urgent time sensitive issue please call your local police who will dispatch an Animal Control Officer.

Lisa Perry
Director of Animal Control Services
Animal Cruelty Investigator
973 838-8959

Save your Pringles containers to store Spaghetti



Wrap a shower cap around an overly-sensitive smoke detector. I know the difference between "burning" and "warming"....my detector doesn't

Onions remove rust from metal objects - so if your knife is rusty just plunge it into the biggest onion you can find, let it sit for a few seconds and pull it out. Repeat until the rust is gone.



Put a wine or margarita glass in the middle of a large bowl for instant chip and dip set!



Use an egg slicer for instant and perfect strawberry slices!



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Snow Blower Tune-up Time



Baked Oatmeal Casserole

Author: Love of Family & Home
Recipe Type: Breakfast
Cuisine: Casserole
Prep Time: 10 minutes
Cook Time: 40 minutes Serves: 8

Ingredients

- 2 cups All Natural Oats
- 1/3 Cup Brown Sugar
- 1 teaspoon Baking Powder
- 1 teaspoon Cinnamon
- 1/2 teaspoon Salt
- 1/2 Cup Chocolate Chips
- 1 cup Strawberries
- 2/3 cup Blueberries
- 1 Ripe Banana
- 2 cups Milk
- 1 large Egg
- 2 Tablespoons Butter (cooled)
- 1 teaspoon Vanilla



Instructions

1. Preheat oven to 375 degrees
2. Spray a 10x10 casserole dish generously with cooking spray
3. In a large bowl, mix oats, brown sugar, baking powder, cinnamon, salt, half the chocolate chips, and half the berries. Stir well and pour into casserole dish. Add the other half of the berries and chocolate chips to the top of the mixture. Then, slice the banana & top to top.
4. In a separate bowl, combine milk, egg, butter, and vanilla. Whisk thoroughly. Pour on top of oatmeal mixture, making sure all the oats are soaked evenly.
5. Bake for 30 minutes. Then, remove casserole & add a tablespoon of brown sugar to the top of the casserole for added sweetness (optional). Bake for an additional 5 or 10 minutes or until the top of the casserole is golden brown.



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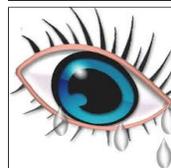
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ANSWER to question on Page 7: Sixty days and forty days.



This month: Problems with the Eye Refractive Errors

Refractive errors are the most frequent eye problems in the United States. Refractive errors include myopia (near-sightedness), hyperopia (farsightedness), astigmatism (distorted vision at all distances), and presbyopia that occurs between age 40-50 years (loss of the ability to focus up close, inability to read letters of the phone book, need to hold newspaper farther away to see clearly) can be corrected by eyeglasses, contact lenses, or in some cases surgery. Recent studies conducted by the National Eye Institute showed that proper refractive correction could improve vision among 11 million Americans aged 12 years and older.



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



Don't throw out those last drops of jam in the jar - Add equal parts oil and vinegar to the jar, give it a good shake, and season with salt and pepper to taste. Instant Fruity Vinaigrette Dressing!



Dip your fries IN the ketchup packet instead of squirting the ketchup onto whatever you can find.

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Save the Dates! Mike's Feed Farm is hosting two free workshops in March for chicken and horse owners. These free workshops are designed to provide information to people who already own chickens or horses or for people are interested in learning more about them.

The Horse Owners Workshop is March 1st at 5:30PM at Mike's Feed Farm and will feature three guest speakers. A Purina representative will share her expertise on nutritional needs for horses and will review feeds for your horse to achieve maximum quality of life. Dr. Michael Fugaro, Professor Animal Health Studies Rutgers University and Centenary College Veterinarian, will discuss orthopedic issues in horses. Bob Leonard, an experienced farrier, will discuss how to achieve and maintain healthy hooves. All attendees will receive free goody bags and a raffle will immediately following the workshop. Items purchased after the workshop will be discounted as well.

The Chicken Owners Workshop is March 22nd at 6PM at Bograd's Furniture, across the Street from Mike's Feed Farm, and will also

feature three guest speakers. Victori Alfieri from Woodlot Farms will lead the discussion on how to raise and maintain a backyard flock. Alfieri will also bring several different breeds of chickens for attendees to meet, and chicks will be available for purchase. Christina Siracusa, a Purina representative, will lead the discussion on chicken feeds and will provide expert nutritional advice on all varieties of food for your flock. Tim Astor, from Bradley Cowell, will lead the Question and Answer portion of the workshop, and all three presenters will be available to address any issues or questions attendees have. Last year the Chicken Owners Workshop attracted over 100 attendees from all over North Jersey and was a huge success.

Mikes carries everything you need for both chickens and horses. Both workshops are free, but RSVPs are required as space is limited. Call (973) 839-7747 or nikki@mikesfeedfarm.com to reserve a spot. The Horse Owners Workshop is March 1st at 5:30PM in the store, and the Chicken Owners Workshop will be March 22nd at 6pm at Bograds, across the street from Mike's Feed Farm. Items purchased after both events will be discounted, and goodybags and free give-aways will be available at the door.



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Lie #4: Artificial Sweeteners Are Safe Sugar Replacements for Diabetics, and Help Promote Weight Loss

Most people use artificial sweeteners to lose weight and/or because they are diabetic and need to avoid sugar. The irony is that nearly all of the studies to date show that artificial sweeteners cause even MORE weight gain than caloric sweeteners. Studies also show that artificial sweeteners can be worse than sugar for diabetics.

In 2005, data gathered from the 25-year long San Antonio Heart Study showed that drinking diet soft drinks increased the likelihood of serious weight gain much more so than regular soda.² On average, each diet soda the participants consumed per day increased their risk of becoming overweight by 65 percent within the next seven to eight years and made them 41 percent more likely to become obese.

There are several possible reasons for this, such as:

- Sweet taste alone appears to increase hunger, regardless of caloric content
- Artificial sweeteners appear to perpetuate a craving for sweets, and overall sugar consumption is therefore not reduced, leading to further problems with weight control
- Artificial sweeteners may disrupt your body's natural ability to "count calories," as evidenced by multiple studies. For example, a Purdue University study found that rats fed artificially sweetened liquids ate more high-calorie food than rats fed high-caloric sweetened liquids.
- The list of health risks associated with artificial sweeteners, particularly aspartame, continues to expand. I maintain an ongoing list of studies related to the detrimental effects of aspartame, which I recommend you review for yourself if you are still on the fence.



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



Comfrey

COMFREY. Comfrey has been used as a healing herb since 400 BC. It was known to have the power to encourage body tissue repair. The Greeks used it to stop heavy bleeding and treat bronchial problems. Dioscorides, a Greek physician of the first century, prescribed the plant to heal wounds and

bend broken bones. The Cherokee have used this plant internally for a number of ailments.

- ◆ An over abundance of mucilage found in Comfrey, makes it very useful as a demulcent in cases such as colitis.
- ◆ Comfrey contains allantoin which is a cell proliferant, stimulates new cell growth which increases cell production and thus supports more rapid healing. The general rule in Herbology is "if anything is broken, use Comfrey."
- ◆ Pouring fluid extract of Comfrey into a wound often closes the wound, thus avoiding stitches.
- ◆ Comfrey is indicated when the internal functions are injured or weakened to the degree that bloody discharges are manifested, whether in the sputum, urine or from the bowels.
- ◆ Comfrey has been used successfully on any part of the body that might be injured.

- ◆ Comfrey is an excellent healer of the respiratory system, especially where there is hemorrhaging of the lungs.
- ◆ Comfrey (called the knitter and healer) stops hemorrhaging and bleeding and is particularly useful in treating blood in the urine.
- ◆ Comfrey aids in soothing inflammation and when used as a poultice can be applied to sore breasts burns, wounds, swelling, and bites.
- ◆ It has been used as a hot poultice in helping ease the pain from bursitis.
- ◆ It helps in the calcium-phosphorous balance by promoting healthy skin and strong bones. It feeds the pituitary with its natural hormone and helps to strengthen the skeletal system.
- ◆ It helps promote the secretion of pepsin which makes it useful as a general aid to digestion.
- ◆ Comfrey has been used with success to arrest all sorts of hemorrhaging or bleeding.
- ◆ Comfrey has earned its title honestly, as being the *knitter, healer* plant. Comfrey is one of the greatest herbs God ever given to man.

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

Use burst mode when shooting pets.

Pets are unpredictable, so don't wait for them to pose before shooting. The chances are you'll miss the crucial moment.

Don't wait until you've attracted their attention -- start shooting while you're trying to do it, as they don't understand the concept of cameras and will move at the worst possible moment. Switch your camera to burst mode and start shooting while you're trying to attract their attention towards the lens for a better chance of capturing something close to the picture you wanted.



Use burst mode when shooting animals and pets to increase your chances of capturing the shot you're after.

How to shoot moving water.

Short shutter speeds do a good job of capturing a waterfall and its surroundings, but you'll achieve a far more attractive result

by slowing things down. To do this without overexposing your image, start by switching out of auto and reducing your camera's sensitivity to its lowest setting (usually around ISO 100 or ISO 80), then either use a neutral density (ND) filter or, if you don't have one or can't fit one to your camera, dial down the exposure compensation to its lowest level (usually -2EV, -3EV or -5EV).



By taking this picture with a slower shutter we've softened the water both in the waterfall and passing in front of the lens.

Mount your camera on a tripod, half press the shutter release to fix the focus point and exposure and then press it all the way to take the picture, being careful not to shake the camera while it's taking the shot. It'll take some experimentation to get this right, so don't be put off if you don't get the perfect results first time around.



When butter is added to water it floats to top, perfectly buttering each ear of corn as it is removed - Also, saves some calories by not "over-buttering"if there is such a thing.



How bout a Magic Trick? - Put a sealed can of Condensed Milk (sweetened) in boiling water for 2 1/2 hours.... and when you open it... it will be Toffee/Caramel!! Seriously, so much easier than the "Stir, bubble, scrape, stir, freeze, etc..." method. However, make sure the can is COMPLETELY submerged at all times...

Riverdale Recycling News

Single Stream Recycling!

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

Please follow these simple requests:

- Clean food off recyclables and empty liquids before you recycle them.
- As little paper as possible should be shredded

- only those pieces of paper with confidential information that you don't want others to see. The less shredded paper there is in the recycling stream, the better it is for the recycling process. Because shredded paper is so small, it doesn't get sorted with other paper, and it winds up in the trash at the end of the system.

- Bottle caps are thrown in the garbage, please remove them before recycling.
- It is required that shredded paper must be put in clear or light-colored plastic bags, such as grocery bags.
- The Metal Appliances and Scrap Metal pickups are still the First Friday of Each Month.

Recycling for Friday, December 25 will be Saturday, December 26

Recycling for Friday, January 1, 2016 will be Saturday, January 2

Morris County MUA Operates Year-round HHW Facility

In an effort to make managing household hazardous waste ("HHW") more convenient for Morris County residents, the MCMUA has a permanent HHW facility that allows both residents and businesses to dispose of hazardous materials throughout the year. The HHW facility is open by appointment on most Tuesday, Friday and Saturday mornings. Eligible businesses will be charged a \$1.25/lb. disposal fee.

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

Morris County MUA Continues to Sponsor HHW Disposal Events

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

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

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

- ◆ Televisions (NO projection TVs)
- ◆ Computers, Laptops, Keyboards, Mice, External Drives, Modems
- ◆ Scanners, Printers

- ◆ Copy Machines
- ◆ VCRs, DVD Players
- ◆ Stereos
- ◆ Radios
- ◆ Phones
- ◆ Fax Machines
- ◆ Camcorders
- ◆ Electric Typewriters
- ◆ Cell Phones
- ◆ And most media (Floppy, CD)

Items NOT Accepted:

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

Passenger Tires may be disposed of at the Borough Garage, Dalton Drive, after paying a \$2.00 per tire fee at the Municipal Building. Tires may be on or off the rims.

Branches and Twigs will be picked up on **Wednesdays**. They must be tied in bundles no longer than four feet in length. **Christmas Trees will be picked up on the same day as branches and twigs.** They must be free of ornaments, tinsel, etc. and they must NOT be bagged.

Leaves will also be picked up on **Wednesdays**. They must be in **brown 30 gallon biodegradable paper yard waste bags available from hardware and home centers.**

Corrugated Cardboard will be picked up on **Fridays** according to the enclosed schedule. All cardboard must be folded flat. Do NOT tie in bundles. The string interferes with the machinery.

Magazines, Junk Mail & Mixed Paper will be picked up on **Fridays** according to the enclosed schedule. Do NOT tie in bundles. The string interferes with the machinery.

Metal Appliances and Scrap Metal pick up will be on the **first Friday** of each month. (Doors must be removed from refrigerators and freezers before being placed out at the curb.)

Grass Clippings will NOT be picked up by the DPW or the garbage hauler. We recommend mulching the clippings on your lawn or composting them.

Used Motor Oil must be recycled. It may be brought to Malanga's Automotive for disposal. The cost is \$1.00 per gallon. It is unlawful to dispose of waste oil in your regular garbage. The oil must be free of contaminants, such as gasoline or antifreeze.

Natural Wood Waste and Oil-Contaminated Soil must be recycled. Contact the DPW for information on vendors who handle these items.

Battery Recycling- Alkaline batteries may be disposed with household garbage. Rechargeable and button cell batteries may be disposed of at the Municipal Building. Vehicular batteries are accepted at Malanga's Automotive, 39 Hamburg Turnpike, at no charge.

Garbage Collection is on every Tuesday.

One Bulk Item may be put out on collection day. This could be a couch, chair, mattress, box spring, etc. One roll of carpet (4 feet wide) and no heavier than 50 pounds will be picked up as a bulk item on each collection day. It is suggested you make arrangements with your carpet installer to haul away used carpet and padding.

Any Metal Items or Appliances should be put out for scrap metal collection on the **first Friday** of each month.

Absolutely NO Construction Materials will be picked up. Construction materials would include such items as sheetrock, tile, framing lumber, windows, doors, etc.

Steven A. Schotanus

Department of Public Works Superintendent

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**Tea Love: Instilling a Love of Tea, One Sip at a Time
Feature – Showing Love Through Plants**

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/>.



February, the month of l'amour. The scent of chocolate and roses intermingle in the air, couples gaze dewy-eyed at one another across a candle-lit table in a dark corner of an upscale restaurant, and maybe even enhanced with a few men going down on one knee as a tiny velvet box is perched in their hand as a presentation to their loved one. But, what to get for someone who is obsessed with tea?

Well, my boyfriend found the perfect answer to that. Not too long ago, Camilo gifted me a very special plant – a camellia sinensis, also known as a tea plant.

Needless to say, I was thrilled! An endless supply of tea (so long as I can keep the plant alive, being I have a black thumb. Thankfully, I have a father who has a bit more luck with vegetation than I do).

Now, the issue comes in that, while I know the whole concept of processing tea, I have never done it myself.

Curious, I tried to just pluck a few leaves and throw it into a cup, seeing what result that would show. The brew was a bit weak, tasting mostly of the oils in the tea. It was a very pale yellow hue and a very soft scent. While it was good, it also was not the tea that I know well.

So, I did some research to see what can be done next time to make my tea, well, tea.

It is important to note that all tea comes from a single plant, the

camellia sinensis (which, by the way, even if you do not use it for tea, is gorgeous to behold and produces tiny white flowers the size of dimes). What makes the different types of tea – white, green, oolong, and black – is the processing that each leaf goes through.

According to Camellia Forest Nursery, pick a few of the leaves by hand, about two to three leaves. Allow them to wilt in the shade or indoors for 6-24 hours, leaving the leaves soft but not dry.

For some white tea, spread the leaves on a tray and leave it in your shady spot for a few days. Follow this by drying it in an oven at 200-250°F for about 20 minutes, or until all the water is removed.

For green tea, the leaves should be heated after six to eight hours of wilting, stirring them frequently for three to five minutes in a frying pan. This stops further oxidation. You can then roll the leaves into strips by hand or in a clean cloth before drying them.

Oolong tea goes through a more rigorous process. First, the leaves are wilted, then shaken several times over a few hours and bruised in an effort to create a controlled oxidation. Make sure not to break your tea into pieces. Spread the leaves onto a tray and allow them to darken for at least 30 minutes, if not more. Heat the tea in a pan to stop the oxidation process and dry your leaves.

Black tea should be wilted longer than the others. The tea should then be rolled firmly, as you are trying to break down the inner structure of the leaves. Roll until juices start coming from the leaves. Oxidize the tea for two to 12 hours, or until the leaves are a reddish brown. Finally, dry the leaves.

All tea should be stored in an air-tight container away from anything that might distort the taste, such as cheeses, cleaning products, or other strong smells and tastes. The storage should be kept free of any moisture.



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