

RIVERDALE NEWS & EVENTS

News for and about the residents of Riverdale

January 2015

Volume 10 Number 1



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Columnists

- Camilo Castillo
- 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



BEHIND THE SCENES Report

Mayor William Budesheim's

It has been a full year since we entered into shared service agreements with neighboring towns. We have overcome a few road bumps along the way and things are operating smoothly.

The Building Department services are being provided by the Borough of Wanaque. Last year under our own department we took in about \$37,000 in fees and paid out in salary and benefits \$85,000 for a loss of \$48,000.

This year under our shared services we paid Wanaque \$40,000 to run our building department and we took in nearly \$46,000 in fees. Rather than losing another forty thousand dollars, we were six thousand dollars to the good.

Our water and sewer billing is being done through the Borough of Butler, as is our Tax Collector. Through this arrangement we discovered billing errors, which have been corrected. The result is that we have generated \$300,000 in revenues that we would not have realized without having entered in to a shared service.

The Tax Collector department is in compliance with the state laws and regulations at a savings to the Borough of Riverdale of \$50,000.

Our Police Department is now up to full strength and organized according to the structure determined by Chief Kevin Smith. As a result the revenue from summons issued is up \$70,000 over last year. The morale, according to the Chief, is probably higher than it has been in years. Riverdale's Finest.

The Riverdale Volunteer Fire Department has more members now than we have had in many years. We amended our ordinance to allow members from other departments to join. This was suggested by Chief Dan Sturm and it has worked out as planned. Riverdale's Bravest.

We have been working on bringing the Riverdale Department of Public Works up to full strength. Our goal is eight workers to take care of the roads, buildings, fields, water and sewer departments, and facilities. Much to do with so few. We are very proud of them.

The front office has been reorganized and operations are working smoothly at an annual salary savings of \$70,000. Our staff is always available to assist the public with courtesy and professionalism.

Our Recreation Department is introducing a Riverdale School Spring Break Program this year. A big plus for working parents in town.

Our program of sharing non-essential services to maintain essential services is working. This enables us to keep the small-town feel that makes Riverdale the special place we all know and appreciate.

We are looking forward to serving you in 2015. And as always our door is always open to you providing our residents with continued good government.



William Budesheim



Congratulations, Tina Cali

For the third year in a row Tina has received the Five Star Real Estate Agent award as published in NJ Monthly Magazine. Tina's clients were surveyed regarding her service attributes where she scored at a level high enough to be selected into a group which represents less than 2% of all real estate agents in New Jersey.

- The New Jersey Shore town of Long Branch was the summer home to seven American Presidents.
- The New Jersey State Seashell is the Knobbed Whelk.
- There is no salt in a box of New Jersey Salt Water Taffy.

The Seniors' Corner



The December 1st meeting was opened

by **President Dorothy Bowersox**, who hoped that everyone enjoyed a Happy Thanksgiving. **Chaplain Elaine Peacock** read a beautiful piece entitled "Christmas is More", followed by the flag salute, club pledge and the singing of "Jingle Bells". Dorothy thanked all those

who helped trim the Christmas Tree at the Community Center, and that on December 4th at 6:30, and school bank will be there to entertain the residents, and refreshments will be served.

1st Vice-President Grace Chiesa reported on ill members, and welcomed back **Angela Streicher and Kay Boucher**. She read out the names of the numerous December birthday members and asked them to stand. Grace read a "birthday poem" and they were serenaded with "Happy Birthday".

Secretary and Treasurer Reports were given. The Audit Committee gave an **approval rating** of the work done by Treasurer, **Laura LaRosa**, who gave us a chuckle when she quipped "I'm glad", "I don't look good in stripes". **Warren Sheps** of the Trip Committee gave final details of the trip to the Tony Orlando Christmas Show at the Sands Casino. Dorothy reminded us that at our next meeting we will have musical entertainment by 18 children from the Riverdale School, followed by a Pizza Party. Dorothy announced that she has some special programs in mind for the coming year, but would appreciate any suggestions. She wished everyone a happy holiday season.

The meeting was adjourned; **Mary Gambino** conducted the raffle and told a few jokes; Bingo was played. **Elaine Wetzel** of the Riverdale Town Council spoke to us for a few minutes to inform us that she is retiring after 21 years of

service, will be happily spending more time with her infant grandchildren, and expressed her fondness in her dealings with the seniors over the years. Best Wishes, Elaine!

The **second meeting** of the month was held on December 14. **President Dorothy Bowersox** thanked the Christmas Luncheon Committee for their planning of the very enjoyable afternoon at the Regency Hotel. The food, music and dancing put us in the holiday spirit. **Chaplain Elaine Peacock** read a piece which she wrote: "Quiet Christmas Moments", followed by the members singing "I'm Dreaming of a White Christmas". Dorothy read a poem "Let us live Christmas Every Day". We then had our flag salute, observed a moment of silence and recited our club pledge "Let each one of us look not only to our own needs, but to the needs of others".

Committee reports were given. **Warren Sheps** of the Trip Committee thanked everyone for their support and participation in the past year's events. The recent Tony Orlando Christmas Show at the Sands Casino got rave reviews from the members who attended and was another nice start to the holiday season. Dorothy announced that she had one year left of her presidency, and all members of the various other committees are aboard for another year, with one exception. **Lorrie Van Ry** will be replacing **Mary Gambino** on the Luncheon Committee, starting with the St. Patrick's Day Party. Dorothy thanked all volunteers for their help.

The meeting was closed and we were then entertained by the band and chorus students from the Riverdale School, under the direction of **Mr. Randy Hanas**. They delighted us with several holiday songs, followed by a Pizza Party for all. A special Christmas Raffle was conducted, and Bingo was played. Here's wishing everyone Season's Greetings from the Riverdale Seniors!
Presented by Kay Boucher

BEEF STEW

By Librarian Linda Vogel



Ingredients:

- 2 packages of beef cubes for stew
- 1 can green beans
- 1 package of small carrots
- Flour
- 1 can 16oz of crushed tomatoes with seasoning or diced tomatoes
- 3 stalks of celery (cut)
- 1 box of beef broth
- 7 cups of water
- 2 tbsps. of parsley
- 1 large yellow onion (diced)
- 4 potatoes (cut in chunks)
- Vegetable oil
- 2 bay leaves



Directions:

Add a half cup of flour in Ziploc and add meat, shake bag with meat to cover in flour. In frying pan heat oil add onion and brown then add meat to brown. (Do not brown meat for long, it will get tough.) Add all remaining ingredients to crockpot, meat and onions last. Cook until potatoes and vegetables are soft.

How To Remove Permanent Marker

- ⇒ **On White Boards: Dry Erase Markers or a Pencil Eraser**
- ⇒ **On Clothes: Hand Sanitizer**
- ⇒ **On Walls: Toothpaste or Hairspray**
- ⇒ **On Wood: Rubbing Alcohol**
- ⇒ **On Carpets: White Vinegar**
- ⇒ **On Furniture: Milk**



If you get stuck in mud or snow, use the floor mats inside your car for traction.

BY and LARGE

It's a Marshmallow World

By Elaine Peacock



The New Year is upon us and as the words from a song says "it's a marshmallow world in the winter when the snow comes tumbling down" and if this winter is anything like last winter we will be shoveling lots of the white stuff.

No sooner have the wild bells rang out across the land welcoming the New Year, the Christmas decorations are put away and we think ugh a couple of months with nothing to look forward to but snowy weather. I know it looks really dull after all the Christmas decorations have been taken down, the presents exchanged and holiday gatherings are over but January has its' only special beauty it is a quiet time to reflect and slow down after the hustle and bustle of the past couple of months.

When the world is covered in white the peaceful silence surrounds you. It gives you time to savor what got put on hold, that letter you meant to write, a phone call you neglected to make or the prayers you meant to say for someone you love or just for GOD's world in general.

GOD knows we need this time to slow down, so take your favorite hot drink in hand and gaze out the window at the beauty and peace of GOD's marshmallow world.

Help Us Keep Our Taxes Down! Recycling saves tax dollars.

Our garbage bill is based on the weight of the garbage collected in Riverdale. The less recycling materials that find their way into the general garbage collection the lower the cost of garbage removal. **The first Friday of the month is for Metal Appliances and Scrap Metal.** These are usually heavy and save the most in disposal costs.



NO PARKING RULES

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



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

Under state law **NO PARKING:**

- ◆ Within an intersection
- ◆ On a crosswalk
- ◆ In front of a driveway
- ◆ On a sidewalk
- ◆ Within 50 feet of a stop sign
- ◆ Within 25 feet of an intersection
- ◆ Within 10 feet of a fire hydrant

Riverdale Food Pantry

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.

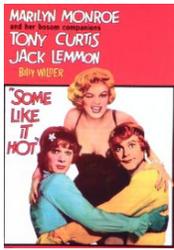
We accept Visa - MC - Discover - American Express
As well as Electronic Checks from your personal checking account.

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

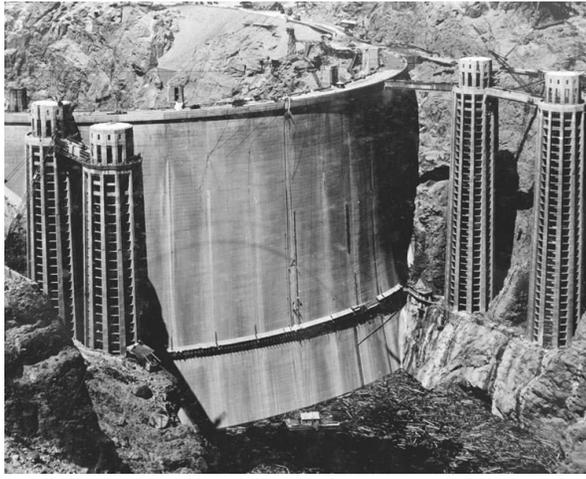
SOME LIKE IT HOT 1959

◆ When Tony Curtis and Jack Lemmon first put on the female make-up and costumes, they walked around the Goldwyn Studios lot to see if they could "pass" as women. Then they tried using mirrors in public ladies rooms to fix their makeup, and when none of the women using it complained, they knew they could be convincing as women. There is a scene on the train recreating this moment.

- ◆ Marilyn Monroe required 47 takes to get "It's me, Sugar" correct, instead saying either "Sugar, it's me" or "It's Sugar, me". After take 30, Billy Wilder had the line written on a blackboard. Another scene required Monroe to rummage through some drawers and say "Where's the bourbon?" After 40 takes of her saying "Where's the whiskey?", "Where's the bottle?", or "Where's the bonbon?", Wilder pasted the correct line in one of the drawers. After Monroe became confused about which drawer contained the line, Wilder had it pasted in every drawer. Fifty-nine takes were required for this scene and when she finally does say it, she has her back to the camera, leading some to wonder if Wilder finally gave up and had it dubbed.
- ◆ Marilyn Monroe wanted the film to be shot in color (her contract stipulated that all her films were to be in color), but Billy Wilder convinced her to let it be shot in black and white when costume tests revealed that the makeup that Tony Curtis and Jack Lemmon wore gave their faces a green tinge.
- ◆ Jack Lemmon wrote that the first sneak preview had a bad reaction with many audience walkouts. Many studio personnel and agents offered advice to Billy Wilder on what scenes to reshoot, add and cut. Lemmon asked Wilder what he was going to do. Wilder responded: "Why, nothing. This is a very funny movie and I believe in it just as it is. Maybe this is the wrong neighborhood in which to have shown it. At any rate, I don't panic over one preview. It's a hell of a movie." Wilder held the next preview in the Westwood section of Los Angeles, and the audience stood up and cheered.
- ◆ Tony Curtis has said that he asked Billy Wilder if he could imitate Cary Grant for his stint as the millionaire in the movie. Wilder liked it and they shot it that way. Apparently, Grant saw the parody of himself and stated, "I don't talk like that."
- ◆ Stories of the difficulty that cast and crew had with Marilyn Monroe during the making of this film have grown to almost mythical proportions. In the "farewell" telephone conversation between Monroe and Tony Curtis, her side-to-side eye movements clearly reveal that she was reading her lines directly from an off-screen blackboard. According to Curtis, Monroe was routinely 2 to 3 hours late to the set, and occasionally refused to leave her dressing room.
- ◆ Upon its original release, Kansas banned the film from being shown in the state, explaining that cross-dressing was "too disturbing for Kansans".
- ◆ A cabaret dancer (a man who played women on stage) tried to teach Tony Curtis and Jack Lemmon to walk in heels. After about a week, Lemmon declined his help, saying he didn't want to walk like a woman, but a man trying to walk like a woman.
- ◆ A preview audience laughed so hard in the scene where Jack Lemmon announces his engagement that a lot of the dialogue was missed. It had to be re-shot with pauses (and the maraca gimmick) added.
- ◆ The railroad passenger car that was used in this movie (Clover Colony) is now at the Tennessee Valley Railroad Museum in Chattanooga, Tennessee where it can be used in excursion/local service.
- ◆ Marilyn Monroe was pregnant during the filming, as a result she looked considerably heavier. She had several miscarriages in her life. Due to her pregnancy, most of the publicity still photos were posed for by both Sandra Warner (who had an uncredited role as one of the band members) and Monroe's frequent stand-in Evelyn Moriarty with Monroe's head superimposed later.
- ◆ According to Jack Lemmon, George Raft spent hours teaching him and Joe E. Brown how to tango.
- ◆ Jerry Lewis was offered the role of Jerry/Daphne but declined because he didn't want to dress in drag. When Jack Lemmon received an Oscar nomination for the role that Lewis gave up, Lewis claims he sent him chocolates every year to thank him and now regrets not taking the part.
- ◆ The resort scenes were filmed entirely at the Hotel Del Coronado in San Diego, California. One reason why Billy Wilder chose this location was Marilyn Monroe's ongoing personal problems. He wanted a location where she could live on site and not have to be transported.
- ◆ Tony Curtis's voice as Josephine was dubbed by Paul Frees (according to co-writer I.A.L. Diamond). Curtis confirmed it by stating the voice you hear as Josephine is a combination of his voice and Frees'. Curtis says he had trouble maintaining a high-pitched voice for an entire take.
- ◆ Was voted the 9th Greatest film of all time by Entertainment Weekly, and is ranked on this list high enough to be the greatest comedy of all time.
- ◆ George Raft passes a young hood who is flipping a coin in his hand and he asked him where he learned a "cheap trick" like that. That trick was one that Raft used in the 1932 film 'Scarface.'
- ◆ Voted #1 on the American Film Institute's list of 100 Funniest Movies.
- ◆ In the opening scene when Joe and Jerry are playing at the "funeral", all of Gerald's "supposes" eventually become true: The Dodgers move from Brooklyn to Los Angeles and Mary Pickford and Douglas Fairbanks get divorced. Also, of course, the stock market crashed later in 1929.
- ◆ The character of Spats Colombo is in several ways reminiscent to the notorious Chicago gangster Al Capone. Capone was responsible for the Saint Valentine's Day massacre in 1929, in which his rival gang members were gunned down in a nearly identical fashion as shown in the film. The massacre occurred in a Chicago warehouse on Clark Street, which is also mentioned in the film.
- ◆ The last door Jerry and Joe open in the office building where they are looking for work says "Jules Stein, President" stenciled on the door. Jules Stein is a real person who founded the Music Corporation of America, also stenciled on the door. Billy Wilder played cards with Stein.
- ◆ The now-famous closing line, "Nobody's perfect," was actually never intended to make the final film - it was apparently to be replaced by the writers once they thought of something they liked better. I.A.L. Diamond and Billy Wilder each credit the other for the genesis of the line. Wilder later fashioned his own epitaph with the similar line: "I'm a writer, but then nobody's perfect."
- ◆ The movie's line "Well, nobody's perfect." was voted as the #48 movie quote by the American Film Institute (out of 100).
- ◆ In 2008, a Californian man who found a little black dress in his closet was stunned when appraisers for U.S. TV series Antiques Roadshow (1997) determined it once belonged to Marilyn Monroe. The frock - which Monroe was sewn into for Some Like It Hot (1959) - was estimated to be worth \$250,000.
- ◆ Director Billy Wilder originally wanted Frank Sinatra as Jerry/Daphne.



You know that lion roaring at the beginning of old films? Yep, this is the moment these cameraman captured that iconic movie intro. (1929)



Here's something we'll probably never see again in our own lifetime: the Hoover Dam without any water in it. (1936)

Iron Too Hot? If you scorch a garment when ironing, cover the scorch mark with a vinegar-dampened cloth, then iron with a warm iron (not too hot). Presto! The burn is gone. For scorches on cotton garments, you can also use hydrogen peroxide or lemon juice instead. Just dab onto the scorch and leave out in the sun, which will bleach away the stain.



Exactly 199 years ago, in 1815, a “temporary” committee was established in the US Senate called the Committee on Finance and Uniform National Currency. It was set up to address economic issues

tax. They also detached the dollar from gold to help fund the war.

This was all an indication of things to come.

and the debt accrued by the US government after the War of 1812.

Over the subsequent decades there was a sustained push to finally establish the country’s central bank that will control money and credit, as well as institute a permanent income tax to feed the expanding aspirations of government. They succeeded in 1913 when the Federal Reserve Act was passed and the 16th Amendment ratified, binding the country in the shackles of central banking and taxation of income.

Of course, because there’s nothing more permanent than a temporary government measure, the committee became a permanent one after just one year. It soon expanded its role from raising tariffs to having influence over taxation, banking, currency, and appropriations.

Over the century that followed, the US has gone from being the biggest creditor in the world to its biggest debtor.

In subsequent wars, notably the American Civil War, the Committee was quick to use its powers and introduced the union’s first income

Decades of expanding government programs, waste, endless and costly wars, etc. have racked up such an enormous pile of debt that it has become almost impossible to pay it down.



Take a chance to win Super Bowl tickets!

Plus a \$1,000 Visa gift card

Take a chance to go to Super Bowl XLIX at the Phoenix Stadium in Glendale, Arizona! There will only be 300 tickets sold, making the odds very favorable. The prize includes two game tickets plus a \$1,000 Visa gift card, which can be used for travel, lodging, or spending. The drawing will be held on Sunday, January 11, 2015 at 11:00 am at Christ Church.

The donation for each chance is \$50.00

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?

- ◆ When the Shell Oil Company first opened its doors, it was seashell novelty shop.
- ◆ Most people take an average of seven minutes to fall asleep.
- ◆ In ancient Rome, it was commonplace for a woman's bath to have a tub filled with donkey milk and spiced with perfumed swan's fat.
- ◆ The World Trade Center's twin towers in New York City had two zip codes, 10047 and 10048—one for each building.
- ◆ The only thing named from the U.S. Patent Office itself is "patent leather".
- ◆ The term *red tape*, meaning "bureaucratic delay", comes from the color of tape which was used to tie official papers in England as far back as the mid 1600s.
- ◆ Honking horns on wedding cars dates back to the old practice of blowing horns and ringing bells at newlyweds to ward off evil spirits.



"New Jersey - the most American of all states. It has everything from wilderness to the Mafia. All the great things and all the worst, for example, Route 22."

Jean Shepherd
January 11, 1970

Sticky Iron? If your iron is beginning to stick to fabrics, sprinkle some salt on a piece of waxed paper and iron it. The salt will absorb the stickiness.

Dryer Sheet Freshener. After removing all your clothes from the dryer, save the dryer sheet. Place it at the bottom of trash bins to keep your garbage cans smelling fresher.

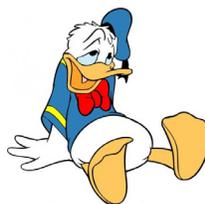
People born in the 50's have lived
in seven decades,
two centuries,
and two millenniums.

We had the best music, fastest cars,
drive-in theaters, soda fountains,
and happy days.

And we are not even that old yet.

We're just that cool.

Question. If one-fifth of a hive of bees flew to the rose flower, one-third flew to the daisy, three times the difference of these two numbers flew to an iris, and one bee continued to fly about, attracted on each side by the fragrant tulip and lilac, what was the number of bees. *Answer on Page 21.*



DID DONALD DUCK INHALE HELIUM?

I'm sure most of us have sucked back a quick inhale from a helium balloon and had a good laugh. Sounding like Donald Duck or the Chipmunks is enough to make anyone crack up. What is it about helium that makes us sound so funny?

No one will disagree that helium changes your voice, but not everyone believes it is helium that causes your voice to become high-pitched. What it does is change the timbre of your voice. This has nothing to do with falling trees. Timbre is what allows you to tell the difference between the same note played at the same volume on two different instruments. It also helps you hear the different parts of speech, like vowel sounds.

You need to know how sound works to understand what happens. When you talk, air travels from your lungs up through the larynx and out of your mouth. The larynx has a pair of vocal folds which form a V-shaped slit. When the air is leaving, it hits the underside of the vocal folds and makes them vibrate. Are you still with me? This vibrating excites air molecules in your vocal tract. By

moving your tongue, lips, roof of your mouth, etc. you can create recognizable sounds. So that's how sound works. Let's get back to helium.

Helium is much lighter than air. Because of this, the speed of sound is much higher in helium. When you inhale helium you increase the speed of the sound of your voice. The shape of your vocal tract doesn't change. If you increase the speed of a sound you also increase the wavelength. However, on the way to the ear the sound travels thru air again and the wavelength goes back to normal. It's not the change in frequency that gives you the squeaky voice but a change in pitch. The sound has the same frequencies but helium causes a shift in your timbre. This means the higher frequencies are getting a higher enhancement than normal so the pitch changes. The end result? You sound like a chipmunk.

Although inhaling helium is fun it's not exactly healthy. Every time you inhale pure helium, you are not inhaling oxygen. Whatever you do, never inhale helium from a high pressure tank! Besides the serious risk of lung damage, you could end up with bubbles of helium in the arteries that lead to your brain. This can lead to stroke-like symptoms and, of course, death. Still laughing? Didn't think so.

Activities Under \$10 That Will Keep Your Kids Busy All Winter

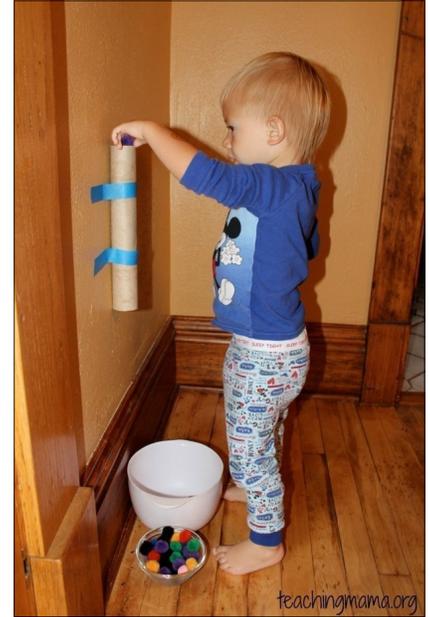
Make being cooped up inside unforgettable.



Hang a target for paper airplanes.



Cut a pool noodle in half to make a marble track race.



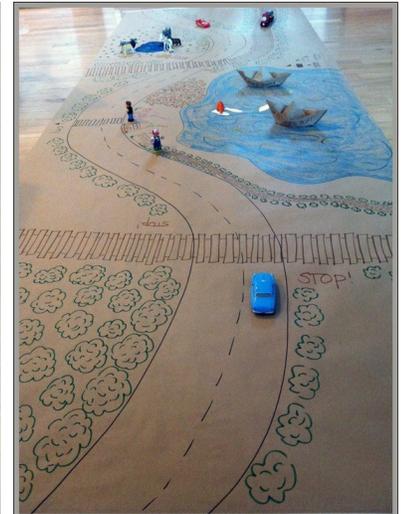
Tape a paper towel roll to the wall to keep toddlers busy.



Well-placed yarn is all you need to let your kids get their *Mission Impossible* on.



Box fishing is addictive and terrific for improving the coordination of younger children.



Roll out butcher paper for epic drawing sessions.

A LITTLE HELPFUL HINT. I happened upon a conversation at my work this week where one of the ladies was talking about getting money from petty cash to buy a new kettle for the lunch room. The old kettle still works quite well but due to who knows what in the water, the inside of the kettle goes quite black over time.

This new kettle buying has gone on in the past, in fact I rescued the last kettle from it's certain demise with the simple hint that I am about to share with you. Clearly word had not got around that I knew the secret of cleaning the kettle. I find this very odd because as you might have guessed by now, I am quite opinionated, hate waste and am not adverse to notifying everyone of any small piece of brilliance I possess.

So here was my opportunity to shine once again! I informed the person involved that I have the power to solve this problem. I am sure she thought I was quite "full of it" and didn't believe me for one minute but was prepared to be amazed. And amaze her I did.

As luck would have it I had brought a lemon into work that very day to give to her (but that is a whole other story which I won't bore you with) so I cut off a slice threw it in the kettle, filled it up with water and put it on to boil. At first I thought it wasn't going to work and I was going to look like a prize idiot but I don't give up that easy. I left it there to soak and came back a while later and sure enough a gleaming white kettle was what greeted my eye.

Of course I gloated well over my brilliance to everyone prepared to listen so hopefully the next time the kettle gets to this state everyone will know how to fix it and won't rush out to replace it.

I may have embellished this story to my detriment but that was just a bit of fun. Really I am very pleased to have saved that kettle from the trash and avoided one more notch in the belt of unnecessary supply and demand.





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!!!

IF YOU HAVE HAD NO WARNING
IN AN A-BOMB ATTACK

WHEN YOU SEE A FLASH OF LIGHT
BRIGHTER THAN THE SUN —

-  **Don't run: there isn't time.**
-  **Fall flat on your face.**
-  **GET DOWN FAST!**



STAY DOWN FOR AT LEAST ONE MINUTE

Remember When...1954

- ◇ General Motors produces its 50 millionth car, a 1955 model Chevy Bel Air coupe.
- ◇ RCA introduces the 1st color TV sets. Cost: \$1,000.
- ◇ Harvard doctors perform the first successful kidney transplant operation.
- ◇ Burger King Corporation founded.
- ◇ Sports Illustrated publishes its first issue.
- ◇ Life Expectancy: 68.2 years.
- ◇ New House \$10,250
- ◇ Average Income \$3,960 per year.
- ◇ New Car \$1,700.
- ◇ Average Rent \$85 per month.
- ◇ Harvard Tuition \$800 per year.
- ◇ Movie Ticket 70¢ each
- ◇ Gasoline 22¢ per gallon.
- ◇ First Class Postage Stamp 3¢
- ◇ Milk 92¢ per gallon.
- ◇ Eggs 26¢ per dozen.
- ◇ Bread 17¢ per loaf.
- ◇ Bacon 57¢ per pound.
- ◇ Coffee 78¢ per pound.
- ◇ Sugar 85¢ for 10 pounds.
- ◇ Fresh Hamburger 55¢ pound
- ◇ In Oxford, England, medical student Roger Bannister is the first person to break the 4-minute mile barrier.
- ◇ New York Giants win the World Series.
- ◇ Cleveland Browns NFL Champs.
- ◇ Detroit Red Wings Stanley Cup Winner.
- ◇ Evelyn Ay of Pennsylvania becomes Miss America.
- ◇ *On the Waterfront* Best Picture
- ◇ Notable Births: Ron Howard, John Travolta, Howard Stern, Oprah Winfrey, Kathleen Turner, Elvis Costello.

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RIVERDALE SCHOOL NEWS

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

January brings with it the anticipation of a bright new year for us all – a time to reflect on our past successes and challenges, as well as a time to plan for a positive future! In our school district we are moving forward with our initiatives to meet the goals and objectives that have been established and appear on our school website (www.rpsnj.org). As a district, we have been working on the application of the principles of the Reader’s and Writer’s Workshop Models based on the work of Lucy Calkins and the Teachers College. One of our district goals addresses student academic achievement as related to PARCC. It is our intention to work with the classroom teachers in providing quality instruction that enhances the English language arts areas allowing our students to have the required skills necessary for college and career readiness through the acquisition of knowledge based on the New Jersey state standards required. Every effort has been made to coordinate our initiatives and refine our practices to best meet the instructional needs of our students. Please consider attending any of our parent or community events so that we have your input as well. We are planning a PARCC event on Tuesday, January 27th sponsored by our special education parent advisory committee (SEPAC). You are always welcome!

This year we were able to start a new tradition by creating the beginnings of a “Winter Wonderland” on the front lawn of our school. Working in cooperation with the town, the light display was possible through the generous donations of Advanced Sports Medicine Physical Therapy Center, Pequannock Valley Rotary and Tilcon. It is our hope that this display will grow in the upcoming years with the addition of more festive light displays, our students singing and our band playing as we coordinate with the town in a way for the community to all come together for such a special event. Next year’s event is already in the planning stages, so keep your evenings free that first week of December!

As stated in last month’s edition, learning continues to move along strong in all aspects of our school; remember that learning encompasses the whole child: physical, emotional, social and academic. In that spirit, we want to thank the PTA for the wonderful holiday breakfast held on December 7th and enjoyed by so many of our community

members. Santa made a visit complete with picture opportunities, and our students created a variety of holiday crafts. Our Winter Concert was held on Monday, December 15th and was well-attended by students, families and school staff. Mr. Randy Hanas (our school chorus and band director) did an outstanding job leading students to much musical success enjoyed by all that evening. We also celebrated the holiday season in school on December 23rd with the assistance of the Riverdale Police Department. Despite the soggy weather conditions, the parade with Santa and festivities were certainly a happy occasion for so many of us! Thank you to everyone who had a part in our celebrations, especially all of the efforts of the police.

At this time of year, it is important to remember that others need our assistance for their own brightness during such a time of joy for others. In that spirit, the Riverdale Student Council conducted an activity to support families in need as they are collecting winter weather clothing items in support of “Hats for Hope,” a not for profit initiative. This wonderful effort supported by our students and staff tied directly into the school-wide positive theme for December. That theme, gratitude, is just one way that our superb students, staff, and their families showed their positive display of gratitude in helping others.

We also hope that you enjoy your special family time during the cold winter weeks ahead, and be sure to spend some time reading together. As Dr. Seuss so wisely says in his book, *Oh, the Places You’ll Go...* let reading take you there! I intend to use some of my time over break to do just that! Best wishes for a terrific remainder of this school year!

CLASSES RESUME	Mon. 01/05	
PL HIGH SCHOOL OPEN HOUSE	Thurs. 1/8 - 7:30	For 8th Graders
TEACHER IN-SERVICE	Mon. 1/19	SCHOOL CLOSED
SCHOOL BOARD MEETING	Wed. 1/14 – 7:30	Employees of the Year Honor Students Recognized
PTA MEETING	Thurs. 1/15– 7:30	
NJ ASK SCORE PRESENTATION	Tues. 1/20 – 7:30	Library – All Parents Invited
PRESCHOOL OPEN HOUSE	Thurs. 1/29	For Eligible Student’s Families
PTA BINGO NIGHT	Fri. 1/23 – 7:30	
PARCC NIGHT	Tues. 1/27 – 7:30	For All Parents
SCHOOL BOARD MEETING	Wed. 1/28 – 7:30	EVVRS Presentation

NO SUGAR SWEETENER. Carrots are also a natural sweetener. To sweeten a soup, stew, or sauce without adding sugar, stir in a small amount of pureed carrots. Use one of the sweeter carrot varieties.

CLEAR UP A CONTACT CATASTROPHE. Lost a contact lens and can’t seem to find it anywhere? Turn off the lights and turn on a flashlight. Sweep it over the area where you lost it and the lens will reflect the light.

The Riverdale Rant *By Rob Errera*

Five Steps To A Better You In 2015

2015 GOALS

1
2
3
4

I avoid self-help articles like the plague. Who needs some hypocritical moron telling you how to live, offering up a bunch of Dr. Phil-type platitudes that are either meaningless or obvious or both?

What? You *like* self-help books? You want to be a better you in the New Year? Well, fortunately you've come to the right place. I'm not good at taking advice, but I'm a whiz at dishing it out. Heck, give me enough time and I'll solve everybody's problems...except for my own! Here are five quick self-help tips for 2015.

Get Your Head Together—Get your priorities straight. There are only three things that matter in life: health, family and inner peace (aka happiness). Stop worrying about money—it's not on the list. As Marlon Brando says in *The Godfather*, "A man who doesn't spend time with his family can never be a real man." The same goes for women (except, you know, they're not actually men.) The point is, you have to value and cherish the people in your family—they are the only things in your life of any real worth. That's where you should invest your time and effort. Rich is the man who discovers the treasure of love under his own roof.

Get Your Body Together—I'm not going to pitch you on a fitness kick. (Ha! Talk about a hypocritical moron!) If you're happy where you're at, then so am I. Getting to the Happy Place is all that matters. But you have to be comfortable in your own skin, and in order to do that you have to do something physical on a regular basis. It could be a sport or a physical hobby or a walk around the block; what's important is feeling connected to the body that surrounds you. If you want to get spiritual, the body is the vessel of your soul. If you want to get literal, the body is the input device for your computer brain. Either way, you deserve to treat it right!

Laugh More—Is it the best medicine? Don't know, but a good laugh sure can pick you up. Sometimes my wife will scowl at me. "Everything's a big joke to you, isn't it?" she'll ask. Actually, honey, life's a big joke on *all* of us. You have to learn to roll with the punch-lines. We're all bewildered extras in a Monty Python sketch. Life's funny...laugh!

Feed Your Head—Learn something. Read a book. Watch a documentary (though this is the most passive—and lamest—way to learn). Take a course and acquire a new skill. Age doesn't matter; neither does the skill as long as it challenges you. The important thing is to stay sharp and keep the brain active. Do Sudoku...but only as a last resort. A trusty crossword puzzle is a healthier choice for your mind diet.

Stay Positive—Think you're going to have a lousy year? Then you probably will. Doom and gloom has a way of begetting doom and gloom, and negative thoughts have a way of manifesting themselves. But, when you're optimistic, you're open to new experiences, new potentials. Anything can happen. Reality is malleable, like one of those optical illusion tricks you find on a diner placemat. Look at the drawing one way and it's a beautiful young lady, look at it another way and it's an ugly old crone. Perception is everything—it shapes your reality. Start looking for the good in life every day. Pretty soon you won't have to look. The good will just be there.

As comedian George Carlin said, "Life is not measured by the number of breaths we take, but by the moments that take our breath away."

Hope your 2015 is filled with breathless moments!



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.

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!

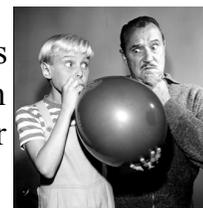
They are always there when we need them. They depend on our donations. Let's not let them down!



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?



Where Are They Now? **Jay North - DENNIS THE MENANCE:** Jay North was 8 when he became the impish kid who pesters neighbor Mr. Wilson (Gale Gordon). A role in the 1966 film *Maya* made him a teen idol. He later joined the Navy and helped start A Minor Consideration, a nonprofit that counsels child stars. He's now 63.



DARK CHOCOLATE MAKES WALKING EASIER. Patients who suffer from peripheral artery disease (PAD) have impaired blood flow to their legs due to blocked arteries and may find walking difficult.

Italian researchers have found that PAD suffers who eat 40 grams (about an ounce and a half) of dark chocolate are able to walk farther and for a longer duration. Their walking ability increased substantially after eating the dark chocolate. Neither distance nor duration improved when they ate milk chocolate.

Scientists believe the benefit is due to compounds in chocolate called polyphenols, which may reduce oxidative stress and improve

blood flow in arteries. The dark chocolate used in the study had a cocoa content of more than 85 percent.

CURRY LOWERS BLOOD PRESSURE. Curry spices lower blood pressure, according to an animal study published in the journal *Experimental Biology and Medicine*. Researchers fed a combination of curry spices to lab rats. In addition to lowering blood pressure, the mix reduced oxidative stress. The scientists hope their findings will be used to develop a hypertension drug that is effective, inexpensive, and without side effects.

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?



and his fellow citizens were devoted. These convictions were:

All men are equal in God's sight, though their talents, virtues, and circumstances of birth vary. They are born to equal rights in this world. These rights, being natural and not political, therefore are inalienable—incapable of being surrendered or transferred. No other man or group or nation is entitled to deprive any human being of such rights.

Jefferson showed his draft to Adams and Franklin, separately, before submitting it to the committee. They made a few minor changes. On June 28, the Friday before the vote on Lee's resolution came up, Jefferson submitted his final copy to Congress.

As soon as Lee's resolution was adopted on July 2, Congress took up debate on the Declaration. John Adams, of course, supported the document

in masterful fashion, but the delegates on the whole were merciless critics. Propriety forbade Jefferson's defending his phrases. So he said nothing. But Dr. Franklin, sitting next to him, could tell that he was fairly writhing inside.

Actually, Jefferson's colleagues paid his composition enormous tribute by adopting it with no more changes than they made. They deleted only what they considered impolitic, then put the finishing touches to a treatise of such grace and felicity as to become one of the world's immortal documents.

By Wednesday night, July 3, the Congress was far from agreed, and debate was held over until the next day.

Soon after President Hancock opened the meeting, the body again resolved itself into a Committee of the Whole. Chairman Harrison presided. Controversy flared again, and went on and on into the afternoon. The air became close. Delegates grew weary wrestling with Jefferson's rhetoric.

"The debate seemed as though it would run on interminably," Jefferson wrote later. "The

weather was oppressively warm and the room occupied by the delegates was hard by a livery stable...the horse-flies swarmed thick and fierce, alighting on the legs of the members and biting hard through their thin silk stockings. Handkerchief in hand they lashed at the hungry pests to no avail."

Toward evening, Hancock resumed the chair. Harrison reported that the Committee of the Whole had agreed to a Declaration. The document was read once more. The vote for its adoption was taken without dissent.

The only Signer of the Declaration of Independence on July 4, 1776, was John Hancock, president, on behalf of the members of Congress. Charles Thomson, secretary, attested Hancock's signature.

Quickly, the tired delegates ordered that copies of the Declaration be printed that night—and that Independence be proclaimed in each of the *United States*.

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

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We are pleased to offer an exceptional reduced rate for 2015 weddings
That are booked now through December 1st of this.

HOURS

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

RIVERDALE Public Library

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

ADULT COMPUTER PROGRAMS

Friday Matinee — Fri., Jan. 9, 1 p.m. Recently released blockbuster on the big screen. Refreshments served.

Tablet Users Group — Fri., Jan. 16, 1-2 p.m. New to using a tablet? Bring your device and learn the basics in this monthly workshop for tablet users looking to increase their skills and share knowledge and experience. We will have a formal lesson on a tablet tip and technique, and then an informal session of sharing and learning. Topics covered include how to access public Wi-Fi, change settings, set up email, and install and remove apps. Attend once, or as many sessions as you want. Note: This group will meet the third Friday of each month, January through June.

Microsoft Word — Sat., Jan. 24, 11:00 a.m.-12:30 p.m. Learn to type text in Word, edit, spell-check, save, and print documents. Learn to format text, change fonts, use bullets and customize the quick access toolbar for easy access to favorite commands. *Prerequisite: comfortable using a computer, keyboard and mouse.*

Coming Soon!

MAIN is launching a new e-book and digital audiobook service called the 3M Cloud Library. Coming in early first quarter 2015, it's easier to use than our current digital service, and replaces Overdrive (through DigitalLibraryNJ). Stay tuned for more information. Please note: Our Overdrive/DigitalLibrary NJ service will end Feb. 28, 2015 so it is suggested that you refrain from placing holds after Jan. 15, 2015 in DigitalLibraryNJ.



Gingerbread House
Construction Fun

This program was made possible
by the Friends of the
Riverdale Public Library.



Pictured are two of the participants, MJ Husted and Ruthann Schulthers, crafting their candy houses. A great time was had by all. Thank you, Friends!

CHILDREN'S PROGRAMS — GRADES K-5

Puppy Pals — Wed., Jan. 14, 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.

Breakfast Book Club — Sat., Jan. 17, 10:15-11:30 a.m. Enjoy bagels and juice, talk about the book of the month, and create a cool craft! Pick up your free copy of January's book, *Zeke Meeks vs. the Horrifying TV-Turnoff Week*, at the circulation desk.

Elephant & Piggie Party — Wed., Jan. 21, 4-5 p.m. Is there a bird on your head? Did a big guy take your ball? Then come hear stories featuring best friends Gerald and Piggie, play silly games, and make a fun-tastic craft!

Lego Lab — Wed., Jan. 28, 4-5 p.m. You bring your imagination and we'll supply the LEGOs plus a great story!

TWEEN PROGRAMS — GRADES 4-6

Washer Jewelry — Thurs., Jan. 29, 5-6 p.m. Brighten up winter by turning ordinary washers into colorful painted necklaces and bracelets!

INFANT & PRE-SCHOOL PROGRAMS

Programs start the week of Jan. 5.

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.

The Friends of the Library Book Sale is March 27 - 29. Donations of books, DVD's, CD's and audiobooks are welcome, beginning Saturday, January 24. We're sorry, but we can't accept magazines, condensed books, or encyclopedias.

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., Jan. 26, 6:30-8:00 p.m. *Lord of the Flies* by William Golding.

Friends of the Library meeting — Thurs., Jan. 15, 7 p.m.

CAN CINNAMON REVERSE PARKINSON'S?

Cinnamon reverses changes in the brain seen in Parkinson's patients, a study at Rush University Medical Center suggests.

Researchers found that when mice with Parkinson's were fed cinnamon, the spice was metabolized into sodium benzoate, which reversed changes in the brain associated with the disease.

The mice showed better brain function and motor skills.

"Cinnamon has been used widely as a spice throughout the world for centuries," said lead researcher Kalipada Pahan. "This could potentially be one of the safest approaches to halt disease progression in Parkinson's patients."

RIVERDALE



Daisy Troop 96474



The Daisy Troop 96474's Christmas Party. They received a special visit from Santa and the Christmas Bear.

Gingerbread Making



The adult program! They were messier than the kids! But some awesome houses! Heard people walking out sayingwasn't that so much fun?!!



COLLECTIBLES



Is it an Antique or Vintage or is it a Collectible? I'm confused!

by Bill Lango

A couple of months ago during a visit to a local flea market in

search of treasures, some old transferware plates caught my eye. They were nothing special or desirable at all. In fact they were quite common dishware from the mid-1950s displayed in a plate rack on a vendor's table and priced at a few dollars apiece.

I began to look them over as perhaps there would be one with a Historical Theme that I would like to keep for myself or give as a gift, when the vendor yelled out, "Those Plates are very collectible!"

I don't know what got over me? I'm usually not confrontational, but some how my untypical sarcastic response was, "If they are so collectible, why are they still on your table? Why haven't you sold them?" Well, the vendor was at loss for words as I walked away pondering his use of the term Collectible.

As long as I can remember there's been no formal agreement between those in the antiques trade or even in the world of online auctions on creating agreed upon definitions for terms such as Antique, Vintage or Collectible.

A quick look at today's listings on eBay, indicates much confusion and potential misunderstandings in titles and listings, as there are 1.5 million listings for Antiques, over 1 million listings for Vintage and a whopping 3 million listings for Collectibles!

Confusion often lies in sellers' use of inaccurate terms to define the merchandise they are selling. They may be unknowledgeable as to the actual periods to which their items belong. Or they use inaccurate terms to attract the attention of potential buyers. A new or casual collector may be more inclined to bid on a piece of jewelry described as antique, vintage, or collectible, rather than pre-worn or old.

So what is an Antique?

ANTIQUÉ: : any work of art, piece of furniture, decorative object, or the like, created, manufactured or produced 100 years before the date of purchase. According to U.S. Customs laws, an item should be at least 100 years old to be defined as an antique.

The week before Christmas while walking the aisles of my favorite "Antique" shop I noticed a wonderfully illustrated framed Primary School Diploma dating back to 1914, hanging on the wall, which I purchased and gave as a Christmas gift to one of our grand daughters who is a grammar school teacher.

Being that the diploma was over 100 years, it qualifies to be referred to as an antique and the seller should have marked it, "Circa 1914 Antique Diploma."

CRACKING AN EGG. One of the first things I do when I start a new class is bring in a box of eggs. Yup, we are cracking eggs today. Whenever you are adding an egg in a recipe this is the way to crack an egg so you won't have any shells in your cooking. I tell them that even the best of cooks can have a piece of shell fall into the ingredients occasionally.

So, each student gets one small bowl and I put a large bowl in the middle of the table. I explain that first you crack your egg on the side of the small bowl, slip the egg into the small bowl and check for shells. Remove any shells they may have fallen into your bowl and then pour your egg into the large bowl.

So what is Vintage?

VINTAGE: primarily relates to wine, but has morphed into the lexicon of collectors to relate to objects that are 20 to 99 years old and thus fall under the term vintage.

Remember the above diploma? If it was issued in 1944, instead of 1914, it would be 70 years old, and being that it was between 20 and 99 years old it qualifies to be referred to as being vintage and the seller would be correct to mark it, "Circa 1940s Vintage Diploma" Adding to this confusion is the over used word "collectible" which is used so loosely today to describe items of great wealth to items that are utterly worthless! People collect just about anything you can think of, most of which are neither old, vintage or antique, but may be still be considered collectible.

So what is a Collectible?

COLLECTIBLE: an object suitable for a collection including any of a wide variety of items collected as a hobby or for display. **Collectibles** often include objects that have been mass-produced, and thus are not rare, are often inappropriately marketed as an investment because their value may have the potential to appreciate. Items are often labeled as being **collectible** to drive consumer demand.

It's important to keep in mind that just because an object is labeled as being collectible, this has no real effect on its value as value is determined more by whether there is demand for it.

This brings me back to last summer at a garage sale in Bloomingdale, where the seller had a huge blanket on her front lawn overflowing with Beanie Babies, all in mint condition with tags and all priced at 25 cents each.

Unfortunately, in this case, their value had fallen to .25 cents ea. from their original purchase price of \$10 and up. In their heyday Beanie Babies were considered collectible, for sure, and to some they still may be collectible, but today there is no demand at all for Beanies.

Here are a couple of other relatively new terms to add to the confusion.

RETRO: used by some to describe items and objects of at least 15 or 20 years old. The word "retro" derives from the Latin prefix retro, meaning "backwards, or in past times." Retro is often used by toy collectors to describe toys from the 1980s and 1990s.

MID-CENTURY: Generally speaking mid-century is catchphrase used to describe furniture and other objects from 1940s, '50s, '60s and early '70s.

Some additional thoughts...

Any item is worth only the selling price mutually agreed upon between a knowledgeable seller and a knowledgeable buyer. Other factors include a seller's desire to sell, as well as a buyer's eagerness to buy, which of course, should be affected by courteous negotiation.

It quickly becomes apparent who needs help. For that student, I hold their hand and crack with them. This way they can get the feel of how to crack the egg. It may take a few eggs but they always get it. Repetition, patience and laughter is the key and learning with friends is always more fun. There's giggling (very important), a bit of a mess (easily cleaned up) and comments; gross, yuk, look at yours, and my favorite, "can I do another one".

Emily loves to cook and has become quite a chef. Here she is demonstrating to another student how to crack an egg for the lemon bars they are making. Perfect as always, Emily, and the lemon bars tasted delicious! Thanks!!

Athletes Who Died Too Soon

Sean Taylor (1983-2007) was an American college and professional football player who was a free safety for the Washington Redskins of the National Football League for four seasons. He played college football for the University of Miami, was a member of

the Hurricanes' 2001 BCS National Championship team, and earned unanimous All-American honors. The Washington Redskins chose Taylor with the fifth overall pick of the 2004 NFL Draft. Due to his ferocious hits, several of his Redskins teammates nicknamed him "Meast," a portmanteau word from the expression "half man, half beast."

Taylor died at the age of 24 on November 27, 2007, from critical injuries from a gunshot by intruders at his Miami area home. His death led to an outpouring of national support and sympathy, especially in the Washington, D.C. area, where Taylor had been a fan favorite as a Redskin, and the Miami area, where Taylor had starred for the Miami Hurricanes, after leading Gulliver Prep to a Florida state high school championship and setting a state record for most touchdowns in a season (44).

Tight end Chris Cooley and tackle Chris Samuels honored Taylor at the 2008 Pro Bowl by wearing his number 21 rather than their usual numbers. To honor Taylor in the first game following his death, the Redskins defense lined up ten players on the field against the Buffalo Bills leaving Taylor's traditional position of free safety vacant for the first defensive play.



**2 pallets +
3 pavers +
white paint
= a great
outdoor
shelf, bar
or garden
table.**
This is
inexpensive,
easy and
handy.

FEBRUARY edition of Riverdale News & Events will be published on or about Saturday, January 31. Copy, photos, articles, announcements are due Friday, January 23.

Influential Women Clare Boothe Luce



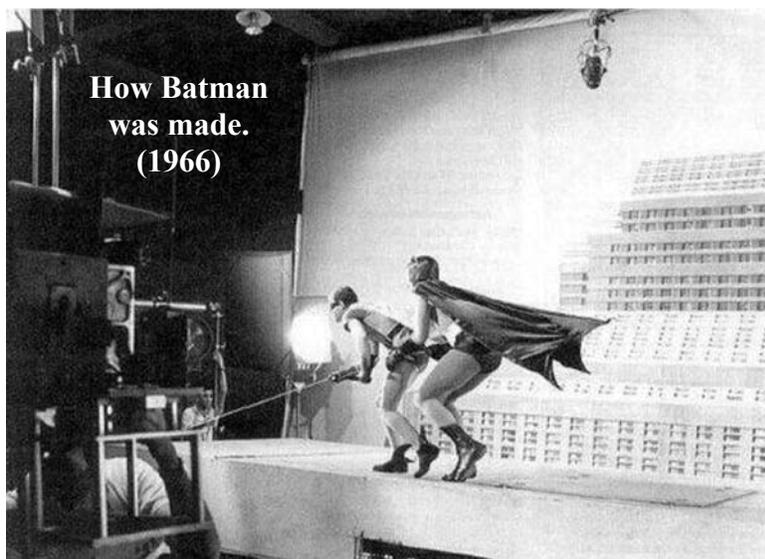
(March 10, 1903 – October 9, 1987) was the first American woman appointed to a major ambassadorial post abroad. A versatile author, she is best known for her 1936 hit play *The Women*, which had an all-female cast. Her writings extended from drama and screen scenarios to fiction, journalism, and war reportage. She was the wife of Henry Luce, publisher of *Time*, *Life*, and *Fortune*.

Politically, Luce was a Republican who became steadily more conservative in later life. In her youth, however, she briefly aligned herself with the Democratic liberalism of Franklin D. Roosevelt, as a protegee of Bernard Baruch. Although she was a strong supporter of the Anglo-American alliance in World War II, she remained outspokenly critical of the British presence in India. A charismatic and forceful public speaker, especially after her conversion to Roman Catholicism in 1946, she campaigned for every Republican presidential candidate from Wendell Willkie to Ronald Reagan.

In 1942, Luce won a Republican seat in the United States House of Representatives representing Fairfield County, Connecticut, the 4th Congressional District.

During her second term, Luce was instrumental in the creation of the Atomic Energy Commission and, during the course of two tours of Allied battlefronts in Europe, a campaigner for more support of what she considered to be America's forgotten army in Italy. She was present at the liberation of several Nazi concentration camps in April, 1945, and after V-E Day began warning against the rise of international Communism as another form of totalitarianism, likely to lead to World War III. In 1946, she was the co-author of the Luce-Celler Act of 1946, which increased the numbers of Indians and Filipinos permitted to immigrate to the US (previously limited to only 100 per year), and allowed them ultimately to become naturalized citizens.

Luce died of brain cancer on October 9, 1987, at age 84, at her Watergate apartment in Washington, D.C. She is buried at Mepkin Abbey, South Carolina, a plantation that she and Henry Luce had once owned and given to a community of Trappist monks.





Sugar Season. It's Everywhere, and Addictive.

OUR co-worker brought in brownies, your daughter made cookies for a holiday party and candy is arriving from far-flung relatives. Sugar is everywhere. It is celebration, it is festivity, it is love.

It's also dangerous. In a recent study, we showed that sugar, perhaps more than salt, contributes to the development of cardiovascular disease. Evidence is growing, too, that eating too much sugar can lead to fatty liver disease, hypertension, Type 2 diabetes, obesity and kidney disease.

Yet people can't resist. And the reason for that is pretty simple. Sugar is addictive. And we don't mean addictive in that way that people talk about delicious foods. We mean addictive, literally, in the same way as drugs. And the food industry is doing everything it can to keep us hooked.

Up until just a few hundred years ago, concentrated sugars were essentially absent from the human diet — besides, perhaps, the fortuitous find of small quantities of wild honey. Sugar would have been a rare source of energy in the environment, and strong cravings for it would have benefited human survival. Sugar cravings would have prompted searches for sweet foods, the kind that help us layer on fat and store energy for times of scarcity.

Today added sugar is everywhere, used in approximately 75 percent of packaged foods purchased in the United States. The average American consumes anywhere from a quarter to a half pound of sugar a day. If you consider that the added sugar in a single can of soda might be more than most people would have consumed in an entire year, just a few hundred years ago, you get a sense of how dramatically our environment has changed. The sweet craving that once offered a survival advantage now works against us.

Whereas natural sugar sources like whole fruits and vegetables are generally not very concentrated because the sweetness is buffered by water, fiber and other constituents, modern industrial sugar sources are unnaturally potent and quickly provide a big hit. Natural whole foods like beets are stripped of their water, fiber, vitamins, minerals and all other beneficial components to produce purified sweetness. All that's left are pure, white, sugary crystals.

A comparison to drugs would not be misplaced here. Similar refinement processes transform other plants like poppies and coca into heroin and cocaine. Refined sugars also affect people's bodies and brains.

Substance use disorders, defined by the Diagnostic and Statistical Manual of Mental Disorders, exist when at least two to three symptoms from a list of 11 are present. In animal models, sugar produces at least three symptoms consistent with substance abuse and dependence: cravings, tolerance and withdrawal. Other drug-like properties of sugar include (but are not limited to) cross-sensitization, cross-tolerance, cross-dependence, reward, opioid effects and other neurochemical changes in the brain. In animal studies, animals experience sugar like a drug and can become sugar-addicted. One study has shown that if given the choice, rats will choose sugar over cocaine in lab settings because the reward is greater; the "high" is more pleasurable.

In humans, the situation may not be very different. Sugar stimulates brain pathways just as an opioid would, and sugar has been found to be habit-forming in people. Cravings induced by sugar are comparable to those induced by addictive drugs like cocaine and nicotine. And although other food components may also be pleasurable, sugar may be uniquely addictive in the food world. For instance, functional M.R.I. tests involving milkshakes demonstrate that it's the sugar, not the fat, that people crave. Sugar is added to foods by an industry whose goal is to engineer products to be as irresistible and addictive as possible. How can we kick this habit? One route is to make foods and drinks with added sugar more expensive, through higher taxes. Another would be to remove sugar-sweetened beverages from places like schools and hospitals or to regulate sugar-added products just as we do alcohol and tobacco, for instance, by putting restrictions on advertising and by slapping on warning labels.

A better approach to sugar rehab is to promote the consumption of whole, natural foods. Substituting whole foods for sweet industrial concoctions may be a hard sell, but in the face of an industry that is exploiting our biological nature to keep us addicted, it may be the best solution for those who need that sugar fix.

By **Dr. Gerard Mullin**

RECREATION NEWS



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riverdalerec@gmail.com

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

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

Spring Break Rec Registration

Wednesday, January 21 at 6:30-7:30 at Recreation Office in Borough Hall across from Library.

Cost is \$100 due at Sign-Up.

Save \$15

if you sign up for

Spring Break Rec and Summer Rec with \$100 deposit for the Summer Rec Program.

\$185 payable at the same time.

Questions: email Krista Osborne at riverdalerec@gmail.com.

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.



EASING THE ACIDITY OF TOMATOES. Some people are unable to eat spaghetti sauces and other tomato-based foods because of their high acidic content. Adding chopped carrots and cooking them with tomato dishes will reduce acidity without affecting the taste.

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NON-ORGANIC FRUITS.

Fruits that are non-organic are contaminated with some very dangerous pesticides such as atrazine, thiodicarb, and organophosphates, as well as high nitrogen fertilizers.

Atrazine is banned in European countries but still used here. This is a weed killer that causes severe problems in humans, especially in our reproductive capabilities.

A 2009 study found that when pregnant women drank water contaminated with atrazine, their babies had reduced body weights. Were you aware that the sewage from cities in the USA (nicely called bio solids) is used in the fields of farms in the USA as a form of fertilizer? You will never find organic food being cultivated in composted human sewage waste!

Conventional foods are also subjected to an enormous amount of these types' chemicals as well as hormones, to make the fruit and veggies grow bigger. Apples are probably the worst offenders with pesticides showing on more than 98 per cent of all apples tested. Fruits with a 90 per cent positive rate of pesticide residue included oranges, strawberries, and grapes.

Washing fruit does not remove 100 per cent of the residue. Pesticides are toxic chemicals to insects as well as human beings.



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ANSWER to question on Page 7. The number of bees must have been 15.

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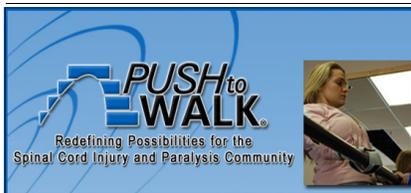
Fostering January!

The New Year is often seen as a time of rebirth and an opportunity to start anew. Many people spend January 1st thinking about positive changes they want to make, sometimes for their community, or for themselves, with colleagues or with family

members. This time of year is a great opportunity to commit to making a change in the world, and we pet lovers welcome those of you thinking about making that change to the wonderful world of fostering!

Many shelters are full with animals who spend their time living in a crate or kennel while they wait to be adopted. Foster programs are a way to bridge the gap while these homeless animals wait for their adoption day to come. Instead of spending their time in a kennel at the shelter, they will spend their time in a home with you, *temporarily*, until they are adopted. Fostering an animal is a short term commitment; it can be as short as one day to as long as several months, depending on the animal and its needs. As a foster parent, your job is to house the animal and help him get acclimated to living a life as he is meant to live it – in a home with a family. You do not need to have no pets in your home, depending on the animal, you will invite him in as a temporary tenant — a dog or cat making the transition from shelter to a new adoptive family.

What you need to do will vary depending on the needs of the animal, and the rescue group or shelter that you partner with will help guide you through the process. Organizations provide their fosters with training, as well as information about the pet's temperament and medical needs. Fosters are given essential supplies, such as food and



Push to Walk has been open for almost 8 years and has grown to more than we ever

expected because of your support. Thank you! During our growth we have also expanded our client base, recognizing others who need our assistance. We would like to introduce you to Diana, one of our clients who has Multiple Sclerosis (MS).

Diana was diagnosed with Multiple Sclerosis in 1992 and describes having MS as depressing and frustrating because she is slowly losing strength, mobility, and function.

Despite these frustrations, Diana still has a productive life. She is a physical therapist who had started her own practice in 1994, but sold it due to health constraints and desire to have more family time. She



This month: Problems with the Eye Amblyopia

Amblyopia, also referred to as “lazy eye,” is the most common cause of vision impairment in children. Amblyopia is the medical term used when the vision in one of the eyes is reduced because the eye and the brain are not working together properly. The eye itself looks normal, but it is not being used normally because the brain is favoring the other eye. Conditions

access to veterinary care, and a 24-hour emergency number if problems arise.

Next to owning a dog or cat, there is nothing more enjoyable or rewarding than fostering an animal from your local shelter or rescue group. If you are interested in learning more about it, please check out our calendar on www.mikesfeedfarm.com. Every weekend we host adoption events for local rescues and shelters, and every group is always looking for new volunteers. If weekdays are better for your schedule, pop into the store and ask to speak with any of our wonderful staff members. We are all highly knowledgeable in animal welfare issues and would love to help guide you with any questions you have.

Also, please be sure to “like” us on Facebook! We share stories of adoptable animals and rescue groups in need, and we share the fun success stories too! Just type “Mike’s Feed Farm” into the search button or find us here:

www.facebook.com/pages/Mikes-Feed-Farm/330465251501?ref=hl.

Check out the picture of Beau from Social Tees. He is enjoying his time in a foster home instead of in a shelter. If you are interested in learning more about him, send us a message on Facebook! Happy New Year, and we hope to see you and your four legged friends in the store soon!



continues to be involved in the industry and works part time at a home care agency where she supervises the other therapists from the office.

Diana began coming to Push to Walk in 2009 and says that the staff is “wonderful, encouraging, and positive,” and they work her limitations into her workout instead of letting them hold her back. Push to Walk has helped Diana maintain her health and mobility as much as possible, which is most important to those with MS due to the degenerative nature of the disease.

Your gift can help Diana and so many others with MS, spinal cord injuries, brain injuries, and stroke reach their goals. For some it may mean being healthy and strong, others want to live independently, and some are working on walking again. Each person deserves a chance to live a higher quality of life, but need your help to do so. Help us create success stories for all our clients! Help us keep our doors open!

Push to Walk, 6 North Corporate Drive, Riverdale

leading to amblyopia include strabismus, an imbalance in the positioning of the two eyes; more nearsighted, farsighted, or astigmatic in one eye than the other eye, and rarely other eye conditions such as cataract.

Unless it is successfully treated in early childhood amblyopia usually persists into adulthood, and is the most common cause of permanent one-eye vision impairment among children and young and middle-aged adults. An estimated 2%–3% of the population suffer from amblyopia.

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

BLAST FROM THE PAST



Riverdale School, Eighth Grade Class - 1955

Let us know if you recognize anyone from this photo.



The aftermath from a big storm sometime in the early fifties. A bunch of trees came down on the 69 Newark Pompton Turnpike property. The pics are looking out towards the turnpike, see how undeveloped it was.



New Year's Eve Facts & Trivia: ***Fun Things To Know About The Holiday***

◆ New Year's Eve is one of the favorite celebration days for many people. Parties aside, the impending New Year typically brings hope for a more prosperous and happy 365 days.

There are also some fun facts and trivia associated with the celebration.

- ◆ The first New Year was celebrated 4,000 years by the ancient Babylonians.
- ◆ It's tradition to ring in New Year's with family and friends because the first people you see will either give you good luck or bad luck. So make sure to keep friends close and foes very far away.
- ◆ More vehicles are stolen on New Year's Day than any other holiday, the National Insurance Crime Bureau revealed.
- ◆ The top three places to celebrate New Year's Eve are Las Vegas, Disney World and of course, New York City. Internationally, one of the biggest celebrations is in Sydney, Australia. More than 80,000 fireworks are set off from Sydney Harbour Bridge.
- ◆ Time Square New Year's Eve Ball was first dropped in 1907 after there was a fireworks ban. Back then, a 700-pound ball embellished with 25-watt bulbs made of iron and wood was dropped. Now, however, it weighs 11,875 pounds, is 12 feet in diameter and is adorned with 2,668 Waterford crystals.
- ◆ In ancient Rome the new year began on March 1.
- ◆ The tradition has continued in Times Square, except for in 1942 and 1943. The ball was not lowered because of wartime restrictions.
- ◆ In Italy, people wear red underwear on New Year's Day to bring good luck all year long.
- ◆ In Colombia, Cuba and Puerto Rico, some families stuff a large doll, which is called Mr. Old Year, with memories from the past year. They also dress him in clothes from the outgoing year. At midnight, he is set ablaze, thus burning away the bad memories.
- ◆ It's good luck to eat foods like black eyed peas, ham and cabbage because it is thought they bring prosperity. But if you want to have a happy new year, don't eat lobster or chicken. Lobsters can move backward and chickens can scratch in reverse, so it is thought these foods could bring a reversal of fortune.
- ◆ Chinese New Year is celebrated the second full moon after the winter solstice.
- ◆ Jewish New Year is called Rosh Hashanah. Apples and honey are traditionally eaten.
- ◆ The traditional New Year's song, "Auld Lang Syne," means, "times gone by."
- ◆ The top 10 resolutions are usually to lose weight, eat more healthily, exercise more, stop smoking, stick to a budget, save money, get more organized, be more patient, find a better job and to just be a better person over all.
- ◆ Using a baby to signify the New Year began in ancient Greece around 600 B.C.



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



SARSAPARILLA. The Sarsaparilla plant (Spanish zarza, “bramble”, and parilla, “little vine”) are native to the pacific coast of Mexico south to Peru. Sarsaparilla alone or with sassafras are the herbs from which root beer is made. The flavor is the natural flavor of Sarsaparilla and its saponin

content.

Heavy metallic contaminants form in the blood from the foul and corrupted air breathed in daily by millions of people in large metropolitan areas afflicted by smog. Sarsaparilla is especially good for removing these heavy metals if taken properly.

Sarsaparilla bark and root aid the body in producing a greater amounts of the anabolic (without oxygen) hormones, testosterone, which is a hormone that will induce hair to grow, progesterone, a hormone that is normally produced by the ovaries in the female and cortisone.

Sarsaparilla’s power is concentrated in the nerve fibers and tissue of the entire nervous system. Plant alkaloids and the saponins in this herb are considered to be responsible for the softening of hardened dense tissue masses such as in Multiple Sclerosis.

- ◆ The alkaloid molecules of Sarsaparilla join themselves to microbes and weaken these disease producing organisms.
- ◆ Sarsaparilla is a blood purifying herb for nitrogen-based waste products such as uric acid.
- ◆ Sarsaparilla is used as a treatment for liver problems, rheumatism, hormone excesses and skin disorders.
- ◆ Sarsaparilla is used to treat infants infected with venereal disease.
- ◆ It is used as a neutral steroid for the production of testosterone, this particularly useful for body building as a source of the muscle building hormone.
- ◆ It is beneficial for the treatment of psoriasis and eruptive skin disorders.
- ◆ Sarsaparilla is an excellent antidote for poison.
- ◆ Sarsaparilla is beneficial in relieving inflammation and gas and will increase flow of urine. Also used to promote perspiration.
- ◆ It is used in glandular balance formulas. It is known for increasing the metabolism rate and stimulates breathing in problems of congestion.
- ◆ By increasing circulation to rheumatic joints, Sarsaparilla is a remedy for gout.



SASSAFRAS. Sassafras has been used for hundreds of years as a tonic for the blood. It has been found that when the Sassafras plants mature in the spring, they contain mineral salts that can thin the blood to help man survive the hot summer months, and then when these same plants matures in the fall they develop mineral salts that thicken the blood for those cold winter months. Sassafras is used to treat many kinds of skin diseases. It has been used to treat such venereal diseases as syphilis. It has been used to help with addictions to alcohol and tobacco.

- ◆ The Indians and early settlers used Sassafras for the treatment of syphilis.
- ◆ The Sassafras root, along with Sarsaparilla, are the original sources of natural root beer.
- ◆ The Sassafras root bark contains antiseptic properties making it a workable remedy for skin wounds and sores.
- ◆ Sassafras has been helpful for relief from the itching of poison ivy and poison oak.
- ◆ The gummy core of the branches of Sassafras has been used to soothe tired eyes.
- ◆ Sassafras stimulates liver action which clears toxins from the body making it excellent treatment for all internally caused skin disorders such as acne, eczema and psoriasis.
- ◆ After childbirth, Sassafras makes a good tonic.
- ◆ Sassafras by blood cleansing abilities helps relieve pain brought on by inflammatory skin diseases and arthritic conditions, rheumatism and gout.
- ◆ An infusion of Sassafras roots is used by the Indians to bring down fevers.
- ◆ When used to purify the blood, Sassafras is usually combined with other alternative herbs.
- ◆ In helping to adjust the hormone balance in the body, the ingredients of Sassafras aids the pituitary gland in releasing an amply supply of protein.

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

Look at the eyes, not around the eyes, look at the eyes. Ever wondered why so many magazines have faces on the cover? It's because we identify with such pictures, which in turn helps us identify with the magazine. Art editors know that our inclination is to connect with the eyes staring out of the cover, and the same is true of your portraits.

When shooting a person, if only one part of your image is in focus, make it the eyes. That's the first place your audience will look. So long as they're in focus, they'll consider the whole image to be accurately shot, no matter how shallow your depth of field and how blurred the rest of the frame.

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.

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). 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.



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WINTER STORMS & EXTREME COLD



While the danger from winter weather varies across the country, nearly all Americans, regardless of where they live, are likely to face some type of severe winter weather at some point in their lives. Winter storms can range from a moderate snow over a few hours to a blizzard with blinding, wind-driven snow that lasts for several days. Many winter storms

are accompanied by dangerously low temperatures and sometimes by strong winds, icing, sleet and freezing rain.

One of the primary concerns is the winter weather's ability to knock out heat, power and communications services to your home or office, sometimes for days at a time. Heavy snowfall and extreme cold can immobilize an entire region.

The National Weather Service refers to winter storms as the "Deceptive Killers" because most deaths are indirectly related to the storm. Instead, people die in traffic accidents on icy roads and of hypothermia from prolonged exposure to cold. It is important to be prepared for winter weather before it strikes.

Know the Terms

- **Freezing Rain**—Rain that freezes when it hits the ground, creating a coating of ice on roads, walkways, trees and power lines.
- **Sleet**—Rain that turns to ice pellets before reaching the ground. Sleet also causes moisture on roads to freeze and become slippery.

- **Winter Weather Advisory**—Winter weather conditions are expected to cause significant inconveniences and may be hazardous. When caution is used, these situations should not be life threatening.
- **Winter Storm Watch**—A winter storm is possible in your area. Tune in to NOAA Weather Radio, commercial radio, or television for more information.
- **Winter Storm Warning**—A winter storm is occurring or will soon occur in your area.
- **Blizzard Warning**—Sustained winds or frequent gusts to 35 miles per hour or greater and considerable amounts of falling or blowing snow (reducing visibility to less than a quarter mile) are expected to prevail for a period of three hours or longer.
- **Frost/Freeze Warning**—Below freezing temperatures are expected.

Carbon Monoxide

- Never use a generator, grill, camp stove or other gasoline, propane, natural gas or charcoal-burning devices inside a home, garage, basement, crawlspace or any partially enclosed area. Locate unit away from doors, windows and vents that could allow carbon monoxide to come indoors.
- The primary hazards to avoid when using alternate sources for electricity, heating or cooking are carbon monoxide poisoning, electric shock and fire.
- Install carbon monoxide alarm sounds, move quickly to a fresh air location outdoors or by an open window or door.
- Call for help from the fresh air location and remain there until emergency personnel arrive to assist you.

Tea Love: Instilling a Love of Tea, One Sip at a Time The Last Of My Inca Teas – Tawantin Black Tea

CATHERINE FELEGI

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



So, I have reached the final review of my Inca Teas that I have been shoring up for the few issues. Not going to lie, it's kind of sad to write about the final tea in this four-part series. All the teas were something new, unique, and I give Tea-EO Ryan Florio A LOT of credit for quitting his job and going into an industry he knew nothing about and yet coming out with this fantastic blend for the public.

The tea that I saved for last? A full-bodied Tawantin black tea.

As has been the norm with this tea, Ryan ensured that we were able to see each bit of the tea within the drink, including his famous purple corn. The drink consists of three different types of black tea (two are organic) and some purple corn. The website explains, "The Inca referred to their empire as Tawantinsuyu, "four parts together." In Quechua, the term Tawantin is a group of four things (tawa, meaning "four", with the suffix -ntin which names a group)." Very simple compared to the other teas which had blends of fruits all over, but don't be fooled! This does not lessen the tea one bit.

Instead of the typical purple look I have been getting from all the teas, I have the deep, rich brown shade similar to coffee, which is typical of

black teas. I also got the black tea smell, a strong earthy scent with slightly sweet undertones that is unmistakable for tea.

I brewed it in my cup and have been sipping on it since dinner time, around 7:00 PM (it's 9:30 now). Though the tea has gone cold, that is not a bad thing! Hot or cold, this tea has proven to be a pleasure to drink. I can see it being better for a morning time drink rather than an evening drink like I am having it right now, since I can promise you that the caffeine jolt is going to keep me up all night. What I also like about this tea is that sometimes, when I let my black tea go cold, I see this film that develops on the side of my mug (not exactly the most appealing thing to witness as you sip away). That, by the way, is due to the calcium carbonate found in the water and the tea. However, with this tea, not so! Definitely a plus, since the scum that forms is not exactly the most appetizing view.

Also, a helpful tid-bit – after having some pulled tea at my Voorhees Library Tea Love talk back in November, I decided to try and use this tea to make a pseudo-pulled tea, consisting of a dash of milk, some sugar (very minimal, as the tea already had some slightly sweet undertones to it already), some cinnamon, and a little bit of fresh black peppercorn. Very tasty! Mine had a bit too much milk, so don't go too heavy-handed there, but I would say make yourself a cuppa and let me know how you like it.

So, all in all, now that we are done with the Inca Teas, I can confidently say to give it a try! Ryan assured me that other types will be coming out, so keep your eyes open for new ones. Prior to working with Ryan, I had never heard of purple corn. Now, I am glad I had the opportunity to try it, love it, and search for more.

Fire Chief Dan Sturm Portable Fireplace Safety

Fireplace Safety

- » A portable ethanol burning fireplace, and the fuel, should only be used by adults.
- » Clean up any fuel spillage and be sure all liquid has evaporated before lighting the fireplace.
- » Light the fireplace using a utility lighter or long match.
- » An adult should always be present when a portable fireplace is burning.
- » Place the fireplace on a sturdy surface away from table edges.
- » It's a good idea to crack a window open for a fresh supply of air.
- » Never try to move a lit fireplace or one that is still hot.
- » Don't pour ethanol fuel in a device that is lit or not completely cool. It may result in a fire or injury.
- » Allow the device to cool down for at least 15 minutes before refueling.
- » Extinguish the flame when you leave the room, home or go to sleep.

General Fire Safety

- Keep anything that can burn, children and pets at least 3 feet from the fireplace.
- Store lighters and matches out of the reach of children, in a locked cabinet.

Ethanol Fuel Smarts

Store ethanol fuel in a closed container, away from the fireplace and out of the reach of children.

It may not be easy to see the ethanol fuel flame. Always close the lid or use a snuffer to be sure the flame is extinguished before refueling into a cooled fireplace.

Use only fuel made specifically for the fireplace.



FACT

Ethanol is a plant-based product that does not release new carbon dioxide into the air.

www.nfpa.org/education

- Never pay for aerosol cooking sprays. Instead, buy a giant jug of vegetable oil and add it to a clean spray bottle as needed. It's the same thing, and will cost you a fraction of the price.
- Iceberg lettuce remains fresher longer than any other type of lettuce because of its higher water content. Iceberg will keep for 7-14 days, whereas romaine lasts for 6-10 days, and butterhead for only 3-4 days.
- Broccoli will keep longer in the fridge if you store it like a bouquet of flowers. Cut about an inch off the stems, then submerge the stems in a bowl of water. This also works for asparagus, chives, and other vegetables with stems.
- If you've overcooked broccoli, asparagus, or any other vegetable, don't throw it away. Save it for later, when you can cut it up into small pieces and add to a soup, sauce, or stew. They'll cook down either further, so you won't notice anything but the taste.
- Store fruits and vegetables in separate drawers in your fridge. Even when chilled, fruits give off ethylene gas that shortens the shelf life of other fruit and vegetables.



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