

RIVERDALE NEWS & EVENTS

News for and about the residents of Riverdale

November 2014

Volume 9 Number 11



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Lori Clinton, Associate Editor

Columnists

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

In this Issue

Mayor	Page 2
Librarian Recipe	Page 3
Seniors	Page 3
Elaine Peacock	Page 4
Movie Trivia	Page 5
Don Pruden	Page 8
School News	Page 12
Riverdale Rant	Page 13
Announcements	Page 13
Library	Page 15
Bill Lango	Page 18
Recreation	Page 20
Mike's Feed Farm	Page 23
Pic Tips	Page 25
Natural Health	Page 25
Community Center	Page 26
Glenburn	Page 26
Catherine Felegi	Page 27

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Mayor William Budesheim's



BEHIND THE SCENES Report

Ten Years Ago

November 14, 2004 was a sunny, brisk Sunday afternoon, a day described as one of the proudest in Riverdale's history. On that day ten years ago the War Memorial on the front lawn of the Municipal Building was dedicated.



The 35,000 pound of black granite is different than the usual memorial. The images of each of the ten Riverdale Servicemen who died in service to our country are laser-etched on the face of the stone.

Those who made the ultimate sacrifice are *World War II Veterans:*

- ✚ Jack Kirkwood
- ✚ Edward Searles
- ✚ Harold Drew
- ✚ John Williams
- ✚ Charles Barrett
- ✚ Arnold Rafkind
- ✚ Howard DeGraw
- ✚ Augustus Christakos

Vietnam War Veterans:

- ✚ John Dalton
- ✚ Jay Dandurand

As part of that ceremony more than 75 Riverdale veterans were presented with a service medal issued by Morris County. On hand to make the presentations were Congressman Rodney Frelinghuysen, Freeholders John Murphy and Margaret Nordstrom. Over 500 people were in attendance to witness this moving ceremony.



Members of Boy Scout Troop 73 held a flag folding ceremony, after which Scout Kyle Parrill and Brian Loesner presented the flag to Mrs. Donna Golding. This was the flag presented to her upon the death of her husband, Michael Golding who was a member of the Board of Education.

Laying the wreath at the Memorial were James McMichael, Don Davenport and Walter Evans. Police Officers offering the 21 gun salute were Sgt. Kevin Smith, Sgt. Thomas Antonucci and Sgt. James MacIntosh.

After the medal presentations the 500 attendees gave a prolonged standing ovation in honor of our veterans. Congressman Frelinghuysen said that Riverdale's ceremony was among the largest he has attended.



Some of their family members came from as far away as Virginia and Florida to witness the unveiling of the War Memorial.



"Let us remember that they were flesh and blood. Let us look into their eyes and see the hope and anticipation that were a part of them at the time the photos were taken. You will realize that they, too, were a mother's son, a sister's brother, a wife's husband. They weren't professional soldiers. They were typical, everyday, average Americans, called upon to perform average deeds." *Remarks by Mayor Budesheim during the ceremony.*



William Budesheim

Remember Our Veterans

The Seniors' Corner



The October 6 meeting was opened by **President Dorothy Bowersox** who had been on vacation during the last two meetings. Welcome back, Dorothy, and we are glad that you and your husband enjoyed your trip! As the weather made it feel like the start of the Fall season, **Chaplain Elaine Peacock** read an appropriate piece

Pumpkin In the Hall. This was followed by the flag salute, club pledge and the singing of *God Bless America*.

President Bowersox said that the Traffic Safety Specialist from AAA, our guest speaker today, would be delayed due to a closure on Route 287. At our next meeting, the Pequannock Health Department nurse will be here to take blood pressure and administer flu shots. An elder lawyer will be the guest speaker at the November 3 meeting, and on November 17 we will have a talk by Daniel Sturm of the Riverdale Fire Department. The December agenda will be reported in next month's column.

1st Vice President Grace Chiesa updated us on the condition of ill members, especially our former president, **Loretta Lippens**, who is recuperating from her fall, and **Bill Coombs** who was in attendance after his operation. She also acknowledged the October birthdays. Secretary, Treasurer and Committee reports were given.

Our raffle was conducted, the usual joke was told and the meeting was adjourned. Refreshments were served and social time spent until the arrival of our speaker, Ron Esposito. He told us that Seniors were the safest age group of drivers in New Jersey. However, of all the very informative facts received, two things stood out. Seniors

should be aware that some medications, poorer vision, slower reflexes and lack of physical and mental activity are all things more likely to affect older drivers. Also, everyone should sit at least 10 inches from the airbag, as it deploys at 200 MPH. Good advice!

The October 20 meeting was presided over by **President Dorothy Bowersox**. In the absence of our chaplain, Dorothy read an inspirational prayer, followed by the flag salute and club pledge. She then led us in song, *Let There Be Peace On Earth*, very appropriate for the present turmoil in the world.

Grace Chiesa updated us on our ill members and welcomed back **Marie Cucci** who was in attendance after her operation. **John Mulvey** announced that he was moving to Colorado to be near two of his children and grandchildren, and we wish him well. Secretary and Treasurer reports were read and we received more details about our annual December Christmas Party. President Bowersox said that the Oktoberfest was a beautiful trip and praised the committee, **Warren Sheps** and **Sandy Wolf**, for their hard work during this year. Warren said that they would now confer to plan trips for the upcoming year.

Nurses from the Pequannock Health Department were on the premises to give flu shots and take blood pressure readings from any members who wanted them. There will be a Flu Clinic for the Riverdale community on November 16, to be held at the Senior Community Center.

The meeting was adjourned so that we could enjoy our coffee and cake while **Mary Gambino** conducted a special free Halloween Raffle. Members donated wrapped items from their homes, which were very nice and greatly appreciated. Bingo was played afterwards for those who enjoy staying to play.

Presented by Kay Boucher

SIMPLY DELICIOUS BEEF SOUP

By Librarian Linda Vogel



INGREDIENTS:

- 4 packages of beef stew meat or 1 big package of stew meat
- 5 to 6 stalks of celery-cut in pieces
- 3/4 bag of medium size baby carrots
- 1 medium size package of fresh green beans
- 7 or 8 potatoes (cut in cubes)
- One 32 oz. box of beef broth
- Two 16oz. cans of diced tomatoes
- Sea salt and pepper to taste
- 4 cups of water

DIRECTIONS:

Brown meat lightly in frying pan with olive oil. In a big pot with a lid, add the rest of ingredients above and put on low. Add meat with the juice to pot. Cook on low for 3 hours or until vegetables are tender. Freeze leftover's in containers for a cold night.

RIVERDALE FOOD PANTRY



The Pantry is low on the following items:

Pasta and pasta sauces; canned products: peas, string beans, sweet potatoes, cranberry sauce, soup, tuna; rice, cereal, coffee, tea, mac 'n cheese, laundry detergents.

If you are interested in volunteering at the Pantry for up to two hours once a month on a Saturday or Tuesday morning, please call Linda Roetman at the Municipal Building 973-835-4060 ext 6.

Riverdale Drivers Be Warned!



Effective July 1 there are enhanced penalties for talking or texting on a handheld device while driving.

1. First Offense: A fine not less than \$200 or more than \$400 plus cost of court. Also a mandatory court appearance is required.

2. Second Offense: A fine not less than \$400 or more than \$600 plus cost of court. Mandatory court appearance is required.

3. Third Offense: A fine not less than \$600 or more than \$800 plus cost of court. Mandatory court appearance. With the third offense three motor vehicle points as well the court may order the loss of license for a period of 90 days.

N.J.S.A. 39:4-97.3

BY and LARGE

An Important Question for All Christians Everywhere
By Elaine Peacock



As we stop to give thanks for our blessings this Thanksgiving season give some thought to the question below. What you are about to read are not my words but the ending of a book I read about Heaven and Hell; I believe that these words say it all and make Christians everywhere stop and think of how we view Heaven and our relationship with GOD and Jesus.

If you could have heaven, with no sickness, and with all the friends you ever had on earth, and all the food you ever liked, and all the leisure activities you ever enjoyed, and all the natural beauties you ever saw, all the physical pleasures you ever tasted, and no human conflict or any natural disasters, could you be satisfied with heaven, if Christ were not there?"

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**.

Herbal Flavor Booster. Crushing dried herbs before using them will boost their flavor, as will soaking them for a few seconds in hot water. This also works well if they have lost their flavor.

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

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



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- Recreation Programs
- Exercise Classes

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- ♦ **Exercise Classes**
- ♦ **Community Center**
- ♦ **Glenburn Estate**

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

GONE WITH THE WIND 1939

◆ At nearly four hours long, this is longest running of all movies to win the Best Picture Academy Award. The first sports film to win an Academy Award for Best Picture. Ranks third in the Academy Award most nominated films list with 13 nominations.

- ◆ First color film to win the Best Picture Oscar.
- ◆ Very few of the principal cast members liked the characters they were portraying. Clark Gable was induced into accepting his role through arrangements to divorce his current wife and marry Carole Lombard. Rand Brooks, who played Scarlett's first husband, Charles Hamilton, was actually a rough outdoors-man who objected to playing a wimpy character. Butterfly McQueen disliked the negative stereotype of her character. Leslie Howard felt he was too old for the role of Ashley Wilkes and complained that his costumes made him look like "a fairy doorman" at a hotel.
- ◆ Half a million feet of film were shot, edited down to 20,000 feet.
- ◆ If box office receipts for the movie were adjusted for inflation, it would be the top grossing movie of all time. According to the Guinness World Records homepage the total gross in 2012 figures would be \$4,401,358,554.94 in 2012.
- ◆ During filming Vivien Leigh smoked 4 packets of cigarettes a day. Clark Gable smoked 3 packs a day throughout his career.
- ◆ The horse that Thomas Mitchell rode was later Silver of The Lone Ranger (1949) fame.
- ◆ Clark Gable disliked this, his most famous film, which he regarded as "a woman's picture."
- ◆ 1,400 actresses were interviewed for the part of Scarlett O'Hara. 400 were asked to do readings.
- ◆ Vivien Leigh worked for 125 days and received about \$25,000. Clark Gable worked for 71 days and received over \$120,000.
- ◆ The first scene to be shot was the burning of the Atlanta Depot, filmed on 10 December 1938. If there was a major mistake during the filming, the entire film might have been scrapped. They actually burned many old sets that needed to be cleared from the studio backlot, including sets from The Garden of Allah (1936) and the "Great Wall" set from King Kong (1933). The fire cost over \$25,000, and yielded 113 minutes of footage. It was so intense that Culver City residents jammed the telephones lines, thinking MGM was burning down. Scarlett was stunt doubled by Aline Goodwin and Lila Finn, while Rhett was doubled by veteran stuntmen Yakima Canutt and Jay Wilsey.
- ◆ As Vivien Leigh could not dance, she is doubled in all non close-up shots by Sally De Marco.
- ◆ The character of Ashley Wilkes was based on Margaret Mitchell's cousin by marriage John "Doc" Holliday. Melanie was based on Mitchell's third-cousin, and Doc's first cousin and close friend, Mattie "Sister Melanie" Holliday. Doc moved West and became the gambler and gunfighter of "OK Corral" fame. Mattie joined a convent and became a nun, but maintained a correspondence with Doc, who died of tuberculosis in 1887, 13 years before Margaret Mitchell was born.
- ◆ Three of the four principal actors, Leslie Howard, Vivien Leigh, and Clark Gable, died at relatively young ages. Olivia de Havilland outlived them all by at least 40 years and is the only one who remains alive in 2014. Ironically, her character is the only one who dies in the film.
- ◆ Of all the many actresses who tested for the part of Scarlett, only Paulette Goddard and Vivien Leigh were filmed in color.
- ◆ Production began with Robert Gleckler playing Jonas Wilkerson. After a month of filming, Gleckler died. His scenes were re-shot with replacement cast member Victor Jory.
- ◆ When Scarlett searches for Dr. Meade, making her way among 1,600 suffering and dying Confederate soldiers, to cut costs and still comply with a union rule that dictated the use of a certain percentage of extras in the cast, 800 dummies were scattered among 800 extras.
- ◆ When Rhett pours Mammy a drink after the birth of Bonnie, for a joke during a take, Clark Gable actually poured alcohol instead of the usual tea into the decanter without Hattie McDaniel knowing it until she took a swig.
- ◆ Olivia de Havilland who has been the lone survivor of the four principal leads since the death of Vivien Leigh in 1967, was the only major cast member to live to celebrate the 70th anniversary of the picture's premiere on December 15 2009.
- ◆ To add to the publicity, fans were asked to vote for the actress they think should play Scarlett. Out of hundreds of ballots cast, Vivien Leigh got only one vote.
- ◆ One month after the book was published, David O. Selznick purchased the movie rights from Margaret Mitchell for an unprecedented \$50,000. At the time it was the highest sum that had ever been paid for an author's first novel. Realizing he had underpaid Mitchell, Selznick gave her an additional \$50,000 as a bonus when he dissolved Selznick-International Pictures in 1942.
- ◆ Prominent Atlanta preacher Martin Luther King, Sr. (father of Martin Luther King) was invited to the cotillion ball held in Atlanta at the film's premiere. King, Sr. had been urged to boycott the festivities by other community leaders because none of the black actors in the film were allowed to attend. A forward thinker, King, Sr. attended because he was invited - and brought along his famous son with him.
- ◆ At 2 hours, 23 minutes, and 32 seconds, Vivien Leigh's performance in this movie is the longest to ever win an Academy Award.
- ◆ The scene where Scarlett makes a dress out of a curtain later was later spoofed on The Carol Burnett Show (1967) in what became one of the most memorable comedy bits in TV history. Carol Burnett as "Starlet" O'Hara wears the curtains with the rod still in them. Harvey Korman as "Rat" Butler says: "Starlet, that gown is lovely", to which she responds: "Thank you. I just saw it in the window and couldn't resist it!"
- ◆ Female costumes were made complete with petticoats, although they wouldn't have been missed had they not been there.
- ◆ Hattie McDaniel met with David O. Selznick in full costume in a successful effort to beat her main rival Louise Beavers to the part.
- ◆ Mickey Kuhn, who played Vivien Leigh's nephew Beau Wilkes, also played the young sailor who helps her onto the streetcar in A Streetcar Named Desire (1951). When Kuhn mentioned to someone else on the set that he had acted with Leigh as a child, word got back to her and she called him into her dressing room for a half-hour chat. In an interview in his seventies, Kuhn stated that Leigh was extremely kind to him and "one of the loveliest ladies he had ever met."
- ◆ If the number of total admissions are calculated, this is the most popular movie of all time in the US with over 200 million tickets sold. While having the advantage of being released several times in theaters, there were half as many Americans alive when it was released, compared with other films that set the domestic box office record.
- ◆ There are more than 50 speaking roles and 2,400 extras in the film.
- ◆ In 2007, the American Film Institute ranked this as the #6 Greatest Movie of All Time.
- ◆ Gable's real life daughter is a close friend of Gable's on-screen daughter in this film, Cammie King Conlon (Bonnie Blue Butler).
- ◆ The movie's line "Frankly, my dear, I don't give a damn." was voted as the #1 movie quote by the American Film Institute.



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Breathe Deep and Lower Your Blood Pressure

Did you know that if you turn up with high blood pressure when taken at a medical clinic, *it is not very predictive of a future heart attack or stroke?!* But high blood pressure can cause all kinds of other problems for you—from being passed over for a job, to making health insurance problematic, to fainting, falls, broken bones, dizziness, impotence, kidney damage, and even heart failure from powerful, ineffective, and dangerous blood pressure drugs.

If you are always worried about having your blood pressure checked, keep this little trick in mind. When you breathe deeply and properly, even for only a few breaths, you can easily lower your blood pressure. You see, deep proper breathing relaxes your autonomic nervous system. When this system is chronically “anxious,” it puts pressure on your blood vessels and keeps your blood pressure high. When relaxed the opposite occurs.

Try this simple trick the next time you are having your blood pressure checked. Before the nurse comes in, sit quietly and do the **2-5 Breathing Exercise**. It goes like this:

1. Breathe in deeply into your abdominal cavity. That means that as you breathe deeply in, your stomach will push out.
2. Breathe in through your nose to a slow count of 2—until you’ve taken in all the air you can into your lungs and abdomen. Then very slowly breathe out through your mouth to a slow count of 5. Then repeat.

Do this 10-20 times and then just relax and have your blood pressure checked. Nine times out of 10 you will be amazed. And if this kind of breathing helps lower your blood pressure, it will also benefit your entire body, including your brain. You can perform the 2-5 Breathing Exercise daily. *Health Alert by Dr. Bruce West*

Olive leaf extract. *In one 2008 study, supplementing with 1,000 mg of olive leaf extract daily for eight weeks caused a significant dip in both blood pressure and LDL (“bad cholesterol”) in people with borderline hypertension. If you want to incorporate olive leaf extract as a natural adjunct to a nutritionally sound diet, you should look for fresh leaf liquid extracts for maximum synergistic potency. You can also prepare your own olive leaf tea by placing a large teaspoon of dried olive leaves in a tea ball or herb sack. Place it in about two quarts of boiling water and let it steep for three to 10 minutes. The tea should be a medium amber color when done.*



Make EVERY Day
A Drug-Take Back Day!

MedReturn

Drug Collection Unit



The Riverdale Police Department in partnership with Morris County Prevention is Key, has obtained at no charge a **MedReturn Drug Collection Box** which will be in the Police Lobby. Residents can drop expired or unused prescription medication. *We will not accept syringes or liquids.* This program began October 1.

Question. “I happened to be discussing the tenancy of a friend’s property,” said the Colonel, “when he informed me that there was a 99 years’ lease. I asked him how much of this had already expired, and expected a direct answer. But his reply was that two-thirds of the time past was equal to four-fifths of the time to come, so I had to work it out myself.” *Answer on Page 21.*

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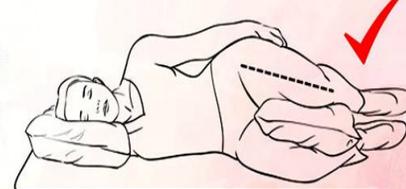
John, a Riverdale Resident, can come to you to work on your computer or you can visit him at his Kinnelon Location

BEST SLEEPING POSITION FOR YOUR BACK

When you sleep on your stomach, it can cause back strain and hurt your neck.



Sleeping on your back puts extra pressure on it. You can reduce that by sleeping with a couple of pillows under your knees. Resting on your side with a pillow between your knees also helps.



To help your back while you’re awake, keep a healthy weight, sit with your knees a little higher than your hips. Stop smoking too. It cuts blood flow to your discs, making them less cushiony.

Medical Observer / Source: WebMD

Neighbors in Nature

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

This month's **Neighbors in Nature** is about the nature photography exhibit at our Riverdale Library for the month of November. All of this nature can be found right here in Riverdale in your garden and mine.

At a surprise birthday party in March my wife, Provi Torres, gave me a much coveted macro lens for my digital camera. Getting the lens onto the camera was the easy part. The lens also came with 19 pages of instructions on how to use it. The exhibit will show you some of the real upclose photos one can get with a "macro" lens.

Some of you, who as children may have been teased by older children about "bugs and worms and spidery things", may find some images disturbing. That common garden spider (also known as "The Cross Spider") that you see that fills a photo of 13 inches by 19 inches, she is really only about three quarters of an inch in body length. (The guy is only about half an inch long!) Consider the poor mosquito that got caught in her web may have been a carrier of West Nile Virus, she has done you a great favor. That she is there at all also tells you that your garden environment has not been overdosed with insecticides.

Some things that come to your garden are limited to this area and some are found throughout the entire planet. That praying mantis' ancestors were brought here from China in the late 1800s. Other

mantis insects were brought from Europe also around that time hopefully to do what we now do with chemicals. Unfortunately the mantis insect's population never got to be a large enough to do that job as they are as busy eating each other as well as going after other insects.

One of the butterflies in the exhibit, the "Painted Lady" (*Vanessa cardui*) (also known as the Thistle Butterfly) is also found around the world. On our continent it is found as far south as Panama and to the north as far as Alaska and Canada. It is one of the earliest butterflies seen in the spring in this area.

I have a nature book I bought as a souvenir at the end of a month long bicycle tour in Finland in June of 1987. Right on the front cover is a photo of that butterfly, and the Finns call it the "Thistle Butterfly" (*Vanessa cardui*) as well. The Finns also have that same species of garden spider (*Araneus diadematus*) and their name for it also translates into "the Cross Spider". This spider was brought here from Europe.

This common garden spider is a natural conservationist and recycler. At the end of each day it eats the web that it had spun the day before. Spider webbing is protein. Protein is a specific sequence of individual of amino acids. Digestion of protein just breaks the bonds between those amino acids and they can then be used either as an energy source or bonded into new proteins. Waste not, want not!

Spider web material is also one of the strongest fibers known. It is many times stronger than an equal diameter of steel.

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**Saturday
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**9:00 AM
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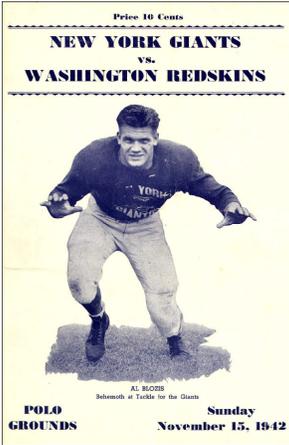
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Email or call Jackie Thomas to reserve your Santa photo or seat for the show at jackiethomas@remax.net or 973-222-2248.

SANTA DISPLAY INCLUDES RED CARPET CHRISTMAS TREE

(BETTER THAN THE MALL) DESIGNED BY CANETE LANDSCAPE DESIGN AND ANELLO FENCE

Veterans' Day: A Story of One Who Served



Albert Charles Blozis (January 5, 1919 – January 21, 1945) was an American football player who died as a soldier while in combat during World War II. Blozis was born in Garfield, New Jersey. He attended William L. Dickinson High School in Jersey City, New Jersey where he became well known for throwing the discus and shot put.

At Georgetown University, he was the national indoor and outdoor shotput champion in both 1942 and 1943. He set the world indoor record for the shotput, throwing it 56 feet 4.5 inches in 1941 at a meet in Cleveland. Blozis was drafted in

the fifth round of the 1942 NFL Draft and played offensive tackle for the New York Giants of the National Football League. He played for the Giants in 1942 and 1943 before entering the military. He was also able to play three games in 1944 while on furlough.

In a 1991 news story, *The New York Times* wrote, "Curiously, the very size that made him so intimidating on the football field kept him out of the military until late 1943, when, after repeated attempts,

Blozis finally persuaded the Army to waive its size limit and accept him. It took further persuading to get from a desk job to the front lines."

Blozis was inducted into the Army on December 9, 1943. He was first assigned to duty as a physical instructor at Walter Reed General Hospital and then went through Officers' training at Fort Benning. At Fort Benning, he set the Army's hand grenade throwing record with a toss of 94 yards, 2 feet 6.5 inches.

He was commissioned as a second lieutenant in the 28th Infantry Division. In January 1945, his platoon was in the Vosges Mountains of France scouting enemy lines. When two of his men, a Sergeant and a private, failed to return from a patrol, he went in search of them alone. He never returned. Blozis was first listed as missing, but in April of that year his death was confirmed. His remains were buried at the Lorraine American Cemetery and Memorial in Saint-Avold, Moselle.

The New York Giants retired the number 32, which Blozis had worn. A second Giants player, Jack Lumms also died in World War II. In April 1946 True Comics featured a story about Blozis entitled *The Human Howitzer*.

The United States Army honored him by naming an athletic center in Frankfurt, Germany, after him. He was also inducted into the College Football Hall of Fame in 1986

- ◆ Man blames fate for other accidents, but feels personally responsible when he makes a hole-in-one.
- ◆ Many a man wishes he were as smart as his wife thinks he is.
- ◆ Most men need two women in their lives—a secretary to take everything down, and a wife to pick everything up.
- ◆ Man—a living creature who buys football tickets three months in advance and waits until Christmas Eve to do his gift shopping.
- ◆ What the average man wants to get out of his new car is the kids.
- ◆ The man of the hour is the one whose wife asked him to wait a minute.
- ◆ Words are powerful. For instance, if you say to a woman, "How cool you look," she's pleased. But try telling her she doesn't look so hot.
- ◆ The weaker sex is the stronger sex because of the weakness of the stronger sex for the weaker sex.
- ◆ Certainly God created man before woman. But then you always make a rough draft before the final masterpiece.

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No Charge * Lunch Served

Program Includes:

Ball Handling * Shooting Skills

Passing Drills * Defense Training

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Lesson on "Basketball and the Bible"

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Recently we were visited by Alan Lambert and his sister, Gail Riker; they are the children of the late Albert and Ruth Lambert. Ruth passed away a few months ago. In memory of their parents they (along with their brother Robert who is living in Florida) presented us with a sizeable donation to be used for the First Aid Squad, Police and Fire Departments. We cannot begin to thank them for their generosity.

They said that they have fond memories of their childhood interaction with the departments. In later years on numerous occasions the police responded to provide assistance to their mother and the Fire Department for pumping out the cellar after flooding.

"HAPPY TRAILS TO YOU"

The young guns may not understand the meaning of this, but you should!!

The End of An Era

- ◆ The **Roy Rogers Museum** in Branson , MO has closed its doors forever. The contents of the museum were sold at a public auction. Roy Rogers told his son, if the museum ever operates at a loss, close it and sell the contents. He complied. Here is a partial listing of some of the items that were sold at auction:
- ◆ Roy 's 1964 Bonneville sold for \$254,500, it was estimated to sell between 100 - 150 thousand dollars
- ◆ His script book from the January 14,1953 episode of *This Is Your Life* sold for \$10,000 (Estimate \$800-\$1,000).
- ◆ Trigger's saddle and bridle sold for \$386,500 (Estimate \$100-150,000).
- ◆ One of many of Roy's shirts sold for \$16,250 and one of his many cowboy hats sold for \$17,500. One set of boot spurs sold for \$10,625. (He never used a set of spurs on Trigger).
- ◆ A life size shooting gallery sold for \$27,500.
- ◆ Various chandeliers sold from \$6,875 to \$20,000. Very unique and artistic in their western style.
- ◆ Two fabulous limited edition BB guns in their original boxes with numerous photos of Roy, Dale, Gabby, and Pat sold for \$3,750.
- ◆ A collection of memorabilia from his shows entertaining the troops in Vietnam sold for \$938. I never knew he was there.
- ◆ His flight jacket sold for \$7,500.
- ◆ His set of dinner ware plates and silverware sold for \$11,875. The Bible they used at the dinner table every night sold for \$8,750.
- ◆ One of several of his guitars sold for \$27,500.
- ◆ Nellybelle (his Jeep) sold for \$116,500.
- ◆ A fabulous painting of Roy, Dale, Pat, Buttermilk, Trigger, and Bullet sold for \$10,625.
- ◆ One of several sets of movie posters sold for \$18,750.
- ◆ A black and white photograph of Gene Autry with a touching inscription from Gene to Roy sold for \$17,500.
- ◆ A Republic Productions Poster bearing many autographs of the people that played in Roy's movies sold for \$11,875.
- ◆ Dale's horse, Buttermilk (whose history is very interesting) sold below the presale estimate for \$25,000. (Estimate \$30 -40,000).
- ◆ Bullet sold for \$35,000 (Est. \$10-15,000). He was their real pet. Trigger sold for \$266,500
- ◆ Dale's parade saddle, estimated to sell between \$20-30,000, sold for \$104,500. One of many pairs of Roy's boots sold for \$21,250.
- ◆ Remember the 1938 movie *The Adventures of Robinhood* with Errol Flynn & Olivia de Havilland? Well Olivia rode Trigger in that movie. Trigger was bred on a farm co-owned by Bing Crosby. Roy bought Trigger on a time payment plan for \$2,500. Roy and Trigger made 188 movies together.
- ◆ Trigger even out did Bob Hope by winning an Oscar in the movie *Son of Paleface* in 1953.
- ◆ So it's good-bye to Roy and Dale, Gene and Hoppy, the Lone Ranger and Tonto. Farewell to Sky King and Superman and Sgt. Friday. Thanks to Capt. Kangaroo, Mr. Rogers and Capt. Noah and all those people whose lives touched ours, and made them better. It was a great ride through childhood. HAPPY TRAILS MY FRIENDS

RIVERDALE SCHOOL NEWS



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

Fall is certainly a busy time of year at Riverdale School. Learning, like the fall foliage, is bursting out everywhere that you look! During the **Week of Respect**, our students and staff were involved in numerous respectful activities each day. Our preschoolers displayed a Kindness Quilt they had made while our entire school created a "Riverdale Tree of Respect" by tracing their hand. On the hands



were written ways that they could show respect towards others. All handprints are proudly displayed on the large bulletin board at the school entrance. Mr. Cullen is very thankful for all of the student participation in this important endeavor and wants to remind the students to keep showing respect to others in the ways they listed on the school's tree of respect.

The Pequannock River Coalition met with our 4th grade students as part of the school's science program. Students engaged in "River in the Classroom," a curriculum that brings representations of aquatic systems, including fish, aquatic insects, and other river life, directly into our schools. Learning the effects of pollution with regard to the Pequannock River, the students then had the opportunity to explore the river water hands-on with a microscope and learned how to identify certain types of insects and fish that live in that particular river. The students investigated the living pieces they found in the river water, and then identified their finds on a chart provided. It was very rewarding to see all of the items discovered and the variety of high level thinking going on as they worked in groups to problem solve.

Violence Awareness Week (Purple Ribbon Week) was acknowledged the week of as October 24th. Our students learned how to make good decisions and promote tolerance, acceptance, and respectful behavior by taking part in daily themes. For example, on Monday, the theme was "Team Up" Against Violence with our school staff and students wearing their favorite team jersey or shirt.

Fire Prevention Week took place beginning October 6, 2014 with culminating assemblies for all students on October 10th. The Riverdale Volunteer Fire Department provided interesting and very relevant information for all of us, which was greatly appreciated. In addition to either a tour of the fire truck or a very informative video, the volunteers provided goodies for our students and asked that they remember to talk to their parents about the exit plan they have as a family in the event of an emergency in the house. Reminders were also given to change the batteries in all of our smoke detectors!

CELEBRATING STUDENT ACHIEVEMENT

On October 15th, nine new members were inducted into the *James F. Dodd Chapter of the National Junior Honor Society*: **Veronica**

Bastian, Ryan Chu, Benjamin Hentz, Julia Jablonski, Alyssa Lightner, Marisa Messina, Justin Nalbome, Dhruv Patel, and Noelle Vacca. We are very proud of these students and their accomplishments. Students are selected for membership based on scholarship, citizenship, character, leadership, and service. Under the advisorship of Mrs. Jessica Palombi, these fine young men and women are wonderful examples of what our future brings. In addition, our school recently held Student Council Elections. The students did a fantastic job with their speeches in the writing of them and also while giving the speeches in front of their peers as they vied for support. This is certainly a fine example of authentic writing and speaking! With Miss Jennifer Corbett and Miss Kristen Caulfield as advisors, the newly elected student Council members for the 2014-2015 School Year include the following: President: **Natalie Jablonski**; Vice President: **Veronica Bastian**; Treasurer: **Ben Hentz**; and Secretary: **Noemi Martinez**.

OTHER SCHOOL NEWS AND EVENTS

We would like to thank the Riverdale School PTA for treating our students to two assemblies on October 9th. Kindergarten through third grade students saw an entertaining and insightful assembly entitled, "Gus Goes Green." "Gus" and his helpers discussed ways that we could go "green" and take care of our planet through recycling and conserving our resources. Fourth through eighth grade students were the audience for an informative assembly, "Spent," which discussed the three S's: how to save, spend, and share money.



Our PTA also assisted a family in need by sponsoring a walk-a-thon for a young lady in the primary grades who is suffering from cancer. Together, our students and staff have raised approximately \$8,000 to help the family.

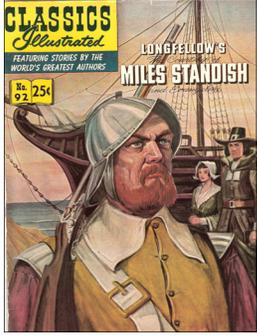
Next month brings lots of continuing learning for our students. We welcome parent input as we work together to provide the best education that we can for our students. Please continue to support our *Coffee with the Principal* that will occur on Wednesday, November 5th and Wednesday, November 19th for about 45 minutes at 9:00AM and 6:15PM on both days. The topics discussed on those dates will be promoting character education and digital citizenship.

IMPORTANT UPCOMING DATES

Parent-teacher conferences (all early dismissal times for students at 12:40 PM):

- **Monday, November 10**
(1:15-3:15 PM & 6:30-8:30 PM)
- **Tuesday, November 11**
(1:15-3:15 PM & 6:30-8:30 PM)
- **Wednesday, November 12**
(1:15-3:15 PM) (Afternoon session only)

- ♦ NJEA Convention (School Closed) - November 6 & 7
- ♦ Picture Retake Day – November 13
- ♦ Early Dismissal on Wednesday, November 26 @12:40PM
- ♦ Thanksgiving Break (School Closed) November 27 & 28
- ♦ Marking Period 1 report cards will be available for view on the Parent Portal on November 14, 2014



Thanksgiving Film Is A Turkey, But Honest About Ugly American Hero

A quick Thanksgiving quiz: Who was Myles Standish?

Rack your grade school memories. He was a Pilgrim, one of the first to arrive on the Mayflower. He helped settle the Plymouth Colony, and, in paintings, he's often depicted with a big beard, a frilly collar, and carrying a weapon.

If you're from New England, your memories might be more detailed. There's a monument to Standish in Duxbury, MA, and plenty of streets and towns around Plymouth Bay—even a state forest—are named after him.

Myles Standish was the head of the Plymouth Colony militia, a soldier hired to protect the colonists. He and a crew of men explored the Massachusetts coast by rowboat, looking for the right spot to land. He was the fourth person to set foot on Plymouth Rock.

I felt compelled to research Myles Standish after seeing 2013's Thanksgiving's feel-good family film, *Free Birds*.

Standish is a big, bad meanie in this animated movie about a time-traveling turkey that visits the First Thanksgiving on a quest to free his gobbling brethren.

Like most Thanksgiving-themed movies (with the exception of *Planes, Trains, and Automobiles* and *A Charlie Brown Thanksgiving*) *Free Birds* is pretty bad. Critics panned the gratuitous Chuck E. Cheese product placement, flat jokes, and hodgepodge plot. The movie aimed to get families into theaters over the Thanksgiving holiday, but as Miriam Bale of the *New York Times* noted; "Never has a holiday film seemed to hate the values of the event it's celebrating so much."

I was confused by *Free Birds'* unfavorable portrayal of Myles Standish. Wasn't he an American hero, one of the good guys? That's what I remember from grade school. Who was the real Myles Standish?

Standish is unquestionably an American hero. The Plymouth Colony

would have collapsed without his protection, and his ability to both negotiate with—and intimidate—the region's various Native American tribes.

But a good guy...not so much. Standish led several brutal "pre-emptive raids" on Native American tribes. When he met with Pecksuot, a warrior of the Massachusetts tribe, Pecksuot and his men made a short joke about Standish (who was reportedly a rather diminutive man).

Standish held his tongue until the next day. When he and Pecksuot met again, Standish grabbed the man's knife, and hacked him to death with it. Then he killed two more Massachusetts warriors, including one named Wituwamat. Standish chopped off Wituwamat's head, put it on a pike, and displayed it outside the colony walls as a warning to the other tribes.

Standish's savagery panicked the Native Americans, and for a while the colonists had difficulty reviving trade. Pilgrim leaders admonished Standish many times over his brutal tactics.

Despite its faults, *Free Birds'* portrayal of Standish is fairly accurate. Myles Standish really *was* the Original American Badass.

So why is Myles Standish so often remembered as a "good guy"?

Standish was the subject of revisionist fictional history long before *Free Birds*. Henry Wadsworth Longfellow's 1858 poem, *The Courtship of Miles Standish*, was hugely popular in Victorian America, and immortalized the story of the Mayflower Pilgrims and the First Thanksgiving. Longfellow portrayed Standish as a shy, bumbling suitor in a Pilgrim love triangle, an endearing fictional character that overshadowed the real-life toughguy it was based on.

Free Birds, in its cute, goofy way, was an artistic rebuttal to Longfellow's poem. It tried to set the record straight about Standish, fixing the false public perception of that has endured for the last 155 years.

Too bad the film was such a turkey.



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 robrerrera.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!

Water-Saving Secret

The easiest way to lower your water usage (and utility bill) is to screw low-flow aerators into your faucets. Aerators are easy to install, cost a dollar or less, and can save you \$50 or more per year.



Happy 13th Birthday, **Jason Testino**, on November 13. Love Mom, Dad, Joey, Jessica, Jordan & Ma!

Happy 13th Birthday **Kyle Clinton** on November 1. Love, Mom, Dad, & Emily.

Happy 18th Birthday, **Kevin Thomas**, on November 22. We love you very much! Love, Dad, Marybeth, RJ, Matthew, Kevin M.

Announcements

Happy 60th Birthday, **Marian Budesheim**, on November 24. Love Bill, Mom, Bill III, Matt & Sylvana, Adam and Tori, Greg and Lisa, Annemarie, Dennis, Anthony, Matthew, Kevin, Caroline, Jack, Nicholas, Emma, Elizabeth, Sara, Stephen, Juliana & Alex.

Kristina & Peter Bankuti would like to thank everyone that provided

the Ensure. They would also like to thank the Mayor, Linda Reatman, Irma Fekete, the DPW driver who brought over the Ensure to their condo, Kathleen Boucher and Joe Vasta for all the kindness shown to them.

To wish family members or friends of a birthday, anniversary, or special occasion email the announcement, with a photo if you wish, to mayor@riverdalenj.gov and riverdalemayor@gmail.com

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?



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?*



Richard Henry Lee

Until he was thirty-seven, John Hancock was probably Boston's most eligible bachelor. Now he was engaged to marry beautiful Dorothy Quincy, and tonight the two were at dinner in the parsonage of the Reverend Jonas Clarke in Lexington. It was a house Hancock had enjoyed since childhood. His grandfather, the Reverend John Hancock, had occupied it for fifty-five years.

By midnight, all was dark and still at the parsonage. A sentry was posted outside. The silence was broken by a messenger on horseback, galloping up to the door. The rider, out of breath, yelled "Where's Mr. Hancock?"

"Don't make so much noise!" the sentry ordered sternly.

"Noise!" exploded Paul Revere. "You'll have noise enough before long. The Regulars are coming

out!"

Hancock flung open his bedroom window. He called to Revere to come into the house. As he heard the news of the redcoats' approach, John Hancock's one thought was to dash to the village green to join the Minutemen who were mustering there. But the others persuaded him not to run any such risk of capture. He and Adams fled northeast toward the village of Woburn. As they departed Lexington, there came to their ears from the direction of the green the sound of the Minutemen's fife and drum.

Following defeat at Concord, the British offered pardon to all rebels who would return to their former allegiance—all except John Hancock and Samuel Adams. The two did not go back to Boston, but left on the long journey to Philadelphia for the meeting of the Second Continental Congress beginning May 10.

Just a month before, in March, 1775, a Virginia Convention had

been held in St. John's Church, Richmond, out of reach of the royal governor at Williamsburg. George Washington, Thomas Jefferson, and Richard Henry Lee were among the distinguished Virginians present to hear fiery Patrick Henry say that war was inevitable unless the colonies gave in to a slavish role. As he urged military preparation, Henry spoke his most famous, "Give me liberty or give me death!"

At that meeting, the tall, thin, aristocratic Lee also spoke with eloquence:

"We mean no aggression, no violence, no treason, but if the powers in England choose to regard this action as such, on them will fall the responsibility of the course taken by them....If we have our disadvantages, so has England. It will put her to a vast disadvantage to have to transport over such a distance, in the contingency of war, her armies and supplies....Admitting the probable calculations to be against us, I will with our immortal bard: *Thrice is he armed that hath his quarrel just; And he but naked, though locked up in steel, Whose conscience with injustice is corrupted.*

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

Did You Know?

- ◆ Park is the most popular street name in the United States.
- ◆ The tombstone of Gail Borden, the founder of Borden's dairy products, is in the shape of a can of condensed milk.
- ◆ Robert E. Lee was buried barefoot in 1870 because the coffin was too small to allow for his boots.
- ◆ When asked to name a number from 1 to 10, the most frequently given answer is "5".
- ◆ Philanthropist Andrew Carnegie promised his mother that he'd never marry while she was alive. Carnegie's mother died when he was 51. He married a year later.
- ◆ The federal withholding tax taken out of your paycheck was enacted as a "temporary" wartime measure during WW2.
- ◆ Benjamin Franklin was the fifteenth child of a Boston soap maker.

Grand Chalet

1377 Route 23, Wayne, NJ

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

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Or any corporate or social event.

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

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

HOURS

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

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Phone: 973-835-5044 • Fax: 973-835-2175

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

ADULT PROGRAMS

Choosing Your Next Great Read — Sat., Nov. 1, 2 p.m. Love to read but not sure what to read next? Riverdale reference librarian Leann Lydon will give a brief presentation on tools you can use - both at home and here at the library - to help you select your next great book!

Keep Up With Changes Affecting Your Health Care — Thurs., Nov. 6, 1 p.m. The health care law continues to change, and what will that mean for you? Learn what you need to make good decisions when renewing health care plans and comparing Medigap plans. Katherine Woodfield, MBA, health care consumer consultant and author of the book *Don't Buy THAT Health Insurance!* returns to the Riverdale Public Library with helpful information for your decision-making. She'll also be discussing the new tax form you'll need to file concerning your health care choices for 2015.

Friday Matinee — Fri., Nov. 14, 1 p.m. Recently released blockbuster on the big screen. Refreshments served.

COMPUTER PROGRAMS

Microsoft Word — Wed., Nov. 5, 6:00 - 7:30 p.m. Learn to type text, edit, spell check, save and print documents.

Digital Magazine Downloading — Sat., Nov. 8, 1-2 p.m. Digital versions of popular magazines are available using your library card. Download for free. Attend this workshop to see the one-time set-up process. Have a tablet? Bring it! Computers also available.

Excel — Wed., Nov. 19, 6-7:30 p.m. Learn to create a simple worksheet. Input data, create simple formulas and use basic formatting techniques.

PowerPoint — Sat., Nov. 23, 11:00 a.m.-12:30 p.m. Design a PowerPoint presentation with text, clip art, and animation.

INFANT & PRE-SCHOOL PROGRAMS

Programs start the week of Sept. 8 and end the week of Dec. 1.

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.

CHILDREN'S PROGRAMS — GRADES K-5

Puppy Pals — Wed., Nov. 12, 4-5 p.m. A fun way to encourage reading skills! Children can choose a book to read to Justice, a certified therapy dog from Creature Comforts Pet Therapy.

Breakfast Book Club — Sat., Nov. 15, 10:15-11:30 a.m. Enjoy a bagel breakfast, talk about the book of the month, and make a fun project. November's book is *My Big Fat Zombie Goldfish* by Mo O'Hara. Free copies are available at the circulation desk.

Lego Lab — Wed., Nov. 19, 4-5 p.m. You bring your imagination and we'll supply the LEGOs plus a great story!

TWEEN PROGRAMS — GRADES 4-6

Origami Creations — Wed., Nov. 5, 4-5 p.m. A hit this summer, origami is back! Discover the ancient art of Japanese paper folding in this popular program.

Tween Movie — Thurs., Nov. 13, 6 p.m. Recently released blockbuster on the big screen. Refreshments served.

Tween Book Club — Thurs., Nov. 20, 6-7 p.m. Just for older kids, hang out with friends and discuss awesome books over pizza! Copies available at the circulation desk.

**Friends of the Riverdale Public Library
Donate Movie Drop Box!**



Through the generosity of the Friends of the Riverdale Public Library, patrons can now drop off movies after library hours. The new movie drop box sits next to our regular book drop at the library entrance. The Friends of the Library provided the drop box for the convenience of our patrons. They are Friends indeed! Interested in joining the Friends and lending support to your library? Stop by the library for details, or visit the library website. The Friends meet on the third Thursday of the month at 7 p.m.

MONTHLY

Photo Club — Mon., Nov. 24, 7:00-8:00 p.m. All photographers welcome to learn and share!

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

Adult Book Discussion Group — Mon., Nov. 24, 6:30-8:00 p.m. *Lady Almina and the Real Downton Abbey* by Fiona Carnarvon.

RIVERDALE



Volleyball



A school volleyball game between some middle school students and staff members. There were some amazing volleys and close games, but in the end, our staff ended up the victors over the students.

Glenburn



Restoration progress continues to be made on the Country Store at Glenburn. This project should be completed some time early next year.

Truck



New multi-task truck for the DPW.



Farmers' Market



Another successful Farmers' Market at Glenburn came to a close. See you next year!

Humor



DAILY NEWS

Fright Nite



Thoughts on Collecting Thanksgiving Theme English Transferware Decorative Porcelain Plates

by Riverdale Resident and Columnist

Bill Lango

Thanksgiving is a holiday that's uniquely American because of the Pilgrims, yet unlike Halloween which has collectors eagerly seeking out vintage decorative items such as witches, ghosts, goblins, jack-o-lanterns, bats and black cats, or Christmas with collectors decorating their homes with vintage Christmas lights, ornaments, miniature skiers and ice skaters, wreaths, and a whole host of collectible decorations.

Thanksgiving has romanticized depictions of Pilgrim men & women wearing black hats, childish looking Pilgrim boys & girls and black high buckled shoes and the Turkey.

No one knows for sure if Turkey was on the menu of the first Thanksgiving in 1621. Historians still debate this issue, but it has become so associated with the Holiday that over the centuries the Turkey has become the holiday's cherished symbol. Thanksgiving has evolved into a holiday with very limited collectible decorative items.

I hesitate to describe old vintage pre-WWII Thanksgiving decorative items as being "collectible" instead, I prefer to use the term "historical" because they were never manufactured or sold or intended to be collectible.

Ever since Thanksgiving was proclaimed a Federal holiday by President Lincoln in 1863, manufacturers began producing a wide array of items with historical themes related to the Pilgrims. I believe 'The Courtship of Miles Standish' a 1858 wildly popular poem by American Poet Henry Wadsworth Longfellow, about the early days of Plymouth Colony of the colonial settlement established in New England by the Mayflower Pilgrims, served as the inspiration behind many Thanksgiving historical theme porcelain items.

During the late 1870s English transferware makers, such as Wedgwood, Crown, Wood, Ducal, Royal, Alfred Meakin, Spode, Johnson Brother and others wisely began producing plates, platters, and various pieces of dinnerware with romanticized historical Thanksgiving themes, including the Turkey, for export to the rapidly growing American market. American's were proud of their young history and eagerly sought out and purchased these English transferware items, primarily for decoration purposes.

Why weren't American pottery makers creating these historic porcelain plates instead of the English? It was because America at the time could not compete with a more industrialized England in America's post Civil War period.

Transferware is an inexpensive way of manufacturing ceramic pottery, dinnerware and tableware with highly decorated themes or illustrations fired into the porcelain. It uses transfer printing, a decorative technique which was developed in England in the mid-18th century. The process starts with an engraved copper plate similar to those used for making paper engravings. The plate is used to print the pattern on a tissue paper, and then the tissue paper transfers the wet ink to the ceramic surface. The ceramic is then fired in a low temperature kiln to set the design or pattern. Most of the old porcelain



"Why Don't You Speak For Yourself, John" Priscilla and John Alden Transferware plate, Staffordshire England

decorative plates were manufactured using this technique.

One of the best known manufacturers of porcelain transferware plates featuring American Historical subjects, was the English firm Wedgwood, , from the late 1880 through the 1930s Wedgwood produced a range of over 60 different historical theme Old Blue Historical Plates These decorative plates were also marketed as souvenir plates. Many versions and many varieties were produced, often in colors other than blue.

My favorites in the series are three that romanticize the Pilgrims. The Landing of the Pilgrims. The Return of the Mayflower and Priscilla and John Alden. On the back of each of these plates is a descriptive verse from 'The Courtship of Miles Standish'.

Other makers continued to produce Thanksgiving theme historical plates right through the 1957 celebration of the *Mayflower II*, crossing the Atlantic in 1957.

Many of these early Thanksgiving theme historical plates originally sold for the inexpensive sum of fifty-cents each and now over 100 years later many are still relatively inexpensive, because of the sheer numbers of them manufactured over such a long time. Often they can be acquired for less than \$25 when found at flea markets or antique shops.

Sadly, in this day and age of political correctness, they have fallen out of favor with today's Millennium Generation, who often have no emotional ties to them, or even a fundamental knowledge of American history.

They are plentiful on eBay, too. Keep in mind that the buyer oftentimes has to pay for shipping and some sellers inflate their shipping costs as a way of generating more profit from sales. Always remember that condition is very important, so pass up any with hairline cracks, nicks and chips.

Thanksgiving theme postcards with colorful illustrations from the Victorian era up to the 1950s are also very plentiful and are quite a bargain. Most are priced from 50 cents up to about \$10 apiece and often around a dollar or two. Again, condition is very important, so pass up any with dirt, grease stains, folds, tears and creases.

A collector doesn't need many vintage Thanksgiving historical plates or postcards to decorate their home... Just a couple of plates on plate stands on the dinning room table, or if space or money is a consideration, one prominently displayed will do.

Vintage Thanksgiving historical theme plates or postcards displayed on your sideboard, credenza or dinning room table will communicate important things about you and what you value. And more importantly, they can be used as quality time sharing with the youngsters in your family the true meaning of the first Thanksgiving.

They take up very little room so you can easily store them away for next year. I'm sure you are reading this right before Thanksgiving, so expect prices to be rising or to be at their highest right up until the holiday. Prices will be falling after Thanksgiving as everyone sets their sites on the more popular Christmas decorative items.

As a youngster growing up Thanksgiving was the one holiday that eventually evolved into the cornerstone of my interest in history. I can still remember our grammar school teacher explaining the history behind Thanksgiving, and to this very day, I still wonder and ponder this question over often in my mind: "How could the Pilgrims, such a small band of people leave everything behind in Europe and come to settle in the new untamed world for religious freedom?"

Have a very Happy Thanksgiving.

Heat Less Water. You never use your water on full-blast hot anyway, so it's worth it to lower the temperature of your water. You can save up to \$125 per year by simply lowering the thermostat on your hot water heater from 140° to 120° F.

Brrrr! When using your oven this winter, don't let all that warm air go to waste! As long as it won't pose a safety hazard to children or pets, keep your oven door open after cooking to help heat the house. A little goes a long way!

Influential Women

Abigail Adams (1744 – 1818) wife of President John Adams, mother of President John Quincy Adams, influential in beginnings of US as a nation, supporter of women’s rights. Abigail Smith met John Adams when she was a young girl at church. By 1762 they were exchanging frankly affectionate love letters full of mischievous humor. Their wedding, on October 25, 1764, began one of history's great partnerships. They were lovers, friends, counselors, and mentors to one another into old age. John did not resent his wife's abilities to manage a farm and raise a family without him during his long absences on the nation's business. Rather, he took considerable pride in her accomplishments. He told her she was so successful in budgeting, planting, managing staff, regulating live-stock, buying provisions, nursing and educating her children, that their neighbors would surely remark on how much better things seemed to go in his absence.



Athletes that Died While Playing

Ayrton Senna - Formula 1 Racer

A three-time F1 world champion, Ayrton Senna (March 21, 1960 – May 1, 1994) was not only among the sport’s most well-loved racers, but was considered by most to be an all-time great.



Senna began his motorsport career in karting, moving up to open-wheel racing in 1981, and winning the British Formula 3 championship in 1983. He made his Formula One debut with Toleman-Hart in 1984 before moving to Lotus-Renault the following year and winning six Grands Prix over the next three seasons. In 1988, he joined Frenchman Alain Prost at McLaren-Honda. Between them, they won all but one of the 16 Grands Prix that year and Senna claimed his first World Championship. Prost claimed the championship in 1989, and Senna his second and third championships in 1990 and 1991. In 1992, the Williams-Renault combination began to dominate Formula One. Senna nonetheless managed to finish the 1993 season as runner-up, winning five races and negotiating a move to Williams in 1994.

He had built an awesome fortune from his prize money and sponsorship earnings over his ten-year career. Unfortunately, during the San Marino Grand Prix of 1994, while Senna was leading the race on its sixth lap, his car hit a wall after going into a turn at a speed of about 145 mph. Senna was airlifted to a hospital but was later declared dead after suffering numerous injuries from the crash.

DECEMBER edition of Riverdale News & Events will be published on or about Saturday, December 6. Copy, photos, articles, announcements are due Friday, November 28.



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Don't forget to thank a veteran on Veterans Day on November 11. Did you know that....



◆ We didn't always celebrate "Veterans Day." The holiday got its start as "Armistice Day" on Nov. 11, 1919 as a way to honor the end of The Great War — what we now call World War I. The day marked the first anniversary of the

end of the war. Congress voted to make it an annual observance in 1926, and it was upgraded to a national holiday in 1938. But it wasn't until 1954 that President Dwight D. Eisenhower signed the bill changing the day's name to Veterans Day.

- ◆ 7.6 million Vietnam-era vets are living in the U.S. right now. Another 4.8 million served during the Gulf War, 2.6 million in Korea, and 2.1 million during World War II. There are no living American veterans of World War I.
- ◆ On Nov. 11, 1921, President Warren G. Harding dedicated the Tomb of the Unknown Soldier at Arlington National Cemetery in Virginia. The tomb holds remains of Unknowns from World Wars I & II, Korea and Vietnam. The soldier guarding the tomb does not wear rank insignia so as not to outrank the Unknowns.

- ◆ Red poppies are a symbol of remembrance as they are referenced in the poem "In Flanders Fields" written by soldier and poet John McCrae during World War I. He describes red poppies growing over the graves of fallen troops. Wearing a red poppy to honor the war dead is primarily done on Memorial Day but is not uncommon on Veterans Day, particularly in other countries.
- ◆ Memorial Day is a day to remember and honor military members who died in battle. Veterans Day is a day to honor all veterans who served in wartime and peacetime. It is a day to thank living veterans for their service.
- ◆ Every Veterans Day a wreath-laying ceremony is held at 11 a.m. at Arlington National Cemetery at the Tomb of the Unknowns. Attendance is free and open to the public. Throughout the country the day is also recognized with parades and events for veterans.
- ◆ World War II saw more than 16 million Americans become service members, according to the 2009 Veterans Day Teacher Resource Guide. As of June 2013, CNN reported that 1.7 million WWII vets were still alive.
- ◆ "Veterans Day does not include an apostrophe but does include an 's' at the end of 'veterans' because it is not a day that 'belongs' to veterans, it is a day for honoring all veterans," explains the Office of of Public and Intergovernmental Affairs of the U.S. Department of Veterans Affairs.
- ◆ More than 1.3 million of America's living veterans have served in more than one conflict, and 54,000 have served in 3 wars - WWI, Korea and Vietnam - according to the Census Bureau's Snapshot of Our Nation's Veterans.

RECREATION NEWS



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LETTERS TO SANTA

Santa will reply to letters received by December 15.



If your child would like to receive a reply to his/her letter, place their letter in Santa's Special Mailbox and be sure to include your return address. Santa's Mailbox will be at the Holiday Gathering on December 4 and in front of the Borough Hall after that.

Holiday Gathering

Thursday, December 4 6:30 PM
Community Center

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

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



MOUNTAIN CREEK SKI PASSES

\$239.00 Youth (ages 7-18) all access
\$309.99 Adult All Access Season Pass.

- * Club meets for group lessons on Friday, Jan 9, 16, 23, 30, Feb 6, & 13.
- * 4, 5 & 6 Trip passes available – email riverdalerec@gmail.com for pricing.
- * Lift & Lesson programs & equipment rental also available.
- * Meal Vouchers - \$8.95 each (burger, pizza, chic fingers w/fries & fountain drink)
- * Premium Meal Voucher - \$10.95 each (grab n go sandwich, salad, sushi w/fruit & juice/milk/water)

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www.mountaincreek.com/membersignup

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Open to all – you do not have to be a Riverdale Resident.

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Sundays, 2:00 PM

Holiday Bowl, Oakland

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(money collected each week at bowling alley)
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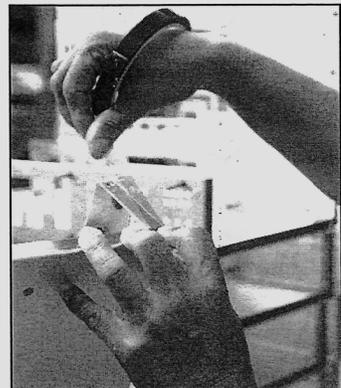
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ANSWER to question on Page 7 The number of years of the lease that had expired was 54

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On October 19th Mike's Feed Farm hosted the 6th Annual Multi-Agency Adoption Festival to raise awareness and funds for shelter animals. 18 local shelters and rescues brought close to 100 animals to the fun filled event, during which \$5,000 was raised and dozens of animals found their forever homes.



The Halloween costume contest was one of the most popular fundraisers. Forty-five animals entered with myriad costumes, some of which included a hamburger, a hot dog, SuperMan, Pirates of the Carribean, a Dande-Lion, a princess, and a butterfly. To see all of the dogs in costume add Mike's Feed Farm on Facebook and check #mikesfeedfarmcostumecontest for the kitties in costume.

There were many heart-warming stories as a result of the event, but one special success story is that of Elsa from Mr. Bones & Co. Elsa started her life in New York City as a victim of a cruelty case. After two months in training and foster care, she found herself in Riverdale hoping to be adopted.



Melanie Trossman, a Wanaque resident, came to the event (although she told her husband she was getting cold cuts at BJ's!) and couldn't resist the spirit of the little pit bull. She submitted an application to adopt Elsa and 3 days later brought her home to her family. In Melanie's words, "I just want to thank you so much for our amazing girl, Elsa! We would like to announce her new name: Ellie, after her unbelievably selfless, loving foster mom. Ellie has blown me away with her progress in less than one day. She has made everyone so happy! You guys are life changers... And I'm honored to have had the privilege to adopt Ellie."



Another success story is that of Baby Roo, adopted by the Rappold family of West Milford. They came to the event looking to adopt a new pet after their beloved dog passed away in 2013. At Diamonds In A Ruff's tent they met their newest family member



when Baby Roo greeted Alyssa, 6 years old, and Brooke, 3 years old, with nonstop kisses. Mom (Debby) and Dad (Teddy) couldn't resist the melting looks from their two daughters, and of course, Roo's puppy eyes. Baby Roo loves her new digs and the entire family couldn't be happier!

To the Riverdale residents who came to the event, who bought raffle tickets, who donated or volunteered, and who did their part by sharing the word... Mike's Feed Farm and all of the participating rescues would like to share a heartfelt THANK YOU.

Living in Riverdale is special for a lot of reasons and we are lucky to be a small town with a big heart. This proved true on October 19th when hundreds of residents came out to do what they could to help animals in need. Riverdale residents helped raise over \$5,000, sent dozens of animals into a warm bed at night, raised awareness for the plight of shelter animals, and most importantly... did it as a community.

A special thank you to Purina Animal Nutrition, Riverdale Police Department, our mayor, William Budesheim, Coney Island Pizza, Fairlamb FIT, Trackside Grill, Wes' Tavern, Inn Style, Bograd's, Richard's Funeral Home, Bubbles and Bones, Wells Fargo, Priceless Pets, Bark-n-Park, Karaoke with Colleen, Paws-n-Claws 911, Riverdale Power and Mower, Chase, Verizon and our amazing volunteers!!



Problems with the Eye

This month:

Diabetic Retinopathy

Diabetic retinopathy (DR) is a common complication of diabetes. It is the leading cause of blindness in American adults. It is characterized by progressive damage to the blood vessels of the retina, the light-sensitive tissue at the back of the eye that is necessary for good vision. DR progresses through four stages, mild nonproliferative retinopathy (microaneurysms), moderate nonproliferative retinopathy (blockage in some retinal vessels), severe nonproliferative retinopathy (more vessels are blocked leading to deprived retina from blood supply leading to growing new blood vessels), and proliferative retinopathy



(most advanced stage). Diabetic retinopathy usually affects both eyes.

The risks of DR are reduced through disease management that includes good control of blood sugar, blood pressure, and lipid abnormalities. Early diagnosis of DR and timely treatment reduce the risk of vision loss; however, as many as 50% of patients are not getting their eyes examined or are diagnosed too late for treatment to be effective.

It is the leading cause of blindness among U.S. working-aged adults aged 20–74 years. An estimated 4.1 million and 899,000 Americans are affected by retinopathy and vision-threatening retinopathy, respectively. <http://www.cdc.gov/visionhealth>

History of Shoelaces. It is as difficult to determine the exact history of shoelaces as it is for shoes. Archaeological records of footwear are rare because shoes were generally made of materials that deteriorated readily. The Areni-1 shoe, which has been dated to around 3500 BC, is a simple leather

"shoe" with leather "shoelaces" passing through slotted "eyelets" cut into the hide. The more complex shoes worn by Ötzi the Iceman, who lived around 3300 BC, were bound with "shoelaces" made of lime bark string.

As for shoelaces in the sense that we know

them in modern times, the Museum of London has documented examples of medieval footwear dating from as far back as the 12th century, which clearly show the lacing passing through a series of hooks or eyelets down the front or side of the shoe.



Thanksgiving Fun Facts

- ◆ 91% of Americans eat turkey on Thanksgiving.
- ◆ About 280 million turkeys are sold annually for Thanksgiving which is about 7 billion pounds of Turkey and about \$3 billion worth of sales.
- ◆ About 20% of all cranberries that are consumed in the U.S. per year are eaten on Thanksgiving.
- ◆ Of the 102 people on the Mayflower only about half of them were what have come to be known as Pilgrims. The others, which are called “Strangers”, were just people hitching a ride to the New World.
- ◆ Due to the white meat being the most popular part of a turkey. Turkeys have been bred to have huge breasts. So much so that modern day domesticated turkeys are no longer typically able to mate due to the breasts getting in the way of the male mounting the female. As such, most hatcheries use artificial insemination to fertilize the eggs of the domestic turkey.
- ◆ Sarah Josepha Hale, author of “Mary Had A Little Lamb” and one of the great women in American history campaigned for nearly 20 years to get Thanksgiving made a national holiday. During her campaign, which spanned five presidents before she found one that was open to her idea in Abraham Lincoln, she continually lobbied various government officials.
- ◆ On October 3, 1863 Lincoln decided to declare the last Thursday in November as a national Thanksgiving holiday, which it became that same year. Prior to this, the only national holidays that existed in the U.S. were Independence Day and Washington’s Birthday.
- ◆ In 1941 Congress officially set the last Thursday in November as a national holiday.
- ◆ Every President since Lincoln proclaimed Thanksgiving Day. But in 1939, 1940, and 1941 Franklin D. Roosevelt proclaimed Thanksgiving the third Thursday in November to lengthen the holiday shopping season. This upset people.



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A Pain in the Drain

Make sure to drain your water heater once a year to get rid of sediment. Left too long, this grit can build up until you’re using energy to heat sludge. To find out how to complete this simple home maintenance trick, type “how to drain a water heater” into Google or another search engine. And start to save!



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

12 Eye-Opening Reasons Apple Cider Vinegar Should Be In Every Home

Vinegar—the acidic liquid produced by the fermentation process of all manner of fruits, vegetables and grains – is one of the oldest and most useful remedies in the world. Of the many forms of vinegar available today, **apple cider vinegar (ACV)** is widely recognized as the most potent and beneficial of them all. Unfiltered organic apple cider vinegar is packed with raw enzymes and good bacteria which promote healthy digestion and improve a number of bodily functions. While the acidic property of vinegar can make it somewhat detrimental in too large of quantity, there are many benefits to drinking a modest amount of ACV throughout your day.

Increase Oxygenation. The acid in apple cider vinegar also helps to release iron from the food you eat. More iron in the blood stream means better oxygen supply throughout the body, improving skin health and cell regeneration, among other things.

Promote Healthy Hair. Use a rinse of apple cider vinegar in water to balance oil production of the scalp. As a natural cleanser, ACV not only removes dead skin and environmental contaminants. Apple cider vinegar can help to prevent or eliminate dandruff and other skin ailments due to its natural

anti-microbial properties. When used regularly, apple cider vinegar also adds shine to lack-luster hair.

Cure for Hiccups. As we all know, a hiccup remedy that works for one person may do absolutely nothing for the next guy. Assuming that you haven’t already tried it (and added it to the list of things that didn’t work) try swallow one or two tablespoons of undiluted apple cider vinegar the next time you come down with those annoying diaphragm spasms.

Normalize Blood-glucose Levels. While this effect is still being studied, drinking two tablespoons of diluted apple cider vinegar before bed can help to normalize blood-glucose levels – up to a 6% decrease the next morning.

Balance Hormones. Drinking apple cider vinegar before a meal can help your body to more efficiently convert proteins in your food into amino acids. These building blocks are used for many processes including the synthesis of hormones which regulate functions such as mood and weight loss. Drinking diluted ACV about half an hour before meals can help to elevate mood, improve focus and relaxation, as well as promote healthy weight loss.

To be continued....



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



UVA URSI. Historically, the Chinese, Europeans, and American Indians considered Uva Ursi a kidney herb. They used the leaves and fresh berries for treating bladder infections, kidney stones, incontinence, and like ailments. One tribe of North American Indians used an infusion of Uva Ursi for sore gums, canker sores and as a moth wash.

Marco Polo, in the 13th century, reported that the Chinese physicians were using the herb as a diuretic, to treat kidney and urinary problems. Kubla Khan learned of Uva Ursi during his invasions of China. The early colonists found that the American Indians used Uva Ursi and mixed its leaves with tobacco to create the smoking mixture they called "kinnikinnick", one of Uva Ursi's common names.

The chief constituent of the leaves is a glycoside called arbutin. Medical herbalists explain that the diuretic action of Uva Ursi comes from arbutin, which is largely absorbed and unchanged and is excreted by the kidneys. During its excretion, arbutin produces an antiseptic effect on the urinary mucous membrane. Tannic acid is also contained in the leaves and berries of Uva Ursi. In addition, this herb helps balance the pH of urine that is high in acid.

Uva Ursi strengthens the urinary passages and is good for inflammation in any part of the urinary system. Uva Ursi stimulates kidney activity and can be used as a urinary antiseptic for kidney and bladder infections being very effective for acid urine and to treat blood in the urine. It has a direct sedative and tonic effect to the bladder walls, imparting tone and decreasing excessive discharges.

Uva Ursi is an astringent herb with strong affinity for the urinary system. It has been used to help correct bedwetting, bladder diseases, cystitis, kidney congestion and infections of the kidneys and urinary tract. It is also said to have the ability to dissolve kidney stones. Due to the proximity of the prostate to the urinary tract in males, it has also been used in prostate remedies. Uva Ursi produces potent antiseptic action in the kidney tubules.

Uva Ursi has been shown to work in various types of bladder and kidney diseases. These include pyelitis, nephritis, urolithiasis, and urinary catarrh. Uva Ursi has also been used in cystitis and urethritis, for urogenital inflammations and as a urinary antiseptic. Uva Ursi also increases the flow of urine and cleanses the spleen.

Uva Ursi is used for womb problems and is very good as a post-partum remedy to prevent infections. Uva Ursi added to a hot tub of

water makes a good bath for after childbirth, inflammations, hemorrhoids and skin infections.

- ◆ Uva Ursi is a remedy for excessive sugar in the blood and as such is a help in controlling diabetes.
- ◆ This herb contains allantoin, which spurs the healing of wounds.
- ◆ This herb is useful for arthritis and inflammation throughout the body.
- ◆ Uva Ursi has been shown to be strongly antibiotic against many organisms including Staph and E. Coli.
- ◆ Today, Uva Ursi is used as a tonic and is specific in cases involving weakened liver, kidneys and other glands.
- ◆ Uva Ursi's influence is most prominent in the urogenital system and for this reason, has been used traditionally for inflammation of the kidney or bladder and prostate problems.
- ◆ It is especially good in cases of gravel or ulceration of the membrane of the urinary tract. Uva Ursi has achieved a reputation as a solvent for calculi deposits in the urinary tract. In chronic inflammation of the bladder and kidneys, it has no equal.
- ◆ The leaves are powerfully astringent.
- ◆ Uva Ursi is effective in the treatment of incontinence. Incontinence is defined as the involuntary loss of bladder control.
- ◆ Uva Ursi seems to be a tonic for the sphincter muscle of the bladder so as to prevent loss of bladder control.
- ◆ Uva Ursi effectively cures urinary infections and is unresponsive to pharmaceutical antibiotics.
- ◆ Uva Ursi reportedly has invigorating and body strengthening qualities.
- ◆ This herb has a large amount of tannins, which could cause stomach upset in large quantities and should not be given to children under the age of two. Begin with smaller amounts of Uva Ursi at first and increase if necessary. You may notice that the herb often turns urine a dark green. Do not become alarmed, this is normal.

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

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



PIC TIPS Lighting

Get up early, stay out late. Photography is all about painting with light. Light is what gives your pictures contrast, shape and texture, and often the best light is that which appears at either end of the day when the sun is lower in the sky. At these times of day it casts longer, more extreme shadows, which in turn pick out small details, bumps and texture. By shooting early in the morning and late in the afternoon, you'll achieve far more interesting results than you would at high noon when you'll spend more time controlling the light coming into your lens than you will manipulating your subjects to best exploit the shadows.

Embrace the grey day. Don't let an overcast day put you off heading out with your camera. The softer light you get on an overcast day is perfect for shooting plants, flowers and foliage as it dampens the contrasts we were championing in our previous step. This allows the

camera to achieve a more balanced exposure and really bring out the colours in petals.

Exposure and focus come first, framing second. Half-pressing the shutter release fixes the focus and exposure settings for the shot you're about to take. Pressing it all the way captures the frame.

Use this to your advantage by metering for particular conditions by putting your subject on one of your camera's focus positions and half pressing the shutter to lock its settings then, without releasing the button, recompose the framing to align your subjects on the one-third power positions. This way you'll get perfect exposures every time, whatever the composition.

Use your free light meter. If you don't have a light meter, use your camera's auto mode to gauge the optimum settings, even if you don't want an immaculately exposed result. Examine the shot's settings and then switch to manual mode and replicate them before pushing individual elements -- shutter speed, sensitivity, aperture and so on -- to achieve the moody result you're after.



KID'S CARDIO BOXING

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MIDDLE SCHOOL MADNESS

FRIDAY, NOVEMBER 7th (NEW Date)
7:30-9:00PM \$5 at door

For 6th, 7th & 8th Grade
Riverdale Students

Games, Prizes, Music, MAD FUN,
Snacks, Drinks, MAD FUN!

CHILDREN'S SEWING CLASSES

THURSDAYS 4:00-5:30PM
\$10/Student (Includes ALL Supplies)

- Nov 6—Sew Felt Pouch & Embroider Your Initials on it
- Nov 13—Button Applique Work
- Nov 20—Thanksgiving Project
- Dec 4—Sew a Greeting Card
- Dec 11—Sew a Pillow on a real sewing machine

To Sign Up: soyoustudio@gmail.com

Kid's Oil Painting

Saturday, November 1st
Scene: Autumn Leaves



11:00am-5:00pm (4th Grade to 18 years)
\$45 per student (payable day of class)
ALL Supplies Included.
Go Home with Finished Painting!

Sign Up: (973) 706-6471 Leave Message
or email: artfromspirit@aol.com

OIL PAINTING CLASSES

Saturday—Nov 8 / 11:00am-5:00pm (\$45/Class)
SCENE—AUTUMN RIVERSIDE

Wednesday Nov. 12 / 6:00-9:00pm (\$35/Class)
SCENE—OCEAN CAVES

Saturday—Nov 15 / 11:00am-5:00pm (\$45/Class)
SCENE—CABIN IN THE FALL

ALL Supplies Included.
Go Home with Finished Painting!

Sign Up: 973-706-6471
or email: artfromspirit@aol.com

EXERCISE...EXERCISE

Walk-In!

MONDAYS Hula Hoop, 6:30pm
 Zumba Toning, 7:30pm

TUESDAYS Zumba Gold, 10:00am
 Zumba, 7:30pm

WEDNESDAYS Hula Hoop Fitness, 7pm

THURSDAYS Zumba, 7:00pm

SUNDAYS KettleBell Fitness, 9am

Payment Due At Class
\$6 per Class (Kettle Bell \$7 per Class)

For information on all programs contact June Carelli, Riverdale Facilities Director
(973) 706-6471 OR JCARELLI@RIVERDALENJ.GOV

PRINCESS WARRIOR BOOTCAMP

Monday, Tuesday & Wednesday 7:00 - 8:00pm
Thursday 6:15 - 7:15pm
ONLY \$40/Month (Unlimited Classes)
or \$7 Drop-In
(973) 706-6471 or
Jcarelli@RiverdaleNJ.Gov

YOGA

THURSDAYS 7:30pm

Sandy Scala
(Hatha Vinyasa Flow)

\$10 / Class

Instilling a Love of Tea, One Sip at a Time Feature Feature – Getting a Pick-Me-Up From Inca Tea™ Pick Me Up Peach

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>



Right now, as I write this, it is almost 9:00 PM on a Monday. I just got home from waking up at 6:30 AM, driving to work by 8:30 AM, working about nine hours, driving home, went to

WalMart to do shopping, fought a

HUGE crowd, came home, cleaned my car from a busy weekend abroad, ate dinner, wrote a press release for my church and now, I sit at the computer writing this article. Shouldn't I be tired? Exhausted? Saying that I will leave my writing for another night?

Thanks to Inca Tea™, I don't need to.

For those who haven't read my last blog post, you might have seen some gorgeous brown boxes stacked neatly in your local Bed, Bath, and Beyond stores. A new brand of tea called Inca Tea started popping up in stores near you back in September and they are quickly growing. The Earth-oriented company is based out of Cleveland, OH. Founder and owner Ryan Florio first discovered the majesty of purple corn tea when he and his friends traveled to a Peruvian mountain trail for a whole ten days, led through the dangers by their guide, Edgar.

Prior to the hike, Florio had multiple health issues and was advised not to go. However, the trip was too enticing and soon, he found himself on a trek through the mountains. The first day out, Edgar decided to brew a cup of tea. "Is an old Incan tea. Very good. You must try," Edgar said, brewing enough for the entire group.

Florio was struck by the deep red-purple color that the brew created and asked Edgar to brew a cuppa for each day of the hike. "I felt physically awesome," he said. He eventually came back to the States, quit his job despite never having had

coffee nor tea in his entire life prior to that trip, and started researching the tea, especially purple corn.

The tea, Florio explains is "based off of a thousand-year-old recipe." By September, loose teas should be served up along with the current four teas that are offered.

All teas are made with 100% biodegradable sachets and packaged in 100% recycled boxes. The corn is also ground by hand, blended in Cleveland, bagged in Philly, and then Florio's parents box it every night for sale.

Right now, Tea Love has four tea bags from Inca Teas. Last blog post, we reviewed the reason for Inca Tea – Peruvian Spiced Berry. Tonight, after a highly hectic day, I review Pick Me Up Peach.

Opening up the orange package, the scent is the first thing to hit you. Wow, is it strong! This is a pleasant surprise, given that it is a white tea. Typically, I often receive comments at my Tea Love talks that the white teas are too weak for my sippers. However, in conjunction with the purple corn, apples, oranges, natural flavors, rose hip peel, and hibiscus petals, the tea is simply bursting to come forth.

I brewed the tea and instantly, the beverage turned its shade of purple, a trait of the purple corn. The scent diluted slightly, but not to the point where it was diminished. Imagine a strong Cabernet going down to a Zinfandel. So most definitely still pleasant.

The peach, the rose hip peel, and hibiscus petals were all the flavors that immediately got me. It was sweet, but sour and sharp at the same time due to the hibiscus. Most importantly, even after the type of day I had where I was considering going to bed around 8:30 PM, I woke up immediately. Given that white tea has the least amount of caffeine, that was a bit of a surprise. The other plus? I don't need to worry as much about going to sleep later because I know that the caffeine content is so minimal (mind you, this is coming from a girl who can drink seven cups of coffee with no adverse effect and yes, this fact has been tested).

I would recommend this for a nice afternoon cuppa, since it doesn't have a lot of caffeine and won't keep you up all night but it is enough where you will perk up enough for an afternoon meeting. Be careful not to overbrew though, as this does have the potential to get bitter!

Next stop on the tea list? Mountain Of Mango!



When a massive power outage struck southern California in the 1990s, Los Angeles residents reportedly called 911 to express alarm about strange clouds hovering overhead; they were seeing the Milky Way for the first time.



**Daylight Savings
Time ENDS
Sunday
November 2**

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*Sincerely,
Dr's. Glenn & Christine Foss*

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