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# NEWS & EVENTS

*News for and about the residents of Riverdale*

November 2015

Volume 11 Number 11



*Riverdale*  
NEW JERSEY

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**Riverdale Website**

**Same Address - New Look**



Mayor William Budesheim's

BEHIND THE SCENES Report

Volume 10 Number 11

William Budesheim, Editor  
Lori Clinton, Associate Editor

Columnists

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

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October has been a busy month in Riverdale.

As you can see on the cover of this newsletter we have our new website up and running. You will find it much easier on the eyes and easier to navigate – to find the forms, the announcements, the documents, etc. that you are looking for. Should you have any questions or suggestions to improve the site, please call or email me.

Through our new website submitting rental agreements for Glenburn and the Community Center has been reactivated. It does have a new look, but the ease in booking has returned.

We have direct links to pay your water and sewer bills through your checking account with no convenience fees charged.

On Monday we had our Police Appreciation Night, a time to thank our police officers for their service to the community. A representative from the national Support Your Local Police Committee speak about the importance of our local police. The Riverdale Republican Club donated a special police magazine, Support Your Local Police bumper stickers and window

clings. We have some of each left over. You can stop by the Municipal Building and pick up one of each while they are still available.

As a further show of support for our police, each homeowner who donated \$5 to the Riverdale Food Pantry can have a star painted on their driveway. Anyone still interested can still make a donation and you will get your blue star. So far we have raised over \$400 for the Food Pantry.

Fright Night was bigger and better than ever. Kudos to Krista Osborne and the Recreation Committee for all of the time and thought they put into one of the most popular events brought to you by the Riverdale Recreation Department.

Because of the conflict with Thanksgiving Day this year, the November meetings of the Mayor and Council will be consolidated into one meeting on Monday, November 16. That meeting will include the public hearing on the Quarry license renewal. Hope to see you at this important meeting.



*William Budesheim*  
Mayor William Budesheim

Secrets for Perfect Mashed Potatoes

- Never pour cold milk into cooked potatoes. It will change the taste of the starch, giving it an unpleasant flavor, not unlike cardboard. The milk should be warmed in a pan (preferably with a small amount of garlic or chives for flavor) before being added.
- Buttermilk will give the potatoes a great flavor. If you're watching your weight, save some of the cooking water from the potatoes and use that instead of butter or cream.
- A pinch or two of baking powder will give mashed potatoes extra fluff. Never



put baking soda in potatoes, it will turn them black.

- Never overmix or overcook potatoes. The cell walls will rupture, releasing an excess of starch resulting in gluey potatoes. Potatoes should be mashed with a vertical motion, not stirred in a circular motion, to minimize the damage that occurs by crushing the cells on the wall of the bowl.
- Try adding powdered milk or instant potato flakes for extra-fluffy mashed potatoes.
- Try squeezing some fresh lemon juice into your mashed potatoes instead of butter or oil. Season with freshly ground black pepper for a no-added-fat mash that is flavorful and goes fantastically well with roast chicken.

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

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

Spray a small amount of vegetable oil on your knife before cutting a pie with a cream filling. This will stop the filling from sticking to the knife.

# The Seniors' Corner



were recognized and members congratulated.

**Secretary Jean Mc Michael** read the minutes of the previous meeting, and **Treasurer Laura LaRosa** gave her report. She also mentioned that we get a special discount on membership at B.J.'s, but that first-time applicants must fill out a form which we can get from her.

Dorothy made a few announcements – reminding us of Fire Prevention Week and that we should check and replace batteries on smoke and carbon dioxide alarms. Also, for all you beefsteak fans, the Riverdale Firemen are sponsoring a beefsteak at the Bloomingdale Firehouse on November 21<sup>st</sup>. Dorothy also remembered the passing of Yogi Berra, who was admired by fans and non-fans alike of the New York Yankees.

**Laura Van Ry** reported on the Christmas Party luncheon at the Regency in December, and said that we will have the same entertainer as last year. **Warren Sheps** of the Trip Committee gave last minute details on the departure time of the forthcoming "Oktoberfest" trip and suggested plans for an outlet shopping trip. The meeting was closed and **Mary Gambino** conducted the raffle and read a few very funny jokes.

Our guest speaker today was **Danielle Colombo**, a nutritionist from Shop-Rite of Lincoln Park. We played a Bingo type game with prizes, which covered topics such as vitamins, fats fiber, sugars, etc., and discussed products which are nutritionally beneficial. She

answered many important questions from members. And this was a very informative program. Stop in and see her at Shop-Rite if you need any help choosing products. ---Refreshments were served and Bingo played.

**The second meeting** of the month held on October 19<sup>th</sup> was opened by our **President Dorothy Bowersox**. She reminded us that at our first meeting in November, we would have musical entertainment by two sisters who both are singers and dancers. Sounds like fun! In keeping with the season, today we are having apple cider and special assorted donuts with our coffee and tea. **Chaplain Elaine Peacock** read an appropriate poem, "The Crimson Days of Autumn", which was followed by the flag salute, club pledge, a moment of silence and singing of "God Bless America".

Dorothy asked that at the next meeting we all bring an item for the food pantry. She also showed us a postcard from Rome, sent by member **Vita Alvina** during her recent trip to Italy, commenting that we are still thought of while someone is away. We also received a letter from Paul Carelli saying he was sorry he couldn't attend the meeting, but advised us of the upcoming October 29<sup>th</sup> event where his team would be outlining their agenda. Dorothy also discussed the upcoming election of Riverdale Seniors officers for 2016-2018 and introduced the nominating committee.

Secretary and Treasurer Reports were given. **Warren Sheps** of the Trip Committee said that the "Oktoberfest" trip was very successful and everyone had a great time. Dorothy thanked him for all he and **Sandy Wolf's** hard work planning the trips. **Laura Van Ry** reminded us to get our checks in by the November 16<sup>th</sup> meeting for our December Christmas Party.

The meeting was closed, the raffle conducted, and a few people entertained us with jokes. Refreshments were served and Bingo was played.

Respectfully submitted,  
**Kay Boucher**

## Scrumptious Spaghetti Sauce and Luscious Meatballs

### Ingredients:

2lbs ground sirloin  
1-32oz. can of diced tomatoes ( with spices )  
1-32oz. can of tomato sauce  
2 yellow onions ( one chopped and one grated )  
1 green pepper (chopped)  
2 eggs  
Italian bread crumbs  
1 ½ tbsp. of sugar  
Parsley flakes  
Oregano  
1 tbsp. Garlic powder



Linda Vogel, Librarian

**Preparation:** In a large bowl mix ground sirloin, eggs, 1 cup of breadcrumbs, 1 tbsp of parsley flakes, Oregano and grated onion. (Meat should be sticky while mixing, do not mix too much, it will be tough) Make into balls. In a skillet put olive oil in bottom of pan, add meatballs and brown. In a large pot add diced tomatoes, tomato sauce, chopped green pepper, chopped onion and sugar. Stir and add some parsley flakes, oregano and garlic powder to sauce. After meatballs are browned add to sauce, let cook for at least 2 hours on low.

The Board of Health is having a rabies clinic on Saturday, Nov. 14 at the DPW garage, on Dalton Dr, 11 am - 1 pm.

**Keep them Safe  
Inoculate!**

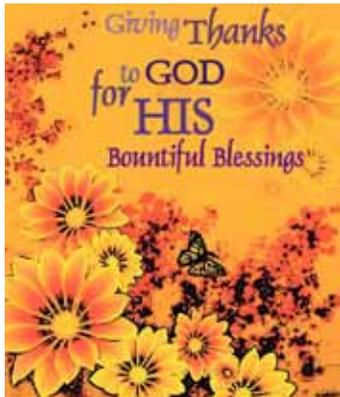


- If you don't want to freeze a sandwich, freeze a juice box and pack it in your lunch bag. It will act as an ice pack to keep foods cold but should thaw by lunchtime.
- A full freezer works more efficiently than a half-full freezer because the cold in the foods themselves will help to maintain the temperature, saving you considerable money in electricity.

# BY and LARGE

## Music to God's Ears

By Elaine Peacock



Did you know that every time you give thanks, are thankful for something or say thank you it is music to GOD's ears? November is a beautiful month with clear blue skies, a crisp feeling to the air and many reasons to give thanks.

Of course Thanksgiving tops the list it is a special holiday and all it calls for is getting together with friends or family and sharing a meal. It doesn't have to be meal from a gourmet kitchen just some special favorites

shared with the special people in our lives. It is reaching out and helping those in need or giving some extra items for the local food pantry. It is a time to slow down and savor the freedoms we enjoy in this wonderful country.

Giving thanks doesn't mean gifts, busy stores and short tempers it means giving thanks with a grateful heart for the people and special things in our lives we sometime take for granted; those we hold most dear and close to our hearts. So make some music for GOD's ears this Thanksgiving season you will not only make GOD smile but yourself as well.

**If you're like us, scorched rice isn't exactly a rarity in your kitchen. To fix this common mistake, turn the burner off and place a slice of white bread on top of the rice, then replace the lid. Wait 4-5 minutes and the scorched taste will be gone.**

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



## NO PARKING RULES

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



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

Under state law **NO PARKING:**

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

# Riverdale Food Pantry

## This Month's Shopping List

- ◆ Canned vegetables
- ◆ Soup and tuna
- ◆ Rice
- ◆ Potatoes
- ◆ Peanut butter & jelly
- ◆ Mac 'n cheese
- ◆ Pasta and pasta sauce
- ◆ Children's snacks
- ◆ Coffee
- ◆ Tea
- ◆ Paper products
- ◆ Detergents.



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

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

### Building Permits:

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

### Water/Sewer/Tax Payments

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



### Credit Card Payments

Welcome to Riverdale Borough's Pay On Line Service

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

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

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

**Borough of Riverdale now accepting Credit Card Payments for:**

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

Make sure you turn pancakes as soon as air bubbles appear on the top. Why? Because if you wait until the bubbles break, gas escapes, and your pancakes won't be as light or fluffy.

*Movie Trivia*  
**SPIDER-MAN 2002**

- ◆ Tobey Maguire said he had never read a Spider-Man comic book but took the role because he liked the script.
- ◆ The first film to gross \$100 million in its opening weekend alone. At the time, no movie had done so, even adjusted for inflation.
- ◆ The scene in which Peter Parker catches Mary Jane's lunch on the tray involved no CGI. With the help of a sticky substance to keep the tray planted on his hand, Tobey Maguire eventually (after many takes) performed the stunt exactly as seen.
- ◆ One of the chief difficulties that Tobey Maguire experienced in the now-famous upside-down kissing scene was that his sinuses kept filling up with water as it was performed in driving rain.
- ◆ To acquire his bumped-up physique, Tobey Maguire went through a strict five-month regimen of exercise, weight training and martial arts six times a week, as well as eating a high protein meal four to six times a day.
- ◆ Willem Dafoe performed 90% of his own stunts.
- ◆ Several Spider-Man costumes were created at a cost of up to \$100,000 each. Four were stolen from the set in early April of 2001 and Columbia Pictures posted a \$25,000 reward for their return. The costumes were not returned.
- ◆ When Sam Raimi first offered to cast Tobey Maguire as Spider-Man, the studio was initially very reluctant until they saw Maguire's test and that the actor had clearly bulked up.
- ◆ By signing on for two sequels, Tobey Maguire secured himself a paycheck of \$26 million.
- ◆ Released in 2002, the year of Spider-Man's 40th anniversary.
- ◆ In the comics, Peter Parker designed and made Spider-Man's synthetic spider web and the mechanical wrist guns that fire it. In the movie he shoots the web from his own body. Director Sam Raimi answered the protests of comic book fans saying that it was more credible to have Peter shoot web this way than for a high school boy to be able to produce a wonder adhesive in his spare time that 3M could not make.
- ◆ After the terrorist attacks on the USA of 11 September 2001, Sony recalled teaser posters which showed a close-up of Spider-Man's face with the New York skyline (including, prominently, the World Trade Center towers) reflected in his eyes. Not all the posters were recovered, however, and the ones still at large are now highly prized collector's items.
- ◆ Tobey Maguire had to have his Spider-Man outfit slightly remodeled as the original design had not made any allowances for when the actor needed a bathroom break. A vent was added to enable him to perform that function without having to take the entire costume off.
- ◆ James Franco's hair was dyed brown to give him some resemblance to Willem Dafoe, his screen father. This decision was only made after filming had begun. Indeed, in the scene where Harry visits Aunt May in hospital, you can see that Franco's hair is his usual black.
- ◆ When Peter Parker is testing out his webbing for the first time, he says several classic DC Comics (archrival of Marvel Comics) catchphrases, most notably "Up, up and away, Web!" (Superman) and "Shazam!" (DC's Captain Marvel, not to be confused with a same named Marvel Comics character). Tobey Maguire ad-libbed these lines, which were not in the original script.
- ◆ The scene at Columbia University was filmed on an unseasonably warm spring day. However, the costume department had provided the high school extras with cold-weather clothing. The real Columbia University students can be seen in the background wearing shorts and t-shirts by contrast.
- ◆ During the fight between the Green Goblin and Spider-Man near the end, Willem Dafoe accidentally clipped Tobey Maguire on the chin with one blow.
- ◆ The first scene filmed was when Peter returns from his field-trip, feverish after being bitten by the spider.
- ◆ Scenes of New Yorkers throwing trash at the Green Goblin and Spider-Man perched alongside the American flag were added after September 11, 2001 to reflect the city's sense of unity and patriotism.
- ◆ Bonesaw, the wrestler Spider-Man fights for money, is played by real life wrestler Macho Man Randy Savage. Early in his career, Savage wrestled under the name The Spider.
- ◆ Leonardo DiCaprio was considered for the role of Spider-Man.
- ◆ The smoke in the lab during Norman Osborn's transformation scene was originally white but was then digitally altered to green. Director Sam Raimi wanted to use real green smoke, but went with the CG effect when prop designers could not create a colored smoke that was non-toxic.
- ◆ The scene when Peter and Mary Jane talk outside at night was shot at 4 am, and had to be shot quickly due to sunrise approaching. Kirsten Dunst also commented that it was a very cool morning, and points out that her thermal underwear pants can be briefly seen peeking out above her pants line.
- ◆ Although Uncle Ben claims to be 68 in the film, Cliff Robertson was 75 at the time of filming. Make-up artists still made him look a little older.
- ◆ The Green Goblin's costume was originally designed to be more bulky and armored, but Willem Dafoe, having decided to film his own stunts, rejected it in favor of a more streamlined and athletic costume. The final outfit was composed of 580 pieces and took Dafoe half an hour to put on.
- ◆ Both Tobey Maguire and Willem Dafoe incorporated a Yoga technique called Ashtanga into their training regimens for film. "Ashtanga" translates into English as "eight-legged," like a spider.
- ◆ In addition to both Peter Parker and Norman Osborn wearing their enemy's costume colors during the Thanksgiving dinner scene, Harry Osborn is seen wearing all of the colors. He's wearing a green shirt, red tie and blue coat.
- ◆ In order to come up with the look of the high school kids, the costume department sent disposable cameras to schoolteachers in New York City and had them distribute them among their students to take pictures of each other.
- ◆ Although Spider-Man is an iconic figure for New York, the majority of the film was actually made in Los Angeles. Only two weeks' worth of location filming was done in the Big Apple.
- ◆ Spider-Man's webbing in the film is made out of foam materials and fishing line. It was also enhanced with CGI.
- ◆ The movie cost over \$100 million to produce, and another \$30 million to promote. The highest-grossing movie of 2002.
- ◆ The Daily Bugle newspaper building is actually the Flatiron building, a famous Manhattan landmark that was built in 1902. In the comics, the Bugle's building is on E. 38th St. and Second Ave.
- ◆ During the World Unity parade, a billboard for Terminix can be seen, one of many insect-related inside jokes.
- ◆ The construction crew for the art department spent almost a year building the 100 sets needed for the film.
- ◆ The Moondance Diner where Mary Jane Watson works is the same one that "Rent" author Jonathan Larson, and his muse Jesse L. Martin, worked at prior to quitting to pursue a career writing musicals.
- ◆ Some of the spiders used in the film were imported from New Zealand.

## Success Story: Recurrent Ear Infections

By Dr. Hailey Coonrad



A 19 month old boy presented with his 4<sup>th</sup> ear infection in the last 5 months. Both ears were infected with fluid and irritation. He also had a slightly elevated temperature, reddened face/ears, slumped shoulders, forward head posture and produced a constant flow of green snot.

His parents noticed an increase in ear infections when they introduced whole milk into his diet at 11 months. Therefore, we suggested trying organic rice milk as an alternative. Organic rice milk is a better substitute than soy products as it is more likely GMO free and does not contain phytoestrogens/hormone disruptors. Milk allergies/sensitivities are becoming more common in children and can contribute to common childhood conditions like ear infections and asthma.

Upon examination, we discovered there was a misalignment in the top 2 spinal segments, called the

atlas and the axis. These 2 bones were counter-rotated and misaligned, causing interference to the nerves supplying the ears, preventing them from properly draining. This likely happened at birth, as many misalignments do. Additionally he had subluxations in the mid and lower spine. Gentle and specific adjustments were done to relieve pressure on those nerves.

His parents reported a dramatic and positive response after the adjustment and diet modification. The child received a total of 6 adjustments in the course of 1 month. At his checkup with the pediatrician in the 4<sup>th</sup> week his ears were completely clear, fluid and infection free for the first time in 6 months!



In addition, throughout care the child has increased his verbal communication, improved digestion, increased sleep, improved posture and resumed his happy disposition! Please share this information with any parents/families that may benefit!

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

## Edible Bubble Wrap



What's better than having a present delivered? Having a present arrive with Snackable Bubble Wrap! Fill Ziploc Bags with Popcorn!

### USDA MEAT GRADING SYSTEM

The USDA regulates the terms used to describe meat.

- **Prime.** Very tender due to higher fat content, well marbled, most expensive. Almost never available in supermarkets—it goes primarily to high-end restaurants and butcher shops.
- **Choice.** Relatively tender and fairly expensive. Meat of this grade is becoming harder to find in supermarkets.
- **Select.** Relatively inexpensive and, therefore, the grade most commonly found in supermarkets. Has less fat and may need some tenderizing.

### Did You Know?

- ◆ Henry Wadsworth Longfellow is the only American to have a bust at Westminster Abbey in London.
- ◆ The leaf on the Canadian flag has 11 points.
- ◆ There are more chickens than people in the world.
- ◆ In Japanese, there is no single word to say “yes” or “no”.
- ◆ The heaviest snowfall ever recorded in the U.S. was in 1921 when 76 inches fell on the town of Silver Lake, Colorado.
- ◆ In an official test conducted by University of Missouri Professor Harold V. Biellier in 1978 and 1979, a white leghorn hen laid 371 eggs in 364 days, the highest amount on record.
- ◆ *Circadian dysrhythmia* is another flighty term for jet lag.
- ◆ Martin Van Buren was the first U.S. born citizen to become president.
- ◆ Jim Thorpe won the pentathlon in the 1912 Olympics. The 5th place finisher was General George Patton.

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A man had a 10-gallon keg of wine and a jug. One day he drew off a jugful of wine and filled up the keg with water. Later on, when the wine and water had got thoroughly mixed, he drew off another jugful, and again filled up the keg with water. The keg then contained equal quantities of wine and water. What was the capacity of the jug?

Answer of Page 21.

- Always sprinkle a little salt in your pan before frying—it keeps hot oil from splattering and makes cleanup that much easier.
- Spray your plastic storage container with non-stick cooking spray before pouring in tomato sauce and stains are a thing of the past.

# Pompton Lakes Riverdale First Aid Squad



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

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

The Squad has been serving Riverdale for the past 79 years! They are always there when we need them. They depend on our donations. Let's not let them down!

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



## Where Are They Now? Rusty Hamer + Angela Cartwright

**THE DANNY THOMAS SHOW:** As Rusty, Hamer went joke for joke with TV dad Danny Thomas. His career later stalled and he committed suicide in 1990. Cartwright (who played Linda), appeared in *The Sound of Music* and was Penny on TV's *Lost in Space*. Now 63, she's a photographer.



Riverdale resident Debbie Pluss saw the signs hung up around town. She read the article in *The Bergen Record*. She heard about it from friends... but she wasn't going to go. Her beloved dog Happy passed away in August and she didn't think she was ready to adopt a new animal. But

on September 27th when Debbie happened to be driving by the Mike's Feed Farm Pet Adoption Festival, she thought "I'll just stop by." After all, it was a perfect fall day, and Debbie thought it was a great opportunity to support animal rescue, a cause she was passionate about.

She walked on to the field and visited Purrs N Pups, operated by Riverdale resident Jennifer Adams. She looked at the "purrs" and "pups" available for adoption, and locked eyes with a small, mixed breed dog. He was quietly sitting on his blanket, despite the energy from the DJ, food trucks and hundreds of people enjoying the day. Debbie knew she was in trouble the moment she laid eyes on Nemo, so she decided to take a walk around the event. An hour later, she returned to Purrs N Pups and saw Nemo sitting on his blanket. But this time, Nemo got up and walked to the front of his crate, and again locked eyes with Debbie. After learning a little more about his background, his health and his temperament (all of which were a perfect match) Debbie was sold. She asked Adams, "Do you accept credit cards?"

Purrs N Pups has been pulling animals from shelters and finding them homes for almost 13 years, and every year many of their animals find homes at the Mike's Feed Farm Pet Adoption Festival. "The event is a great way to pull animal-loving people together. Even though each group has their own way of operating;

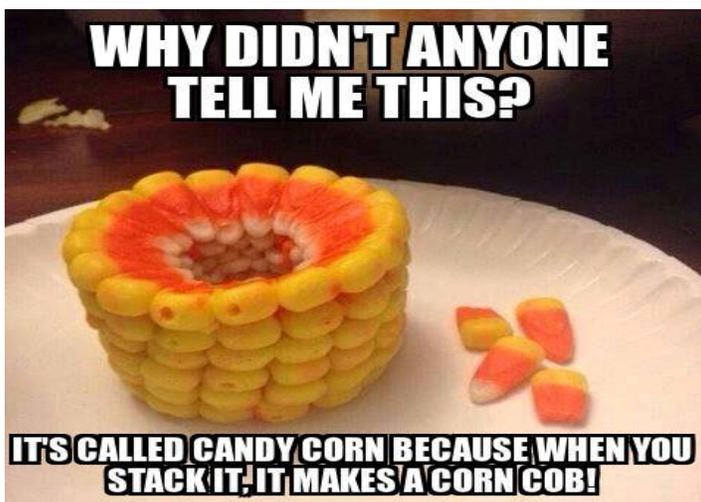
it's great to see that everyone keeps the main goal in mind - to find homes for homeless animals," says Adams. "We enjoy the event at Mike's Feed Farm because it brings attention to our animals outside of our usual weekend adoption events. The huge annual event at Mike's draws in so much attention to all members of the public, not just those who were already going to the store. It's a fun event for families to attend and brings awareness to the plight of shelter animals"



This year's event was the most successful to date, with sixteen shelters & rescues collectively adopting out 95 animals. As a community, we raised \$10,000 through a raffle and from our generous vendors who donated their time and services to the event. The proceeds were divided amongst participating shelters, which will go a long way to help more animals in need.

Because of this annual event, there are 95 other stories just like Debbie and Nemo's. When interviewing Debbie for this article, I jokingly asked her if she was *Finding Nemo*. She replied, "I guess I did, but Nemo also found me. We are a perfect match."

This event has become a fixture in our community, and next year we hope to crack into triple digits. Please stop by Mike's Feed Farm on the weekends for mini-adoption events in the store. Follow us on Facebook to keep up with what groups are coming and what kind of furry friends will be there.



# Neighbors in Nature

by award-winning photographer and Riverdale resident, Don Pruden

I have been doing more hiking outside of our immediate county. I would recommend just about everything in Sterling Forest and Harriman State Park. Sterling Forest leads to some great views of Greenwood Lake. For Harriman, a good set of maps is an absolute necessity and for beginners, go with some one who knows the park. Stay on the trail and keep track of your location is a must. No bush whacking for beginners. There are literally thousands of acres up there, tens of thousands! Finding a lost hiker is a major task which could go into days.

Hikes along the Hudson are excellent at this time with the turning trees and the views. Uppermost, I have hiked Storm King Mountain. At the parking area on Rt. 9W you are already 700 feet above sea level and at the uppermost view point you will be 1,300 feet above the Hudson River. You are also 1300 feet above sea level as well, plus or minus the tide levels. Looking northward you will see the I 84 bridge across the Hudson. That bridge is six miles up the river!

Further down the River is Bear Mountain, the Popolopen Torne, and across the Bear Mountain Bridge is Anthony's Nose. Down by Nyack on the Nyack side of the river and above the Tappan Zee Bridge is Hook Mountain, a few miles of precipitous cliff along the western shore of the Hudson. It is high enough above the river to make large picnic tables below along the river bank to appear minuscule indeed.

Whatever you choose, have that camera ready, have a cell phone with fresh batteries, maps, drinking water and snacks. This world is great... don't miss its splendor!



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

## Saturday, November 21<sup>st</sup> at 7:00 PM

**Beefsteak Fundraiser**

Pompton Lakes Elks Lodge

1 Perrin Avenue, Pompton Lakes, NJ 07442

\$50 per person

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

**NJ Devils vs. Calgary Flames**

Prudential Center

25 Lafayette Street, Newark, NJ 07102

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

please call **862-200-5848** or email Stephanie

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

**Reheating Rolls.** The quickest way to reheat biscuits or rolls? Sprinkle them lightly with water and wrap them in foil. It should take about 5 minutes in a preheated 350° oven.




# Homemade Ice Cream

Since 1958

[www.curlyicecream.com](http://www.curlyicecream.com)  
30 Route 23 North Riverdale~973-839-0198



### Our Menu

Homemade Ice Cream

Nonfat Frozen Yogurt

No Fat No Sugar Ice Cream

Homemade Italian Ice

Novelty Desserts

Ice Cream Cakes for Every Occasion

All menu items are always made fresh on the premises

**Save \$2.00 Off Any Size Ice Cream Cake**

**One coupon per customer**

**Not valid with other offers**

Expires 12/31/2015

*Gift Certificates Available*

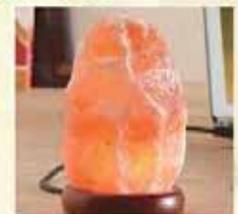
## Ways to Increase the Good Vibes in Your Home



Burn Sage - clears any unwanted energies out of the room



Candles - stress reducing



Pink Himalayan Salt Lamps - good for our nervous system, kidneys and bladder



Crystals - stimulate the body's natural healing systems



Diffuse Essential Oils



Spiritual Room - relax, read, meditate, connect

rawforbeauty.com

## Thanksgiving Trivia



- The first Thanksgiving was celebrated by the pilgrims in the fall of 1621 after surviving a year in the New World.
- It was held in Plymouth, MA and attended by the local Wampanoag Native American tribe, who had helped the pilgrims cultivate land and make it through the winter.
- The feast lasted three days.
- The food served at the first Thanksgiving resembled nothing like we serve today. Lobster, rabbit, chicken, leeks, radishes, cabbage, eggs, and goat cheese were among the food presented then.
- Until 1863, when President Lincoln officially set aside the last Thursday in November as Thanksgiving, presidents made 'Thanksgiving Proclamations' to declare when it would be held.
- To spur the struggling economy in 1939, President Franklin D. Roosevelt made Thanksgiving occur on the third Thursday of November, making the holiday shopping season longer.
- It remained that way until 1941, when Congress declared Thanksgiving to be held on the fourth Thursday of November once more.
- The first Macy's Thanksgiving Day Parade was held in 1924. It featured Central Park zoo animals, people in costumes, and floats.
- The first large helium-filled balloon was of Felix the Cat in 1927.
- Each year, more than 2 million people line the streets of New York City to watch the parade.
- The parade began airing on network television in 1948 and is now seen by roughly 50 million people at home.
- The bald eagle may be our national bird, but Benjamin Franklin had hoped it would be the turkey. Thomas Jefferson opposed the idea vehemently. It is said that to retaliate, Franklin dubbed male turkeys as "toms," after Jefferson.

New York World Fair 1964-1965



## Navigating Your Way Through THE COLLEGE PROCESS—Q&A's From Our Panel of Experts

Monday, November 16 6:30—8:30 p.m.

This is not your usual college planning seminar! This will be your chance to ask all the pertinent questions and get answers and advice from experts in their field, including admissions, financial aid, new student programs, and more. It's FREE! All teens and parents welcome. No membership required, but please pre-register online or by calling 973-334-2820.

## Holiday Weight Management — Keeping the Weight Off During the Holidays. Presented by ShopRite of Parsippany

Thursday, November 19 at 6:30 p.m.

Everyone loves the holidays, but not the weight gain that sometimes accompanies it. This program will suggest healthy food substitutes, tips and tricks to get you through holiday parties without raiding the buffet, recipes for you to cook and bake, and much more! We'll also share some success stories from our Six Week to Wellness fall fit challenge to help you on track and motivated as we come into the new year! 973-334-2820.

## Preschool & Youth Aquatics for Kids at the Y

Our swim lesson program is designed to help kids develop a lifelong love of the water with competency, confidence and endurance.

### To reach this goal students are introduced to:

- Stroke Mechanics
- Personal Safety
- Water Games
- Character development

Preschool classes for children 3-6 years (and potty trained) start them on the way to becoming a swimmer with four progressive levels starting with "Pike" class. Basic swimming skills with seven progressive levels starting with "Polliwog" class will be introduced in our Youth classes for children 6-13 years.

Parent or Guardian/Child classes for children under age 3 years (or not potty trained) offer the opportunity for toddlers to become comfortable in the water with the security of a parent or guardian. Please have your child wear plastic training pants to maintain a clean pool. No disposable diapers at any time.

If your child is new to our program (or has not participated at our Y for more than 6 months), you must set up an evaluation to determine their swim level before registering for a class. Call Carrie at 973-334-2820 for an appointment. Non-members are welcome to sign up for any parent/child class.

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

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

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



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

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

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

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

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

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

### Ending Domestic Violence Scavenger Hunt

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

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



#### Do You Shop AMAZON.COM?

- If so, you can help support our local library without it costing you a cent!
- When you go onto Amazon.com sign into "Amazon Smile" and under Search, type:

**The Friends of the Riverdale Library, Inc.**

- Save this charity and on all purchases the Friends will received 5% of your purchase!! This is a great way to help us provide programs and 'wish list' items for the library.
- If you wish to contact the **Friends of the Riverdale Library** we have a new e-mail address: FriendsOfTheRiverdaleLibrary@gmail.com.

### Artificial Intelligence: Farther Away Than Ever, or Much Too Close?

By John C. Morley

Getting behind the wheel of many new cars now only requires you to push a button, get in the lane you want to stay in, enable cruise control, and the car will do much of the alignment and driving for you (and then there are the latest driverless cars that go even beyond that).

According to Webster's definition of intelligence; Human beings possess varying levels of intelligence, and it's become increasingly evident that some animals do as well and allow one to make decisions based on one's current environment and learn from the past.

So how close are we to having computers join the ranks?

"Greetings, Professor Falken..." Remember the 1983 movie *WarGames*? In the film, the military computer nicknamed the WOPR (War Operation Plan Response) doesn't just manage strategic war operations based on the deductions, it actively chooses to do something else when the objective is not reached as captured by Matthew Broderick the computer's creator, Professor Falken, interfere just in the nick of time.

A computer or system that operates with Artificial Intelligence is able to learn and change its results every time based on analyzing real-time data. Many of us quickly learned the lesson; that if you touch a hot stove or candle you will be burned. Thus, our brain associates a memory to the unpleasant sensation and ensures we will be sure something is cool even before touching it.

In *War Games*, Professor Falken was trying to teach the WOPR (which he had originally named "Joshua" after his deceased child) was how to win at simulated strategy games, like chess, checkers, and of course, that real biggie, Thermonuclear War. The movie made an good point; that as smart as Joshua was, computers just follow commands they are told to execute and don't understand the difference between pretend (simulation) and the real thing. This is why WOPR didn't understand what it meant if lives and other resources were lost in its strategic gameplay -- only that it had to fight back harder to win.

#### AI Versus Intelligence

Traditionally, the main characteristics of an AI system include visual perception, speech recognition, decision-making and language translation.

Many new vehicles now have one or more cameras installed which act as the 'eyes' of the automobile's internal computer and constantly monitor the roadway for everything from lane alignment to follow distance, and is able to adjust the steering wheel appropriately to ensure the car stays within safe boundaries without any human intervention.

Speech Recognition, in which a computer or app listens to words and then translates them to printed text, has been a popular computer tool that's been around for years, but it's now becoming much more ubiquitous, from Siri on your iPhone to Cortana on your computer. AI in today's world, it's worth reminding ourselves that while our AI is definitely cutting edge, it's not perfect and it sometimes doesn't understand the hardest lesson, which is that sometimes the best thing to do is not to do anything at all. In *WarGames*, for instance, Joshua/WOPR learns that sometimes, "the only way to win is not to play."

As fascinating as AI is, I believe that Artificial Intelligence will never truly replace human intelligence because, despite fictional scenarios like *WarGames*, you just can't make a computer understand the value of a life as anything other than a number. AI computers are great for helping us make decisions on many things, however when it comes to people and life-threatening situations, they should only be used as a guide and not as the final decision maker.

AI computers will certainly continue to be able to learn and evolve, and to try to make excellent deductions, but they will never be able to understand things that only humans can. They will never be able to know the value of friendship, love and or a life partner. They will never be able read non-verbal communication such as body language and accurately interpret them or the emotions we send out each day to those around us.

After all, androids and iPhones may dream of electric sheep, but only human beings dream of toast.



## Tea Love: Instilling a Love of Tea, One Sip at a Time Feature – Buyers Beware!

### Know Your Tea!

CATHERINE FELEGI

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

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We've all read about how ,tea might help you lose weight, especially green tea. Heck, I've

even written a blog and column or two about the subject (mostly saying to be careful, as the data is still not out with a confirmation yet, though there are promising studies). Some of you might be reading this column as you start working on your four cups of green tea a day in order to help those thermodynamics in your body start shaking.

One girl did this back in September but, instead of losing weight like she thought she would, she developed nausea, joint pains, and abdominal pains. A brief trip to the doctor, she got antibiotics and attempted to return to her daily routine, only to go to the emergency room with a case of jaundice.

The teenager bought some green tea online in an effort to lose weight, only to develop a case of hepatitis, or inflammation of the liver. Doctors told her to stop drinking the tea and treated her, after which she recovered quickly.

Though the team did not test the tea for other substances, per ABCNews, they thought the tea itself probably contained materials that affected the girl.

"We acknowledge that green tea is predominantly a very safe and healthy drink, with antioxidant properties," the case study authors wrote, explaining secondary additives may cause harm. "This raises the possibility that it is the addition of other chemicals causing hepatotoxicity, (chemical-driven liver damage) particularly in preparations used for weight loss."

Pesticides could also play a part.

So, now the question is, how do you make sure that you are not the next victim? Very simply, know your tea.

Buy your tea from a good supplier. Your local tea shop, or even a larger store that you know (for example, Teavana, DavidsTEA, Celestial Seasonings, Lipton, and Adagio Tea all come to mind) are good bets. Buying online can raise the risk, and even more so if you buy from a tea supplier you do not know. Of course, we might not always do our due diligence and research until we are blue in the face, but having a basic knowledge and trust of where your tea comes from is a good start.

If you do buy from a tea provider online, make sure it is a trusted source. If you can, find out their policy on pesticides. For example, Celestial Seasonings believes in abiding by Earth-friendly practices, as well as adhering to U.S. Food and Drug Administration and European Union Pharmacopoeia Convention Standards. This helps ensure that they are not putting products in that could be harmful to the body.

A good practice for buying tea in general is to see, smell, and, when possible, taste your tea prior to buying. This is good for seeing the quality of the product, as well as to get better acquainted with a better cuppa. If you can see the tea leaves and any added items (like dried fruit or flowers), then that is most certainly a plus. Not only are you getting a higher quality tea, you are seeing what is put into the tea and avoiding any tea dustings, or excess items like dirt and twigs that are not actually tea, in your drink.

Finally, if you think you are having side effects from anything, tea included, make sure to go to the doctor right away and note the herbal remedy you are taking! This is highly important, since even something like tea can have an impact on your health. Suddenly getting strange symptoms after starting a tea regimen? Stop taking the tea, talk to your doctor, and mention the fact you are doing your tea drinking, to be on the safe side.

In short? Always know your tea.

- Grandma never fussed with fancy astringents. After she washed her face, she just filled the bathroom sink about halfway with water, added a few tablespoons of Apple Cider Vinegar, and splashed the solution onto her face. Try this trick for thirty days. It closes your pores, restores the acid balance to your skin, and leaves your face feeling clean, soft, and refreshed.

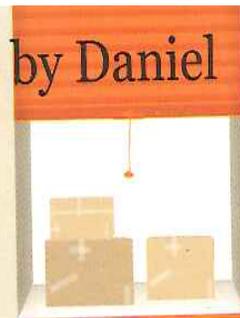
- To cleanse and tone your skin at the same time, nothing beats plain, unflavored Yogurt. Just smooth in onto your face and throat, wait a minute or two, and rinse it off with warm water.



## Riverdale Self Storage by Daniel

17 Hamburg Turnpike  
Riverdale, NJ 07457

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**ETYMOLOGY.** The adjective jaundiced, which was introduced into English in the mid-17th century, is the direct result of the older noun jaundice. The physical condition called jaundice involves a yellowish coloring of the skin, tissues, and body fluids caused by the presence of coloring matter from bile. In ages past, people believed that a hostile, irritable temperament indicated an excess of bile in one's body. This belief not only led to the extended use of jaundiced, but it also resulted in a similar use of the adjective bilious, which can mean either "marked by or suffering from liver dysfunction and especially excessive secretion of bile" or "ill-tempered."



## RIVERDALE SCHOOL NEWS

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

With the month of November upon us, let us remind you that our schools will have early dismissals or closures on a number of days as noted on the calendar. Three of those days will be for us to conduct the important parent-teacher conferences. Further, on one of the parent-teacher conference days, our Pre-K through grade 5 teachers will be involved in professional development. As such, you can be assured that although our schools are closed to student learning for a portion of the day, our staff will be hard at work fine-tuning instructional methodologies for a positive impact on classroom instruction. Finally, in order to sustain a strong home-school connection, we would encourage your attendance at the parent conferences; your investment into this portion of your child's education is extremely important.

During the month of October, there were a number of activities happening at Riverdale School. As part of Fire Prevention Week, the Riverdale Volunteer Fire Department had very relevant programs to stress the importance of fire safety in the home; they also monitored a fire drill while they were at school. Students of all age and grade levels were provided pertinent information on exit plans in the event of an emergency, pet rescue in the event of an emergency, and even the importance of changing batteries in our smoke detectors. We thank them for their continued involvement with the children in our school! Our school also celebrated both the Week of Respect and Violence Awareness Week. As part of the Week of Respect, students in one classroom were read a picture book entitled *Howard P. Wigglebottom* to assist in understanding that it is okay to walk away. In another classroom, students viewed an age-appropriate video on dealing with stressful situations; this will hopefully assist students in understanding the causes of stress while making positive choices to deal with stress. For Violence Awareness Week, Lt. MacIntosh from the Riverdale Police Department, spoke to the staff regarding response in violent situations. As part of this week, teachers have also incorporated activities to prevent school violence (i.e., conflict resolution, bullying prevention, student diversity) into classroom lessons.

During October, there were also two student leadership groups that had special activities. Our student council under the advisorship of Ms. Kristen Caufield and Ms. Jennifer Corbett provided a forum for the students to speak with regard to their capabilities of being elected officers. The students elected following wonderfully written speeches to the middle school student body were as follows: President, Veronica Bastian; Vice President, Arleny Crum; Treasurer, Samantha Carelli; Secretary, Mary Duong and Historian, Emily Szakalis. Later the same month, the James F. Dodd Chapter of the National Junior Honor Society had their induction ceremony, inducting the following new

members: Ryan Scannelli, Jillian Riche, Desiree Olokungbemi, Mary Duong, Maria Rizio and Noemi Martinez. Also receiving a certificate for the Riverdale chapter is Danielle Bakelaar who transferred with NJHS honors to our school in September of this year. Students are selected for membership based on scholarship, citizenship, character, leadership, and service. Under the advisorship of Mrs. Meghan O'Hara these fine young men and women are wonderful examples of what lies ahead for us.

With these exciting items occurring as part of our district happenings, it brings to mind the focus on thankfulness that the month of November brings. I am certainly thankful for the efforts of our dedicated professionals who consistently strive to make the best even better. Our students are the recipients of any additional growth in educational best practice that we set out to accomplish as a district. Quite a few of our teachers will be involved in a professional book study with a book entitled, *"The Inclusion Toolbox: Strategies and Techniques for all Teachers"*. One particular quote from the book authored by Jennifer A. Kurth and Megan N. Gross states that "...good teaching and good planning are good for all students..." It is our goal to provide a forum for discussion of successful classroom practices while offering classroom practice ideas to our staff involved. Mrs. Michelle Lockwood from the New Jersey Institute for Inclusive Education (NJIE) had even provided a staff training in September focusing on strategies to benefit all learners. This presenter had offered information to assist; she has already provided access to any documents in her google drive that may assist staff. Further, a retired professor has co-authored books on inclusive practice ideas that we will be sharing with our staff! All of this ties into our academic achievement goal and our technology goal

As we continue through this school year in Riverdale together, let us focus on the many things for which we are thankful in our daily lives. It is our hope that as families gather together this month, we all focus on those special stories that we have always enjoyed. Think about the quote from the inclusion book and how it applies...it is so interesting that the connections we make help us develop into even better learners!

### UPCOMING SCHOOL EVENTS AND REMINDERS:

Board of Education Workshop Meeting	11/4/15 – 7:30
NJEA Convention—SCHOOL CLOSED	11/5—11/6/15
Parent-Teacher Conferences—EARLY DISMISSAL	11/9, 11/10, 11/11/15
Picture Retakes	11/12/15
Veteran's Day Program	11/11/15 – 9:45
PTA Meeting	11/12/15 – 7:30
Board of Education Meeting	11/18/15 – 7:30
EARLY DISMISSAL	11/25/15
Thanksgiving Break—SCHOOL CLOSED	11/26-11/27/15

## **RIVERDALE RECREATION SKI/SNOWBOARDING CLUB**

### *Mountain Creek All Access Season Passes*

- ◆ **Purchase before October 31:** All access student pass 18yrs or younger—\$229.99. All access adult season pass—\$339.99
- ◆ **Purchase after October 31:** Student pass: \$249.99, Adult pass: \$389.99 (*children 7 & under ski/board free with a lift ticketed adult*)
- ◆ 6 Beginner Student Ski or Snow Boarding Lessons included with purchase of season pass. Fridays—1/8, 1/15, 1/22, 1/29, 2/5, 2/12, (rain date 2/19) 4:30-5:30pm. (times are subject to change)
- ◆ Midweek adult pass available: All access Mon-Fri, after 2pm on Weekends \$299.99

**Last date to purchase is November 23**

**You do not have to be a Riverdale Resident to purchase**

PURCHASE ONLINE: [www.mountaincreek.com/membersignup](http://www.mountaincreek.com/membersignup) Logon ID: 5WGK70053 Password: rivrecski2015



# The Riverdale Rant By Rob Errera

## Ghosts In The Machine, Demons In The Microwave

We spoke in the back yard, away from the house so whatever lurked inside couldn't hear us. We kept our voices hushed and low.

"Do you think it'll work this time?" my wife asked.

"I don't know...I hope so," I said. "Something has to break the curse! Something has to work!"

She looks at the box I'm holding. She's disgusted. Scared.

"Where did you get it?"

"The box store on the highway."

I looked at the writing on the box, the words promising warmth, happy days, and sunsets inside: Hamilton Beach.

"Its like the others," I said. "But a little different...it'll be different."

"It has to be," my wife whispered.

She put her hands on the box too, and we said a silent prayer before bringing the microwave inside.

To say we have bad luck with appliances in our household is an understatement. From vacuum cleaners to dishwashers to refrigerators, nothing lasts long in our home. This year it was especially brutal, so much so that my wife and I started to think we might be cursed. Poltergeists possessed our microwave!

We're tough on microwaves. No matter what brand we buy or where we buy it, it dies after two years. Our last model was only 18-months-old when it began to have seizures. It would smoke and spew

sparks. We called it Frankenstein's Lab.

We nursed Frankenstein's Lab along for six months, but the seizures got worse and worse until it finally gave up the ghost entirely on Thanksgiving Day. (Literally going down in flames!)

I ran out to the box store on the highway and bought a new microwave. I plugged it in, but the vent fan wasn't working. The microwave shorted out after three minutes.

I packed it up and brought it back. I picked up another new microwave, which got us through the rest of the holidays. But by mid-January it suddenly stopped heating up food. Apparently the heating element just...stopped working.

I brought the microwave back to the box store and explained my dilemma. They let me exchange it for another model, even

though I didn't have the original receipt. It helped that the new model cost \$50 more than the one I was exchanging. I was willing to pay the difference.

But when I took the new microwave home and unpacked it, there was a huge dent in the side. Was this a conspiracy? Was I being punk'd? Did angry gorillas pack these microwaves?

I brought the microwave back. Again. No, there was no replacement in stock. Did I want to buy the next model up for another \$30?

No, I didn't. I took my refund, (which was less \$20 because I didn't have my original receipt...and my change was counted back wrong!) and ventured down the highway to a different box store.

That's how I ended up with the Hamilton Beach. I'd examined the box carefully in the store, and it appeared to be in good shape. Surely, the microwave inside would be in pristine condition.

I opened the box carefully, and lifted the glass turntable out like a Faberge egg. It wasn't broken—a good sign. I removed the Styrofoam packing and lifted the plastic cover off the new microwave.

"No! Oh...no!" My wife gasped. "It's not over! It's not over!"

The Hamilton Beach had a sizeable dent along the edge, the metal casing crimped up into a tiny teepee.

Five microwaves, three different stores, a variety of price points, and all of them damaged in some way. Several were broken right out of the box.

It had to be a curse. It had to be demonic forces at work. What else could explain it? How come the appliances my parents bought lasted ten or twenty years, but mine die after two or three? Why are consumers—not just my wife and I, but *everybody*—accepting poorly-made merchandise as the new normal? Why am I buying the same junk-in-a-box over and over again?

I knew I should return it, but I couldn't face the box store again. My spirit was as broken as our last five microwaves.

"The dent's in the back, so you won't really see it," I said to my wife. "Maybe we should plug it in...see if it works..."

It worked, and has been happily heating our leftovers for the last few weeks (which, based on past models, is about half its expected lifespan). I hope this unit exceeds my low expectations and gives my family many years of quality service.

If not, I'm getting Max von Sydow over here with a bible and holy water!



Riverdale resident **Rob Errera** is an award-winning syndicated columnist and the author of *Autism Dad: Adventures In Raising An Autistic Son*. He blogs at [roberrera.com](http://roberrera.com) and Twitter/Tweets@haikubob.

- There's no need to buy expensive dish washing detergent. Use the cheapest brand you can find, add a few tablespoons of white vinegar to the water, and your dishes will shine. The same is true for dishwashers—just buy the least expensive detergent, and add in some white vinegar to the machine.
- The best way to polish copper is to rub it with ketchup and let it stand for an hour. Rinse off the ketchup with hot water, and buff to an incredible shine.
- Adding just ¼ to ½ cup of baking soda to your wash load make clothes smell fresh and feel softer.
- To remove water from inside your watch face, simply strap the watch to a light bulb, and turn it on for a few minutes.
- Add a big, dry towel to the clothes dryer when drying jeans and other bulky items. It will cut the drying time significantly.
- If your photos are stuck together, you can slowly melt them apart with a blow dryer set on low.

# Our Lives, our Fortunes and our sacred Honor

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



All three of New Hampshire delegates were military men, two of whom were doctors. Colonel Josiah Bartlett's brilliant talents, quick mind, and tenacious memory made him a leading patriot in the poor frontier colony of New Hampshire. Bribes had been offered him by the royal governor, but the physician refused them and continued to work for Independence. Consequently, the governor dismissed him as justice of the peace and deprived him of his military commission.

When Dr. Bartlett was elected to the First Continental Congress, he could not attend because his house had been burned, presumably because of his patriotic views. He was elected to the Second Continental Congress and had the honor, together with his colleague William Whipple, of being the first to vote for Independence. It is thought that Josiah Bartlett was the first, following President Hancock, to sign the Declaration. Delegates signed by colonies, starting with the most northern. Dr. Bartlett signed, as was the custom of the day, at the extreme right.

Dr. Matthew Thornton, of New Hampshire, a sober-faced Irishman full of funny stories, appeared in Congress three months after the Signing. He added his name at the lower right below the signatures of the Connecticut delegates. Two of the four Connecticut Signers struggled hard for their early education. Roger Sherman was

apprenticed to a shoemaker and gained his elementary schooling largely from reading books propped up on his shoemaker's bench. When he became a partner of his merchant brother, he had time to study law. Shrewd and able, Sherman

became a leading patriot in Connecticut and rose rapidly in public office. He was chosen treasurer of Yale College and received an honorary degree of Master of Arts. He attended the First and the Second Continental Congress and served on the committee to draft the Declaration.

Like his colleague, Roger Sherman, Samuel Huntington had a meager education, but he taught himself from borrowed books. His father was a farmer, and young Samuel, a fourth-generation American, was apprenticed to a cooper. He studied law by himself and established a good practice. He became associate judge of the Superior Court of Connecticut. Huntington was an economical, modest, thoughtful man who talked little. He rose from plowboy to what was then called president Congress.

William Williams, the son-in-law of the governor of Connecticut, replaced General Oliver Wolcott in Congress. Williams, a Harvard graduate, gave up theology to become a merchant in Lebanon, Connecticut, but he closed his business when the Revolution broke out. He was generous in helping to meet military needs. His house was always open to American soldiers. When the French allies wintered in Lebanon, he moved his family out of his own home so the French officers might have more comfortable winter quarters.

Patriotism in South Carolina had a provincial

emphasis. The colony did not think of itself as separating from the mother country. Its leaders were absorbed, that spring of 1776, in setting up a new colonial government and adopting a constitution. The mature in judgement were needed at home; the younger men were more easily spared to look after the business in the Continental Congress.

Consequently, the South Carolina delegation was the youngest at the time of the Signing. The average age of the four plantation aristocrats who affixed their names to the Declaration was just 29 years. The youngest, Edward Rutledge, became a member of the First Continental Congress before he was 25. At 26, he distinguished himself as the youngest Signer of them all. Rutledge's colleagues were his brother-in-law, Arthur Middleton; Thomas Heyward, Jr.; and Thomas Lynch, Jr. The four had more than age, wealth, and family background in common. All had studied law at the Middle Temple in London, Each, upon returning to America, had entered public life.

Arthur Middleton, who was 34 in 1776 and the eldest of the quartet, came from an immensely wealthy family. His father owned several plantations and about eight hundred slaves.

Young Middleton did not get up to Philadelphia until a few weeks before Lee's resolution came to a vote. Thomas Heyward went about the same time. He was an amiable fellow and was considered quite a poet. Thomas Lynch, who lost out to Rutledge as the youngest Signer by just 3 months, had been dispatched to Philadelphia to care for and, as it turned out, to substitute for his delegate father, who had suffered a stroke. His own health was precarious.

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



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**HOURS**

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

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**Public Library**

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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**

***Your Slow Cooker, the Holiday Helper* — Wednesday, November 4, 7:00 p.m.** Linda Vogel, whose recipes are featured regularly in the *Riverdale News*, will show you how to use your slow cooker to make side dishes, sauces, and soups during the holidays – a great way to free up your stove top and oven! Linda will also share tasty samples, slow cooker tips, and holiday recipes.

***Organizing for the Holidays* — Wednesday, November 11, 7:00 p.m.** Sick of holiday chaos and craziness? Is Thanksgiving a blur? Tired of wrapping on Christmas Eve and finding that you have 12 rolls of Scotch tape and not enough wrapping paper? Let Linda Anders, professional organizer, help you to make the holidays a time of joy and contentment by organizing now for peace later.

***While You're Away – Love Songs of World War II* – Friday, November 13, 7:00 p.m.** What made the love songs of World War II so popular? Who wrote, played, sang, danced and “romanced” to them? Join us as Dr. Diane Cypkin, performer and Pace University professor, sings many of these songs and explains the story behind them.

***Movie Night - Mr. Holmes* — Wed., Nov. 18, 7:00 p.m.** An aged, retired Sherlock Holmes looks back on his life, and grapples with an unsolved case involving a beautiful woman. Rated PG; 104 min.

***Making Prescriptions More Affordable* – Thursday, November 19, 7:00 p.m.** An AARP representative will discuss what actions you can take to mitigate the cost of your prescription medications so that you can be sure that you are getting the most value for your money. Topics covered will include Medicare Part D (the “donut hole”); state programs such as Medicaid, PAAD & Senior Gold; programs offered by drug companies and retail stores; and the use of generic drugs. A list of resources (with websites & phone numbers) will be provided.

**ADULT COMPUTER PROGRAMS**

***Microsoft Word Part 2* — Sat., Nov. 7, 11:00-12:30 p.m.**  
 Learn to create columns, tables, headers and footers and page numbers. We'll also cover page borders, page breaks and mail merge basics.

***Excel Part 2* — Sat., Nov. 14, 11:00-12:30 p.m.** Topics covered include formatting data, freezing windows and hiding data, sorting, working with multiple sheets and creating a chart or graph from your data.

***iPad and Tablet Users Group* — Fri., Nov. 20, 1:00-2:00 p.m.**  
 New to using a tablet? Bring your device and learn the basics in this monthly workshop for tablet users looking to increase their skills and share knowledge and experience.

**INFANT & PRE-SCHOOL PROGRAMS**

*Storytimes run the week of November 16 through December 15.*

***Baby Time:*** Up to 2 years w/caregiver. Mon., 11:15–11:45 a.m.  
***Totally Twos:*** 2 year-olds w/caregiver. Mon., 10:15–10:45 a.m.  
***Preschool Pals:*** Ages 3-5, Tues., 1:30 – 2:15 p.m.

***Pajama Storytime* — Thurs., Nov. 5, 6:30 p.m.** Children ages 3 and up can bring a stuffed friend, wear your PJs, and come to the library for a special evening storytime!

***Music & Movement* — Wed., Nov. 11, 10:30 a.m.** It's back! Calling all wigglers and gigglers, singers and dancers! Join us for a special storytime involving even more singing and dancing!

***Outer Space Storytime* — Fri., Nov. 13, 2:00 p.m.** Hear stories, sing songs, and do a fun craft that are truly out of this world!

**CHILDREN'S PROGRAMS — GRADES K-5**

*Registration Required for all programs.*

***Thank-A-Vet!* — Wed., Nov. 4, 4:00-5:00 p.m.** Make a card (or cards!) for our veterans to thank them for serving our country! Ms. Kate will mail your card for you. Open to all ages.

***Paws to Read: Tails to Tales (formerly Puppy Pals)* — Wed., Nov. 11, 4:00-5:00 p.m.** Readers of all levels get to read to a friendly canine listener!

***Family Movie Night — Inside Out!* — Thurs., Nov. 12, 6:00 p.m.** Join us when we show *Inside Out* at the library! Rated PG, 102 min. All ages welcome.

***LEGO Lab* — Wed., Nov. 18, 4:00-5:00 p.m.** You bring your imagination, we'll supply the LEGOs and a great story!

***Bagels & Books Book Club* — Sat., Nov. 21, 10:15-11:30 a.m.** Children in grades 2-5 can pick up a copy of this month's book at the circulation desk starting the week of October 26<sup>th</sup>. Then join us on the 21<sup>st</sup> for snacks and book talk!

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

***Tween Craft: Bandana Pillows* — Fri., Nov. 6, 11:00 a.m.** School's out but the library's open so come to make, stuff, and decorate your very own bandana pillow! For ages 10 and up.

***Teens 4 Teens* — Tues., Nov. 10, 3:00 p.m.** Talk about what you want to see at the library for you and your peers and how we can make it happen! Snacks provided. For ages 13 and up.

***The Third Thursday: Texture in Art* — Thurs., Nov. 19, 4:00-5:00 p.m.** Introducing a new once a month after school program for tweens and teens that will alternate between science and art! Join us this month when we explore texture in art and learn techniques for painting our own textured works!

**MONTHLY**

**Friends of the Library Meeting — Thurs., Nov. 19, 7:00 p.m.**

**Adult Book Discussion Group — Mon., Nov. 23, 6:30-8:00 p.m.** *Love in the Time of Cholera* by Gabriel Garcia Marquez.

**Photo Club — Mon., Nov. 23, 6:30-8:00 p.m.**

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

# RIVERDALE



## Girl Scouts



Junior Troop 94886 earning their **Practice with Purpose** patch with Phil.



Lakedale Service Unit visiting Cedar Crest residents by Parading in Halloween Costumes



Brownie Troop 96380 making energy bars to earn their **Snack Patch**



## Fright Night

# DAILY NEWS

## Support Your Local Police



Residents came out to show support for our local police. A number of residents shared stories about their positive experiences with our officers. Representatives from the offices of Congressman Frelinghuysen and Senator Kevin O'Toole read resolutions in support.

DPW workers paint stars on residents' driveways displaying support of our police while donating \$5 to the Riverdale Food Pantry



## ht 2015

Another great Riverdale Fright Night 2015. Thank you, Recreation Director Krista Osborne and the entire Recreation Committee!





# RECREATION NEWS

Krista Osborne, Director



"LIKE" us  
at Riverdale Recreation

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

## KIDS OIL PAINTING CLASS

**Saturday Nov. 7 OR Dec. 5 10:00am – 4:30pm**  
**at Riverdale Community Center**

Children ages 7 – 14 years Beginner to Advanced

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

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

## RIVERDALE RECREATION SKI/SNOWBOARDING CLUB

**Last date to purchase passes is November 23**

**SEE PAGE 12 FOR MORE INFORMATION**

## KIDS WINTER BOWLING

**Sundays, 2:00 PM Holiday Bowl, Oakland**

\$7.00 registration fee plus \$10.00/week for K-8  
\$6.00/week for Preschool

*(price includes t-shirt & 2 games/week for K-8  
1 game/week for preschool,  
money collected each week at bowling alley)*

**Program runs January 10-March 13**

TO REGISTER: Download form from Borough Website:  
[www.riverdalenj.gov/recreation](http://www.riverdalenj.gov/recreation) and drop off with \$7 registration  
payment to the Recreation/Borough Offices by DECEMBER 1st

## ZUMBA

At the Riverdale Community Center  
**All classes are \$6 each – pay as you attend**  
**Zumba Toning®** Monday 7:30-8:30pm  
**Zumba Gold®** Tuesday 10:00-11:00am  
**Zumba®** Tuesday 7:30-8:30pm  
**Zumba®** Thursday 7:00-8:00pm



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

## Walking Club

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



Sunday, January 17, 2016—1PM show

Prudential Center \$22.50 per ticket

**Deadline to purchase tickets December 1st**

call 973-835-4060 x232

or email [riverdalerec@gmail.com](mailto:riverdalerec@gmail.com) to purchase tickets

## Holiday Gathering

Thursday, December 3 Community Center

*Please join us at the Community Center after the  
Riverdale School Lighting Ceremony*



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



## LETTERS TO SANTA

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

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

## Yoga

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

## Men's Basketball

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

## WOMEN'S FITNESS

In conjunction with Pompton Lakes Recreation  
**Mondays & Wednesdays 7:00-8:00p.m.**  
at Lincoln School in Pompton Lakes  
Session I: 9/21/15 – 11/18/15  
Session II: 1/11/16 – 3/9/16  
Session III: 3/21/16 – 5/1/16  
**\$50 for 16 classes, \$35 for 10 classes, or \$5 drop in**

This Veterans Day, our school would like to create an area of thanks on the front lawn of our school to honor our veterans. We are asking individuals and families to purchase a flag in honor/remembrance of a living or deceased service member.

The cost of the flag is \$5.00. Half of the proceeds will be donated to The Purple Heart Foundation and the other half will benefit the Class of 2018.

Please send check payable to the Riverdale Student Activity Fund (in memo area please write flag), "Flags for Veterans" c/o Riverdale School, 52 Newark Pompton Tpke., Riverdale, NJ 07457 by November 6, 2015. Our hope is to fill the front lawn of the school with hundreds of flags to show our appreciation to all veterans!

Any questions contact  
annemgould@yahoo.com.

Thank you for your support,  
Student Council, NJHS,  
and The Class of 2018



### The Smallest and Biggest Rubber Bands.

- Anyone who has ever worn braces knows about the smallest rubber bands. Ligatures—the bands used with braces to straighten teeth—are the smallest rubber bands in the world.
- The largest rubber band in the world can hold together several automobiles for shipping purposes. Well, technically it's not a rubber band, although it works and looks like one. It's actually a long strip of rubber held together by cement and called a palette band.

## Amazing Animal Facts

**House Mouse.** The key to the house mouse's phenomenal success is its ability to follow whatever food sources provide. By stowing away on ships and, latterly, airplanes, house mice have been able to colonize every continent of the world.



Mice were first domesticated, and in some instances worshipped, by the Romans and ancient Greeks. However, these days house mice are generally considered to be a major pest. They cause billions of dollars worth of damage to food stores worldwide every year. They also damage buildings, woodwork, furniture, soft furnishings and clothing, and are known to carry various diseases that are dangerous

to humans, including typhus and salmonella. House mice are virtually unrivalled in their capacity to adapt to new surroundings. Their generalist habits, rapid breeding rate and talent for slipping into places unnoticed means they are possibly the most numerous mammal in the world today. Mice are mostly active during dusk or night. They are good jumpers, climbers and swimmers.

**Food:** Virtually anything. **Habitat:** Generally near human habitation. **Size:** 6 - 7.5 inches; 0.04 to 0.05 lbs.. **Maturity:** 5 - 7 weeks. **Breeding:** Usually around 5 - 10 litters of 3 - 12 offspring. **Life span:** 12 - 18 months. **Distribution:** Worldwide, including Antarctica. **Status:** Abundant.

Sticky fingers. If you bond your fingers together with super glue, you've got a real problem. Since it won't wash off, you need a de-bonder. De-bonders dissolve super glue, and are sold by most glue manufacturers to help customers get themselves out of sticky situations. In a pinch, nail polish remover (acetone) will work just as well—give it about 20 seconds to do the job.

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## Autumn is Here!

### Leaf Blower Tune-up Time

# Athletes Who Died Too Soon

## Drazen Petrovic

AGE: 28 (October 22, 1964 – June 7, 1993)

CAUSE OF DEATH: Car accident

COMPLEX SAYS: Way before players like Dirk Nowitzki

(sorry, Sasha Vujacic) started dominating the league, Drazen Petrovic broke down stereotypes of European players not being able to compete at the NBA level. The six-time European



Player of the Year earned two silver and one bronze medals competing for Yugoslavia and Croatia in the Olympics. After joining the league in 1989, Petrovic would become one of the league's top scorers, averaging 22 points per game in 1993. During the offseason, while traveling through Germany on his way home to Croatia, Petrovic was killed when the car he was riding in collided with a semi truck that had crossed the Autobahn median. His accomplishments with the Yugoslavian team and relationship with Vlade Divac are documented in the ESPN 30 for 30 film, *Once Brothers*.

- How does **Baking Powder** work, you ask? Well, baking powder is a mixture of acids and alkalis that produce carbon dioxide when they come into contact with water and are subjected to certain temperatures. This carbon dioxide gas creates minute air pockets (or enters air pockets that already exist in the dough), as well as steam, which causes bread to expand.
- Unless the instructions explicitly direct you to rinse rice before cooking, don't—most rice sold in the United States is coated with a fine powder that contains the B vitamins thiamine and niacin. If you rinse the rice, you wash these nutrients down the drain.
- Baking stuffed apples, tomatoes, or bell peppers in a well-greased muffin tin will help them to hold their shape—and make sure they don't tip over when you take them of the oven.



## Granpa's Old Fashioned Know How

### Saving Grandma's Pantyhose

You will need the following ingredients:

- 2 Cups of Table Salt
- 1 Gallon of Cold Water

Place the salt and water in a medium bucket or pot and mix well. Add the pantyhose (brand new ones only) and allow them to soak for about 3 hours, then drip dry. This will make the pantyhose stronger and they will last longer.

# Influential Women

## Harriet Beecher Stowe

June 14, 1811 - July 1, 1896



Harriet Beecher Stowe was a writer and anti-slavery campaigner. She is best known for her book *'Uncle Tom's Cabin'* This was a vivid depiction of slavery and its human cost. It was influential in shaping public opinion about slavery in the period leading up to the American civil war.

She was born June 14, 1811 in Litchfield, Connecticut to a strongly religious family. She was educated at a girls school and received a wide ranging education. When she was 21 she moved to Ohio where she became involved in various literary circles and became concerned with social issues of the day.

Harriet married Calvin Ellis Stowe on January 6 1836. Stowe was committed to abolishing slavery and with Harriet they took part in the Underground Railroad which temporarily housed fugitive slaves.

Though experiences such as this, Harriet gained a close hand knowledge of the institution of slavery. In 1833, she visited a slavery auction in Kentucky, an experience that profoundly moved her. She felt it her Christian duty to write about the injustice of slavery.

In 1851, she published her first installment of *Uncle Tom's Cabin* in the newspaper the *National Era*. By 1952, its popularity had led to its publication in book form. The book became a best-seller, selling over 300,000 copies in the first year alone.

*Uncle Tom's Cabin* was a realistic account of the pain and injustice of slavery. It helped galvanise opinion in the country. It popularised the anti-slavery movement in the north. In the south, it predictably enraged opinion and led to opposition to the book.

After the outbreak of civil war, Harriet was invited for a meeting with Abraham Lincoln in November 25, 1862 in the White House. It was later remarked that Harriet was 'the little woman who started the big war'. Thought the causes of the American civil war were wide ranging, her book definitely made many Americans more receptive to the idea of seeking to end slavery.

Although best remembered for the hugely influential *Uncle Tom's Cabin*, Harriet also wrote a total of 20 novels and wrote on a variety of social and political issues.

She died on July 1, 1896 in Hartford, Connecticut aged 85. Her house the Harriet Beecher Stowe House was next door to fellow author

To my children:

Never make fun of having to help me with computer stuff.

I taught you how to use a spoon.

FBI Sue Fitzmaurice, Author



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

Question on Page 6. The capacity of the jug must have been a little less than 3 gallons. To be more exact, it was 2.93 gallons.

To peel **Sweet Potatoes** easily, boil them 15 to 35 minutes, depending on their size, then immediately immerse them in a bowl of ice-cold water for 20 to 30 seconds. The skins should fall off almost by themselves.

**FREE MALL WALKER PROGRAM**

Participants may walk from:  
 7:00 to 10:00 AM - Monday through Saturday  
 9:00 to 11:00 AM - Sunday  
 Willowbrook Mall

The Wayne Alliance for the Prevention of Substance Abuse, Chilton Cardiac Rehabilitation and CareOn at Wayne are cosponsoring the Mall Walker Program. We Call **973-831-5367** to register for this program.

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*Krystin V.*

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# Veterans' Day

This is one of the coolest pictures I have ever seen. The men on the right are about to paratroop into France on D-Day. The men on the left are the same men today. More remarkable? It's the same plane. God bless our heroes.



## DID YOU KNOW AMERICAN VETERANS FOUGHT TYRANNY AT HOME IN THE BATTLE OF ATHENS?



In 1946, American WWII veterans organized an armed revolt and used rifles to overthrow brutal politicians and police, in order to ensure honest elections. After authorities locked themselves in the local jail, veterans suspicious of foul play gathered weapons and exchanged fire from across the street. The authorities surrendered and the citizens of Athens, Tennessee set up their own government.



OUR MOST PROMINENT NATIONAL DEBT IS THE GRATITUDE WE OWE OUR VETERANS

## VETERAN'S DAY IS NOVEMBER 11. IF YOU WANT TO HELP OUR VETERANS HERE IS A LIST OF WORTHY AND NOT SO WORTHY ORGANIZATIONS.

### A guide to the best and worst military charities

The American Institute of Philanthropy recently took a look at the best and worst military charities you can donate to on behalf of veterans. The AIP "grades" each charity on an A-F scale:

#### Top choices

- Army Emergency Relief Fund (A+)
- Air Force Aid Society (A+)
- Navy-Marine Corps Relief Society (A+)
- Intrepid Fallen Heroes Fund (A+)
- Fisher House Foundation (A+)
- Armed Services YMCA of the USA (A-)
- National Military Family Association (A)

#### Ones to avoid

- American Ex-Prisoners of War Service Foundation (F)
- Purple Heart Service Foundation (F)
- American Veterans Relief Foundation (F)
- AMVETS National Service Foundation (F)
- Freedom Alliance (F)
- Help Hospitalized Veterans (F)
- Coalition to Salute America's Heroes (F)
- National Veterans Service Fund (F)
- NCOA National Defense Foundation (F)
- Paralyzed Veterans of America (F)
- Vietnow National Headquarters (F)

This is true Love. Sent to WWII only months after getting married, separated for 40 months, wounded in Iwo Jima, married for 71 years. 15 children. 49 grandchildren. 32 great-grandchildren. Ruth Todd kisses her "lovey" goodbye. RIP William Todd.





## 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

**PAPAYA.** One of his many journeys to the West, Columbus, in observed the eating habits of the natives of the Caribbean, noticed when they are exceptionally heavy meals of fish and meat, and when the meal was followed by Papaya, there was no apparent indigestion. In modern times, we have discovered that the unripe Papaya contains, in its milky juice, a protein-digesting enzyme known as papain, which greatly resembles the animal enzyme pepsin, in its digestive action. Today the papain of the Papaya is used in various preparations for indigestion and in the manufacture of meat tenderizers.

The native Central American Indians use the juice of the plant (from unripened fruit) to remove warts, tumors and corns. The seeds were used as a parasiticide.

The usual quality of papain, unlike other enzymes which can only digest protein in an acid or an alkaline medium, is that it acts in all three, neutral, alkaline or acid. The Papaya apparently has other digestive qualities that include the rest of the food groups, which are fats and carbohydrates.

It could be reasoned that, all stomach problems stem from the lost ability of the stomach to digest food. As such, the digestive enzymes in Papayas, to include the green Papaya and its leaves, are most beneficial to improve the digestive process.

Papaya is also known to have another important quality in that it helps to prevent ulcers and helps to heal them after they have developed. Papaya has shown the ability to increase the bloods, coagulation properties and at the same time, reduce acid secretion, which could account for the beneficial action that it has on stomach ulcers.

In areas where Papayas grow, the natives have treated ulcerations of

the skin and open wounds by wrapping fresh Papaya leaves around them. Other medicinal uses of Papaya have been in the use of the papain in surgery, especially in spinal disk ruptures. Instead of surgically removing the problem, they have injected the papain directly into the area to be removed which digests the decaying injured substance, thus relieving the problem. By this use and other surgical uses, papain has come to be known as "nature's scalpel," demonstrating its ability to digest dead tissue without effecting live tissue.

The use of Papaya's alkaloid, carpine, has been shown to decrease the heart rate and also decrease central nervous system activity. In addition to the use of papain as a digestive enzyme.

In holistic healing the use of Papaya for healing purposes is on going and new uses are yet being discovered. The use of Papaya as a nutritive protein digestant is well documented and farther teaching enzyme therapy, properties and uses for Papaya for serious diseases, are being pursued

- Papain, one of the Papaya enzymes is, due to its health promoting properties, a cancer preventive.
- Papaya contains all the enzymes needed for digestion of food, thus it relieves gas and a sour stomach.
- Papaya helps prevent ulcers and is effective at stopping internal bleeding.

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

*Animal Control Officer Lisa Perry:*

## How to Put Together a Pet First Aid Kit

by VETDEPOT

Just like people, pets are at risk for illness and injury. Although first aid is not a replacement for emergency veterinary care, it's important to have some supplies on hand to care for your pet while seeking veterinary advice. Remember that an animal in pain is more likely to bite, so it's important to muzzle your pet if possible before attempting to administer care or transportation.

Being prepared for a pet emergency is important. Below is a list of items that should be in your pet's first aid kit:

- Gauze pads and tape
- Antiseptic solution
- Cotton balls

- Hydrogen peroxide
- Ice pack
- Rubber gloves
- Thermometer
- Saline solution
- OTC antibiotic ointment
- Tweezers
- Scissors
- Pet carrier
- Blanket
- Flashlight
- Towels
- Muzzle

Pet owners should also keep a list of phone numbers with their emergency supplies including their pet's regular veterinary office, a pet poison hotline, and the closest 24 hour emergency veterinary clinic.

If the holes in one of the burners of your gas-powered stove is clogged, never use a toothpick to clean it out, as toothpicks can easily break instead. Rather, use a straight pin or a pipe cleaner.

## Savory Baked Apples

### INGREDIENTS

- ½ cup fat-free, lower-sodium chicken broth
- ½ cup uncooked brown rice
- ½ cup dried cranberries
- ½ cup apple cider
- 4 large Rome apples, cored
- 1½ tablespoons butter, melted and divided
- 1 (4 oz) link sweet Italian sausage, casings removed
- ¾ cup finely chopped yellow onion
- ½ cup finely chopped carrot
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground red pepper
- 3 garlic cloves, minced
- ¼ cup chopped walnuts
- 3 Tbsp minced green onions
- ¾ teaspoon salt
- ½ teaspoon dried rubbed sage
- ½ cup shredded Swiss cheese

### PREPARATION

1. Preheat oven to 350°
2. Bring broth to a boil in a saucepan. Stir in rice. Cover, reduce heat, and simmer 50 minutes. Remove from heat and

let stand 10 minutes.

3. Combine cranberries and cider in a bowl; microwave at HIGH 1 minute. Let stand for 10 minutes. Add mixture to rice.
4. Using a small spoon, carefully scoop out centers of apples, leaving a ½-inch-thick shell, and chop apple flesh. Brush the inside of apples with 1 tablespoon butter. Place apples on a baking sheet, and bake at 350° for 25 minutes or until just tender.
5. Preheat broiler to high.
6. Heat a large skillet over medium-high heat. Add sausage, and saute' 5 mins, stirring to crumble. Remove from pan; drain. Wipe skillet, and melt remaining butter in pan. Add chopped apple, onion, carrot, cinnamon, pepper, saute' 4 min. Add garlic, saute' for 1 min., stirring constantly. Add sausage, onion mixture, walnuts, and green onions, salt, sage to rice; toss. Divide rice mixture evenly among apples; top with cheese. Broil 5 minutes or until golden.

# Fire Chief Dan Sturm



## Thanksgiving Safety

The kitchen is the heart of the home, especially at Thanksgiving. Kids love to be involved in holiday preparations. Safety in the kitchen is important, especially on Thanksgiving Day when there is a lot of activity and people at home.

- Keep anything that can catch fire such as oven mitts, wooden utensils, food packaging, towels or curtains away from the stovetop.
- Always stay in the kitchen while frying, grilling, or broiling food. If you have to leave the kitchen for even a short period of time, turn off the stove.
- When simmering, baking, roasting, or boiling food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.
- Stay alert. If you are sleepy or have consumed alcohol, don't use the stove or stovetop.

## How To Get Rid of Spiders Naturally

- ◆ Fill the spray bottle with water and add peppermint oil. Shake it well before using.
- ◆ Spray this spider "juice" around window frames, doors (inside and out), small cracks in the ceilings, walls, bathrooms. I even spray it on the outside porch.
- ◆ I usually do this once a week (twice during summer), it takes just few minutes and it works as a natural home spray that smells really really good.
- ◆ Since I started using my "spider spray" I haven't seen any eight leg creatures. I am happy they are alive outside, but away from my house.



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

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The best temperature for cooking stuffed turkey is 325°F. At lower temperatures, the stuffing doesn't get out of the danger zone of 40°F to 140°F, giving bacteria more time to multiply. Higher temps bring the turkey and stuffing to safer temps sooner, but may shorten the cooking time so that not all bacteria are killed. Slow overnight cooking with the dressing in the bird causes numerous cases of food poisoning.

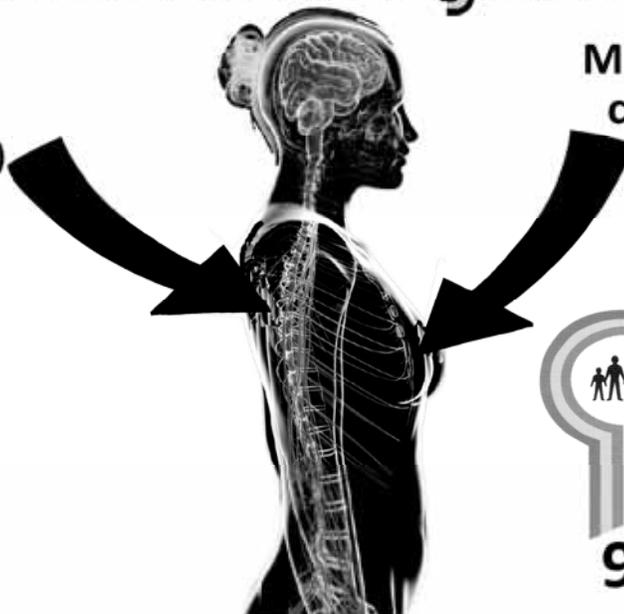


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entails with its filaments. Rich Protein Source: The superb wellspring of top notch vegetable protein and oils, cystine, advanced with amino acids like tryptophan, and other sulfur amino acids content are contained in the seeds of Okra.

- **Lively Hair:** Okra is an extraordinary hair conditioner, battles dandruff and lice, scalp cream for dry and irritated scalp and adds a youthful sheen to your hair.

- **Treats Sun strokes:** Okra eases general misery, weakness, and fatigue.

- **Relieves Constipation:** the mucilaginous and rich fiber content in Okra cases helps enhance stool mass, binds poisons, guarantees simple solid discharges, encourages fitting assimilation of water, and lubricates the intestines with its common purgative properties.

- **Probiotics:** Okra facilitates the propagation of probiotics and helps the natural production of vitamin B complex.

- **Diabetes:** Okra regulates glucose levels. The kind of fiber found in Okra i.e. Eugenol, aids in settling glucose by controlling the rate at which sugar is ingested from the intestinal tract. Learn how to make okra water in the video below.

- **Feeds Blood Network:** Okra helps build the structure of blood vessels. Respiratory soother: The antioxidants in okra along with a large content of vitamin C are effective in treating respiratory problems and has shown to reduce the frequency of asthma attacks in patients.

- **Counteracts Anemia:** Helps red blood cell production. Prevents Obesity: the Okra's fiber helps in keeping you full, and the copious supplements sustain you.

- **Ulcers:** The same mucilage in okra which helps ease digestion can also heal and relieve the pain of stomach ulcers.

- **Strong Bones:** Okra is an excellent source of vitamin K which is vital for reinforcing bones and counteracting osteoporosis.

## Why Should You Incorporate Okra In Your Eating Regimen?

- **Brings Down Bad Cholesterol:** Okra (soluble fiber pectin) helps lower the serum (bad) cholesterol and avoids atherosclerosis.

- **For Pregnancy and Fetal advancement:** Okra helps prevent unnatural birth cycles, promotes development of the fetal neural tube, and prevents imperfections in the tube.

- **Skin Detoxifier:** Okra (Vitamin C, fiber aids toxic) is utilized to repair body tissues, heal psoriasis, eliminate pimples, and other skin conditions.

- **Treats Genital Disorders:** Okra treats genital issue like syphilis, extreme menstrual bleeding, leucorrhoea, dysuria, and gonorrhoea.

- **For Asthma:** It can shorten the duration of asthma manifestations and prevent deadly attacks. Okra is high in vitamin C, has anti-inflammatory and antioxidant properties. Reduces Colon cancer risk: Okra cleans out the intestinal tract with its insoluble fiber, diminishing the danger of colon-rectal tumor. The high cell reinforcements in Okra aid in securing the immune system against unsafe free radicals and avoid transformation of cells.

- **Immunity Booster:** Okra is a decent immune booster food high in antioxidants and vitamin C. Other vital minerals like calcium, iron, magnesium, manganese, battle against unsafe free radicals and support the immune system. Rich

- **Fiber Source:** Okra helps regulate digestion, and regularization of

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