

RIVERDALE NEWS & EVENTS

News for and about the residents of Riverdale

October 2014

Volume 9 Number 10



William Budesheim, Editor
Lori Clinton, Associate Editor

Columnists

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

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

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BEHIND THE SCENES Report

Mayor William Budesheim's

Town Mergers vs. Shared Services

Forced mergers of towns. This threat first gained prominence during the Corzine Administration and has continued with Governor Christie. These past years it felt as if I were a lone voice crying in the wilderness. I went to Trenton in meetings with State officials numerous times, all in an attempt to eliminate that threat of non-existence to Riverdale.

A few years ago I went to a meeting with the education Executive County Superintendent who had put Riverdale on the short list of districts to be merged. After I explained to her the fight she would have on her hands, our Superintendent called to thank me for my support - Riverdale was taken off the list.

The role of shared services. First of all, keep in mind that small towns, out of necessity, invented shared services. Riverdale could never afford a full time health officer, building inspector, judge, tax assessor, electrical inspector, etc.

In the past we would hire part timers, but the State has interfered making these beneficial arrangements nearly impossible.

The amount of State Aid depends, in part, on our attempts at shared services.

Preserving and maintaining our essential services is my number one priority - services such as police, fire, first aid and public works. As the costs of providing these services to you increase faster than the 2% cap allows we must find other areas in which to reduce costs.

Thus we have established arrangements to

provide non-essential services to you at costs far less than otherwise.

In planning for our future I have attempted to spread services among a number of town.

My hope is that by sharing our services with a number of towns the likelihood of being merged with one town decreases.

Here is a list of our shared services; some have been existence over 40 years.

<i>Bloomingtondale</i>	<i>Animal Control: 30+ years Street Sweeper: 2 years</i>
<i>Pequannock</i>	<i>Health Inspections: 40+ years Dial-A-Ride: 30+ years</i>
<i>Butler</i>	<i>Tax Collector/Assessor: 1 year Utility Billing: 1 year</i>
<i>Wanaque</i>	<i>Building Department: 1 year</i>
<i>Pompton Lakes</i>	<i>Organized Sports: 36 years High School: since 1923 First Aid: since 1935</i>
<i>Morris County</i>	<i>Co-op Purchasing: 30+ years Library M.A.I.N.: 30+ years</i>

There are no plans on my part to share our police, fire or public works departments. They are to remain independent and ours.

Yet even these services depend on cooperation with other towns—through regional cost-free mutual aid.

Rest assured that we will continue to protect our independence as an individual municipality in the State of New Jersey.



William Budesheim

Jack O' Lantern Jamboree

presented by The Suburban Trends, PUSH TO WALK, and Glenwild Gardens

Sunday October 27 - 4 - 6 PM at Kinnelon High School - Free Admission

Activities at the family friendly event include a Jack O'Lantern and painted pumpkin contest, a live pumpkin carving competition with silent auction, wheelchair obstacle course, kids' games, costume contest and the grand lighting for the Push to Pumpkin Walk!



The Seniors' Corner



The September 15th meeting was conducted by 1st Vice-President **Grace Chiesa**. **Chaplain Elaine Peacock** read a piece entitled "Season of September", followed by the flag salute and club pledge. The secretary and treasurer's reports were given.

Grace reported on the status of ill members, and then proceeded to give us information on various upcoming events that might be of interest --- the County College of Morris is having a celebration of Senior Day on September 19th featuring a variety of activities, breakfast and lunch --- the Walking Club for all Riverdale seniors meets every Tuesday morning at 10:00 a.m. at the Senior Community Center, (FOUR WEEKS LEFT).

At our meeting on October 6th the guest speaker will be Ron Esposito of the N.J. Automobile Club on the subject

"Eye on Safety". At our October 20th meeting, the nurse will be present to take blood pressures and administer flu shots.

Warren Sheps gave his report on the Police Dept. meeting. Two policemen were promoted to the rank of sergeant, and two new patrolmen were sworn in, one of whom is the grandson of our member **Virginia Salvati**. An FBI agent present at that meeting warned that people should be alert to telephone scams. Remember, "If it sounds too good to be true, it usually is!" and, "Nothing is free!"

Mary Gambino updated details on our Christmas Party, and conducted our raffle. As she did not have a joke this week, a few of our members added some humor by telling one of their own.

The meeting was adjourned, refreshments were served and Bingo was played. (Due to the Labor Day holiday, there was only one meeting this month.)

Presented by Kay Boucher



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Just for Frank

By Librarian Linda Vogel

Apple Loins of Pork



Ingredients:

- Loin of pork 4 to 5lbs
- ½ cup of water
- 2 onions sliced
- 1 cup of cider or apple juice
- 1 cup of chicken stock
- 6 apples cored, peeled and sliced
- Olive oil

Preparation:

Brown onions in a pot on stove with olive oil and add pork. Brown pork on all sides, add to slow cooker with the rest of ingredients except, 3 apples till the last hour. Cook 3 to 4 hours on high till pork is cooked. When done put roast on serving dish with apples around the roast.



RIVERDALE FOOD PANTRY



FOOD PANTRY

The Pantry is low on the following items:
**pasta, pasta sauce,
tuna fish, jelly,**

mac 'n cheese, canned peas, pancake mix and syrup, paper products.

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

Welcome, Mrs. Vicki Pede

Riverdale Superintendent

The new Superintendent of Schools for the Riverdale Public School District, Mrs. Vicki Pede, comes to us from her most recent position in the Andover Regional School District in Sussex County where she worked with the community stakeholders to establish a full day kindergarten program as part of her accomplishments. She has several certifications including the following: N-8 Elementary School Teacher, Teacher of the Handicapped, Reading Specialist, School Principal/Supervisor, and School Administrator. Her undergraduate studies were completed at Monmouth College where she was awarded an academic scholarship for full tuition and fees. Her graduate level studies that include the awarding of two advanced degrees were completed at Rutgers University and East Stroudsburg University. Mrs. Pede is currently pursuing her options for doctoral programs at several nearby universities.



particularly in the area of content instruction and technological methodologies. In addition, Mrs. Pede was also the recipient of a Geraldine R. Dodge Foundation Educational Leadership grant that supported and expanded parental involvement in the school. Along with these efforts, she had been part of a panel with the Dodge Foundation to discuss ideas for parent involvement in the school. She is also an adjunct professor at Centenary College teaching graduate classes in both the special education and reading specialist programs.

Mrs. Pede is married to David Pede, a teacher of agriculture in the Newton School District. In addition, she has two adult children. Her oldest child, Kristyn Jo, is a Reading Specialist in the Allamuchy School District and lives in Sparta, New Jersey with her husband James. Her son, David Jacob, is a second year physics teacher at Randolph High School. As you can see, education is a key component in her household! She is very excited to be in the Riverdale Community and appreciative of the fine welcomes she has received.

During her educational career, she was also fortunate to have obtained a grant in special education for a small school district ("Educating Students with Disabilities in Regular Education Classrooms") in excess of \$250,000. This grant was utilized to support students

BY and LARGE

The Colors of October

By Elaine Peacock



Clear blue cloudless skies, orange pumpkins, leaves of gold, red, brown, yellow and rust, acorns, beautiful mums of many hues these are the colors of October. October is a special month in the northeast we are so lucky to have all these beautiful colors to enjoy for a few weeks each year.

Starting way up in the northern woods of Maine the colors slowly creep down the mountain sides, along river banks and finally along the coastlines through the rest of the New England States until it reaches New Jersey and her neighbors Pennsylvania and New York. The beautiful rides along New Jersey's highways and byways that were all green just a few weeks back seem to have been transformed overnight into a rainbow of colors.

Yes October is truly one of the most beautiful months of the year and it beckons us to put on our favorite sweater and take a long walk through the fallen leaves and breathe in that crisp fall air. So get out and enjoy the slower pace of this special time of year and enjoy GOD's beauty that only happens once a year in October.

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**.

Fun With Old Crayons. If your child has lots of little crayon pieces left over, turn them into a fun craft project by removing the paper and melting the pieces together in an old muffin tin. Your child will love the new, enormous crayon with unpredictable colors!



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



No Parking Rules

Under state law **NO PARKING:**

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



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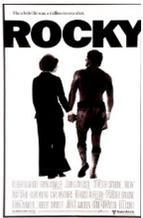
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- ♦ Community Center
- ♦ Glenburn Estate

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



Movie Trivia ROCKY 1976

◆ The film was shot in sequence, so as filming went on and the actors grew tired from the shooting schedule, the characters they played would also look more and more tired as the night went on.

- ◆ The first sports film to win an Academy Award for Best Picture.
- ◆ The photos on Rocky's mirror are actual photos of Sylvester Stallone as a young boy.
- ◆ The two scenes where Rocky runs up the museum stairs (the first where he can't do it and the second during the "Gonna Fly Now" training sequence where he runs up them triumphantly) were filmed two hours apart. The first before the sun rose, the second afterwards.
- ◆ Sylvester Stallone quit smoking cigarettes while making this film because he was getting out of breath.
- ◆ The highest-grossing movie of 1976. The single most expensive cost on the film was make-up. The film was shot in 28 days.
- ◆ Originally the filmmakers wanted several former heavyweight champions to appear at the beginning of the fight between Rocky and Apollo. They put out a call for all former champions, but on the day of the shoot only Joe Frazier turned up. The filmmakers thought it worked well however, because Frazier is a resident of Philadelphia, which was where the movie was shot and took place.
- ◆ After producers Irwin Winkler and Robert Chartoff became interested in the script, they offered writer Sylvester Stallone an unprecedented \$350,000 for the rights, but he refused to sell unless they agreed to allow him to star in the film (this despite the fact that he had only \$106 in the bank, no car and was trying to sell his dog because he couldn't afford to feed it). They agreed, but only on the condition that Stallone continue to work as a writer without a fee and that he work as an actor for scale. After Winkler and Chartoff purchased the film, they took it to United Artists, who envisioned a budget of \$2 million, but that was on the basis of using an established star (they particularly wanted Robert Redford, Ryan O'Neal, Burt Reynolds or James Caan). United Artists didn't want Stallone to star, and when Winkler and Chartoff told them that the only way they could get him to sell the screenplay was to agree to cast him, United Artists cut the budget to \$1 million, and had Chartoff and Winkler sign agreements that if the film went over budget, they would be personally liable. The final cost of the film was \$1.1 million. The \$0.1 million came after Chartoff and Winkler mortgaged their homes so as to complete the project.
- ◆ Most of the scenes of Rocky jogging through Philadelphia were shot guerrilla-style, with no permits, no equipment and no extras. The shot where he runs past the moored boat for example; the crew were simply driving by the docks and director John G. Avildsen saw the boat and thought it would make a good visual, so he had Sylvester Stallone simply get out of the van and run along the quays whilst Avildsen himself filmed from the side door. A similar story concerns the famous shot of Rocky jogging through the food market. As he runs, the stall keepers and the people on the sidewalks can clearly be seen looking at him in bemusement. Whilst this works in the context of the film to suggest they're looking at Rocky, in reality, they had no idea why this man was running up and down the road being filmed from a van. During this scene, the famous shot where the stall-owner throws Rocky an orange was completely improvised by the stall owner-himself, who had no idea that a movie was being filmed and that he would be in it.
- ◆ Rocky's dog Butkus was actually Stallone's dog in real life.
- ◆ The monologue which Rocky delivers after turning down Mickey's (Burgess Meredith) offer to manage him was completely improvised on-set by Sylvester Stallone. He has since explained that he was heavily influenced by the fact that the bathroom of the tiny apartment in which they were shooting really did stink.
- ◆ When shooting the scenes in the meat-locker where he punches the slabs of beef, actor Sylvester Stallone punched the meat so hard for so long that he flattened out his knuckles. To this day, when he makes a fist, his knuckles are completely level.
- ◆ The ice rink scene was originally written to feature 300 extras, but the production couldn't afford so many people. When Sylvester Stallone turned up to shoot the scene, to his horror, there was only one extra. So, Stallone hastily threw together the scene as it exists in the completed film. Ironically, this scene has become one of the most popular in the entire Rocky saga.
- ◆ Frank Stallone, Sylvester Stallone's father, has a cameo playing the man who rings the opening bell of the Creed vs. Balboa fight. Sylvester's younger brother, Frank Stallone, also has a cameo playing the lead singer of the street band.
- ◆ Burgess Meredith got the part of Mickey, because the other actors they considered for the role were insulted that Sylvester Stallone wanted them to read for it.
- ◆ During the scene where Gazzo (Joe Spinell) is talking to Rocky about not breaking the dock worker's thumbs, Gazzo pulls out an inhaler mid-sentence and uses it. That wasn't written into the script; Spinell actually had an asthma attack and really had to use his inhaler right on-camera on the spur of the moment. Director John G. Avildsen liked the authenticity it brought to the scene, so he decided to leave it in the film.
- ◆ The movie's line "Yo, Adrian." was voted as the #80 movie quote by the American Film Institute (out of 100).
- ◆ Carrie Snodgrass was originally offered the role of Adrian, but dropped out due to a disagreement about money. Susan Sarandon auditioned for the role, but was deemed too obviously attractive for the character.
- ◆ When shooting his famous jog through the streets of Philadelphia, Sylvester Stallone pulled a tendon in his leg and was taken to a nearby hospital in a wheelbarrow.
- ◆ According to Sylvester Stallone in the DVD commentary, Rocky's trademark outfit of the black snap-brim fedora and the leather coat came from a local hand-me-down store in the neighborhood where they were filming.
- ◆ The scene that involved Rocky and Adrian kissing in Rocky's kitchen was originally not scripted the way it was shot. Talia Shire had contracted the flu and was worried about getting Sylvester Stallone sick, so she was very hesitant to kiss him. Her hesitation and behavior was actually such an improvement over the scripted scene that they decided to keep it. Indeed, this scene has become Stallone's favorite scene in the entire Rocky saga, and both he and Shire see the scene as a 'birth-scene' for Adrian, where she is awakened to a new life.
- ◆ The ice rink scene was originally written to feature 300 extras, but the production couldn't afford so many people. When Sylvester Stallone turned up to shoot the scene, to his horror, there was only one extra. So, Stallone hastily threw together the scene as it exists in the completed film. Ironically, this scene has become one of the most popular in the entire Rocky saga.
- ◆ One of the posters for the film featured a shot of Rocky and Adrian holding hands. Although this was one of the most popular images associated with the film, the scene this image was taken from was cut from the film.
- ◆ For the championship fight, the filmmakers had trouble getting extras to fill the arena because it was a low-budget film.. Stock footage of crowds was used to help this problem, but empty seats are still visible in some shots.



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Watching the Woods Come Alive On a Cool October Morning

By Councilman Gary Mastrangelo

On the drive to your favorite hunting spot, you wonder if the wind be out of the north as the meteorologist stated. Did the farmer cut the corn that offered you cover as you walked to your stand, or will you need to take that mile hike in the pre-dawn darkness through the woods? Will you hear that owl as you patiently wait for the next hour as the stars fade and the tree line slowly appears? Will you see the same hawk that did not see you just 5 feet away, will you be as lucky today as the hawk was yesterday?

For years, I asked why someone like me hunted. Someone who was born and raised in the city, who didn't have any family members who hunted, who would leave a game of stickball, grab his recurve and some arrows and walk to the meadows at the age of 9 to shoot doves. What was this attraction? There were no hunting shows, no friends that hunted. What was it?

As I got older, it became an obsession, make my own arrows, my own ammo, my own camouflage clothing. All year long I would shoot just one arrow from my deck each morning before going to



work. Why would I think about next hunting season the day after the season was over? Why was I sitting on the beach in LBI in July thinking about putting a new string on my bow when I got home, constantly thinking about moving a tree stand or a new piece of equipment? Why?

Why do I hunt? I've thought about it for decades. Sure my eyes face forward for the chase just like other predators. I have incisors meant for ripping and tearing flesh just like other predators. From an anatomical standpoint, I could reason why, but I could buy food at a store and I did. Others with the same "human" features didn't hunt, so why do I hunt? Have I not evolved? What was it that pulled me into the fields and the woods? Was it the sound of hooves crunching the dry leaves behind me or the pounding of my heart waiting to get a glimpse? Was it because I saw things as I sat perched 20 feet up in a tree that most people never will? Was it the "kill?" I didn't think so since I felt a bit sorry each time I harvested an animal.

So, why do I hunt? And then it hit me. The answer was so simple: *I hunt because I'm a hunter.* That's how I'm wired and the more I thought about it I realized that ANYONE who eats meat is a hunter; some of us just cut out the middle man.



Make EVERY Day
A Drug-Take Back Day!

MedReturn
Drug Collection Unit

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

Question. A salesman packs his dog biscuits in boxes containing 16, 17, 23, 24, 39 and 40 lbs. respectively, and he will not sell them in any other way, or break into a box. A customer asked to be supplied with 100 lbs. of the biscuits. Can you carry out the order? He has an ample supply of boxes of each size. *Answer on Page 21.*

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Neighbors in Nature

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

The butterfly bush seedling from the "mother bush" at the library is now six feet tall and has also begun developing its own seeds. They are those small purple growths at the base of dead flowers.

The picture of the honey bee in the September issue of Riverdale News & Events was just slightly larger than the real honey bee. A wild worker honey bee gets to be about that long.

I have a 13 inch by 19 inch color print of that image where the bee measures six inches in length. How is that possible? Two reasons: one is that it is a digital image of over ten megabytes of pixels and the other was that a special lens called a MACRO lens, a lens designed to let you get within an inch or so of your target. Digital over-enlargement of that photo will result in a collection of small variously colored rectangles. At that point the image is said to be "pixellated!" If you step back far enough from a "pixelated photo, it will begin to look more like the original shot.

You can see a similar effect in the photo of the bee in that September edition. Look at the bee's picture with a magnifying glass and you will see that the image is really a collection of black dots. Look at your color Sunday comics and you will see the same thing but with colored dots. Those dots are the "pixels" of the pre-digital age! (Pixel" = picture element.)

In addition to the digital enlargement was the use of a special "Macro" lens that lets you get VERY close to you subject. In the case of this bee photo, the bee was less than two inches from the opening of that black plastic tube on the front of the lens that keeps out stray side lights that can cause reflection within the lens that ruin the photo. But how does distance from the lens affect size of the image?

Imagine yourself on the middle grassy mall of Route 23 where it

joins the Boulevard into Pequannock. Imagine a friend standing on a similar grassy mall up Rote 23 just across in the entrance to the mall where Walmart is. Hold a transparent ruler at arms length and measure the apparent size of your friend with that ruler Let us say that he (or she) appears to be six inches tall.

Now signal that friend by cell phone to come down the hill just half way, probably about half a mile. With that ruler make another measurement. Now they appear to be 12 inches high. Again at a quarter mile two feet high, 1/8th mile 4 feet tall until as we say "close enough for all practical purposes!" A Macro lens lets you get even close so that something as small as a quarter of an inch can be made into a photo that enlarges to a foot high. With insects and spiders, one must be careful not to get bitten. I recently took a MACRO picture of a Praying Mantis on my lawn. Its picture - ENLARGED - will be on my door at Halloween!



This is one of 36 pictures of the Mantis. It is actually known as the Chinese Mantis as it was brought here from China in 1886.



Riverdale Woman's Club October 2014

The Riverdale Woman's Club kicked off their year with a "Welcome Back Breakfast" at the home of President Dolores Farrelly. As usual there were lots of laughs and plenty of food!

As the weather starts to turn cooler and we realize the holidays are approaching it's time to start our Gertrude Hawk Christmas Candy fundraiser. Call Jo at **973-835-7367** for more information.

Our Departments are gearing up for a busy, fun-filled year. The Arts Creative Department is meeting on October 20th to make ornaments for the Christmas Trees they decorate each year at Chilton Hospital.

In October the Culinary Department is planning a trip to the Warwick Winery in New York on a date to be determined.

Our Home Life Department which meets each Tuesday enjoyed a delightful lunch at Breezy Point Inn on Greenwood Lake. They will once again be meeting to make Mastectomy Pillows which will be donated to Chilton Hospital. The members are looking forward to an October 21st trip to Jefferson House in Lake Hopatcong.

Our 1st general meeting of the year will be on October 8th at the Community Center. Our 2014 CCI delegate, Leticia Rodriguez will be on hand to tell us about her experiences and share her photos with us.

As you can see the Riverdale Woman's Club is an active group of volunteers who know how to have fun while helping to make a difference in the lives of others.

We invite all women to come to a meeting and learn firsthand what we are all about. For more information or a membership application please call Jean at 973-835-3269.



Announcements

Chris Hanna, Happy Birthday Daddy, on October 6! We love you bunches and bunches, Love, Wendy, Madison, Morgan, Poppy and Murray!

Happy Birthday, **Linda Roetman**, on October 6. Love from your family and fellow workers.

Happy 2nd Birthday, **Juliana Budesheim**, on October 1. Love Mom, Dad, Matt, Kevin, Nickolas and rest of the family.



Happy October Police Birthdays to **Chief Kevin Smith** (1st), **Dispatcher Tracy DelCastillo** (4th), and **Lieutenant James MacIntosh** (15th)

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

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



Riverdale Memories by Cal Deal

October 8th is the 50th Anniversary of Richard Nixon's big visit to Riverdale. 3,000 Republicans flowed into Valley Spring Lake [currently The Grande] to immerse themselves in the event — and I got to shake hands with him! I'm sure my Republican friends will want to roll out an anniversary cake to commemorate the big day! :)

In that New York area campaign swing for Goldwater, Nixon indicated that things were looking good for Goldwater, and bad for Bobby Kennedy, who was running for Senate. We know how all that turned out!

He also told his Riverdale audience that Republicans would do a better job than LBJ of enforcing the 1964 Civil Rights Act. Of course, this was four years before he was nominated to run for President and brought Strom Thurmond to the convention podium to stand beside him!

My recollections of the day, and a New York Times article that mentions it, are below.

NIXON VISITS RIVERDALE

Richard Nixon came to town on Oct. 8, 1964. He was campaigning for Barry Goldwater, who was running for president. Nixon was the former vice president of the U.S. at the time, and in 1962 had lost the California governor's race. He came to Valley Spring Lake, where they were holding the Senator Thomas J. Hillary Clambake, a big annual political event.

I was about 13 at the time and walked up to the lake with my friend Jim Cucci. We stood along Route 23 at the entrance to the lake, where one police officer was stationed.

At about 7 p.m. we saw some police motorcycles come around the bend, followed by a big, black limousine. As the limo turned I could see Nixon and his wife Pat in the back seat. There were only three of us standing out there along the highway, including the policeman, and Nixon waved to us.

As he did so, the frame of the car got in the way, so he turned around

in the back seat and waved to us again. I thought that was pretty nice of him. After the limousine disappeared from view, the policeman suggested that if we wanted to see Nixon up close, we might just sneak down through the woods ... which we did. I wound up in the crowd between Nixon and the stage, and as he came by, I shook his hand. We stayed and listened to the speech, about which I remember nothing, and that was it. That was the first political event I ever attended, and it was a very interesting experience for a kid.



NIXON CAMPAIGNS FOR GOLDWATER: Richard M. Nixon holds news conference before addressing the Investment Bankers of America, at the Americana Hotel. With him is David J. Harris, president of bankers' association.

Nixon Sees Gain For Civil Rights If Goldwater Wins

By GEORGE CABLE WRIGHT
Special to The New York Times

NORTH PLAINFIELD, N. J., Oct. 8—Richard M. Nixon declared here tonight that Senator Barry Goldwater would "do a better job" of enforcing the Civil Rights Act of 1964 than President Johnson. The former Vice President called for a national crusade for voluntary compliance with the act. He said such a crusade should be directed by the White House.

Mr. Nixon made his remarks in an impassioned plea for the election of the Goldwater-Miller ticket and Bernard M. Shanley, the Republican candidate for United States Senator from New Jersey. He received a standing ovation from more than 900 of the party faithful. The occasion was a dinner arranged by Middlesex County Republicans. Earlier, Mr. Nixon had made a similar plea in addressing about 3,000 Republicans at a clambake in Riverdale. Following him to the rostrum at that outing, Senator Clifford P. Case, a liberal Republican, who has refused to endorse Senator Goldwater, was booed by a large segment of the party faithful to such an extent that he was unable to complete his speech.

"I refuse to be blackmailed," shouted the Senator as he left the platform obviously angry. "I refuse to be hit on the head." **Swing to Goldwater Seen** Former Vice President Nixon yesterday, predicted a "swing in the trend" toward Senator Goldwater and a "real sloughing off" of support for President Johnson. He also declared that there was "a lot more support than appears on the surface" for Mr. Goldwater in New York state, and that he expected Senator Kenneth F. Keating, Republican seeking re-election, to defeat the Democratic candidate, Robert F. Kennedy. Mr. Nixon spoke at a news conference in the Hotel Americana before addressing a luncheon at the third annual municipal conference of the Investment Bankers of America.

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The Lakeland Hills Family YMCA is having a free Family Open House beginning Saturday, October 11 and continuing through Sunday, October 19. All Riverdale residents and their families and friends are more than welcome to come and visit the Y during this time period. You are encouraged to use the facility for this entire time period. If you join during the Open House, the Joiner's Fee (\$60 for an adult and \$90 for a family) will be waived!

There are over 80 fitness classes offered each week at the Y, so there is quantity as well as quality. Unlike other gyms, these fitness classes are INCLUDED in your membership. At the Lakeland Hills YMCA, there is something for everyone:

- Health & Fitness Center
- Six-Lane Indoor Heated Pool
- Interactive Kids Zone
- Teen Training Center
- Baby, It's You! Program
- Free Babysitting during Open House



**MAKE IT
A FAMILY
AFFAIR**

JOIN AS A FAMILY
AND ENJOY ALL WE
HAVE TO OFFER!

**Open House
Saturday, October 11
thru
Sunday, October 19**

Come and see why we are Morris County's favorite recreational facility. You may come to the Y anytime for the free Family Open House from October 11 to October 19.

If you want more information on the Y please contact Rosemary Linder Day, Community Relations Director:
RosemaryL@LHYMCA.COM.

The Y is having a special Halloween event for families and children on Saturday, October 18.
The family event begins at 2pm; the youth event for ages 7-12 begins at 6pm.

Non-members are welcome to have some fall fun at the Y.

More information is available at www.lakelandhillsymca.com.



On Friday, October 10 the Pompton Lakes Education Foundation will be hosting a **Tricky Tray – Beefsteak Dinner** fundraiser at the Christ Church in Pompton Lakes, NJ. The ticket cost is \$40 per person and dinner will include relish tray & fruit platters, ziti, filet mignon beefsteak style, French fries, ice cream dessert, coffee, tea, soda & water.

We are also offering a pre-sale ticket package for only \$50 (\$60 value) which includes 6 sheets of regular tickets & 2 sheets of super tickets. Seating will be assigned as tickets are purchased. If you wish to sit with your friends, no matter how many are in your party, please purchase all tickets at the same time and indicate first & last name of all of your guests on the order form below.

2014 Pre-Sale Ticket Package for \$50 (\$60 value)

Includes:

- 6 Sheets of Regular Tickets**
- 2 Sheets of Super Tickets**

Reserved for you and available at the door the night of the Tricky Tray.

Ticket Prices the Night of the Event

Regular:

Pink Ticket 3 sheets for \$20
1 sheet for \$8

Super:

Green Ticket 1 Sheet for \$10

Regular Baskets valued up to \$99

Super Baskets valued \$100 - \$299

Please mail your ticket request and check payable to PLEF:

**PLEF Tricky Tray Tickets
c/o Diane Gelok
237 Van Avenue
Pompton Lakes, NJ 07442**

Contact Name _____

Phone _____ Email Address _____

Please list all members of your party. Seating will be assigned based on availability on first come/first serve basis for all groups.

Guest Name (First & Last) @ \$40 each	# Pre-Sale Raffle Packages @ \$50
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
Total Number of Pre-Sale Packages _____	

Doors open at 6:30 PM. Please remember, no one under the age of 18 is permitted. If you have questions, please call Diane Gelok 973-809-9366 or pomptonlakes@gmail.com. Pompton Lakes Education Foundation is non-profit 501(c)3 foundation. EIN 46-0853830.

RIVERDALE SCHOOL NEWS



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

ATTENTION PARENTS AND GUARDIANS

We would like to thank the parents/guardians who attended our Back to School Nights. Teachers proudly displayed their students' work for their families to see. Communication between parents/guardians is key to your child's success. We hope to continue this dialogue throughout the school year.

In order to keep current with information pertaining to our school, we ask that parents/guardians utilize the district website (www.rpsnj.org) and teacher web pages. Once on the school website, click on the backpack for important news concerning students.

In addition, **OnCourse**, our student information system, will allow for real time access to student grades and information through our secure parent portal.

Also, in keeping with the recent legislation regarding Harassment, Intimidation, and Bullying, the district policy has been updated and information has been posted on the district website. Our Week of Respect will be celebrated beginning on October 6th and Violence Awareness Week will commence the week of October 20th.

At the September 24th Board of Education meeting, district goals were set with the assistance of school board representative, Charlene Peterson. Although they will be formally offered to the Board for approval in October, the draft district goals for the 2014-2015 school year are as follows:

- Prepare for and successfully pass QSAC monitoring,
- Increase communication with the community,
- Prepare students for PARCC testing to establish (a) a student achievement baseline and (b) technological readiness.

In addition, the following board goals were established as a draft:

- Provide a supportive environment for the new administrative team,
- Prepare a fiscally responsible budget while maintaining the integrity of the district's academic and extracurricular programs,
- Evaluate district communication tools.

SCHOOL NEWS AND EVENTS

In the beginning of September, members of our school staff including our superintendent, Vicki Pede, and our principal, Dan Cullen, took a risk and participated in the ice bucket challenge.

Mr. Cullen's door is quickly filling up with post-it notes from our student healthy risk takers.



Mr. Cullen expressed to the student body: "My message to our students is to take a healthy risk this year in the classroom and try something new. I am asking for our students to share their healthy risks by highlighting them on post-it notes on my office door. I am excited to see all the outstanding healthy risks our students are taking!"

The first week in October has been designated as a Week of Respect. Our students will be focusing on the theme throughout the week with a variety of student-led projects and classroom discussions.

- ◆ A special thank you goes to the REA for providing delicious refreshments on both of our Back to School Nights.
- ◆ A special thank you goes to the PTA for the wonderful fundraisers that provide for the different programs and services for the students and staff of Riverdale School.
- ◆ A special thank you goes to the Riverdale police for their daily walkthroughs and the sponsorship of the recent "Officer Phil" assembly program.

Upcoming School Events

Oct. 2	Picture Day
Oct. 6-10	Week of Respect
Oct. 6-10	Fire Prevention Week
Oct. 9	PTA Assembly "Gus goes Green" grades K-3
Oct. 9	PTA Assembly "Spent" grades 4-8
Oct. 10	Fire Prevention Assembly
Oct. 16	PTA Meeting (7:30 pm)
Oct. 17	Student Council Halloween Dance
Oct. 20-24	School Violence Awareness Week
Oct. 22	BOE Meeting (7:30 pm)
Oct. 22-24	Sixth Grade Field Trip
Oct. 31	Halloween Parade
Oct. 31	Halloween Party in Classes (PTA class mothers)

Reminders: November 5th is the end of the first marking period. Schools are CLOSED on November 6th and 7th due to NJEA Convention.



Riverdale Recreation's Annual Fright Night

Tuesday, October 21 6:00 - 8:00 pm

(Rain date Wednesday, October 22)

Glenburn Estate, 211 Hamburg Turnpike

Lots of activities for the kids to enjoy such as a hay ride,
Ghost Tour, DJ, crafts, games, snack stand and more!

\$2 suggested donation to help support Riverdale Recreation Activities.



Terror Takes Root In Backyard Pumpkin Patch

If I'm gone by the time you read this, the pumpkins got me...



October is pumpkin season, and those orange gourds are creepy! Pumpkins are big and strange, and they generally show up for a short time each year, like some ominous drifter. People bake them into pies, and carve strange faces into them, illuminate them with candles or cheap LEDs, and put them outside at night to spook people. No, pumpkins aren't like the other fruits in the produce aisle. There's something sinister about them.

The horror of a pumpkin is visceral, especially when you bust one open. Lots of fruits and veggies look weird inside, (remember George Carlin's old bit about how "something has gone afoul inside a tomato?") But the pumpkin takes the cake (or pie...heh, heh, *bleh*) as

the most horrific produce on earth. All those seeds and strange white strings, all that empty space and random goop. "Pumpkin guts" is the only way to describe it. I can't think of another fruit or vegetable that looks like a disemboweled human being when you cut it open.

Despite the connection with Halloween, witches, and whatnot, I believe the horror of pumpkins starts with pumpkin plants themselves. If pumpkins are creepy, then pumpkin plants are downright terrifying.

I'm a beginning gardener, and I was unprepared for the aggressiveness of pumpkin plants. The vines literally burst out of the ground and started strangling the other vegetation in our garden, like something out of *The Day of the Triffids* or *Little Shop of Horrors*.

I'll admit, I screwed up when I planted our pumpkin patch back in June. The package said to sow the seeds in clusters, six feet apart. I thought it said six inches. My daughter and I planted the pumpkin seeds in a three-by-eight foot patch between two grape plants. I didn't expect much, especially since the seeds were two years past their expiration date.

But like Jack's magic beans, thick, green shoots popped out of the ground within days. Within two weeks they overran the fledgling grape plants. These pumpkin plants meant business.

The plants look similar to zucchinis, with big, broad leaves and orange flowers. The flowers open each morning like the mouths

of hungry birds, attracting bees. The flowers close by mid-afternoon, drooping like the withered lips of a witch.

But the pumpkin plant's vines set it apart, give it an animal-like appearance, like a Lovecraftian sea monster. The vines are covered in a fine, spiky fur, halfway between hair and thorns. They creep with thin, octopus-like shoots, called tendrils, that wrap themselves in a hangman's knot around grass, plants, fence posts... basically anything they touch. And they move fast—I swear these things grow six inches a day. They creep...they're creepy.

We returned from a week's vacation and discovered the pumpkin vines had found a hole in the fence and grew into our front yard by at least twelve feet. There's another vine creeping through the front flowerbed, strangling the hostas and black-eye Susans, whip-like tendrils sending them to a botanical gallows.

The insidious vines anchor into the earth with singular roots that look like pale fingers. I had to uproot the longest vine in order to mow the grass beneath it, and I exposed gleaming white shoots spaced evenly along the underside of the vine. I felt uneasy, not only because I feared I might have killed the vine, but also because I felt like I was peeping, seeing some fearful symmetry not meant for the eyes of man. I mowed the area quickly and placed the vine back the way it was. Maybe those bottom shoots would dig back into the earth again.

They didn't, but the vine sprouted new ones within days, and was back to creeping across my garden.

Only now it has taken a left turn, and it's heading toward my house. I can see it from the kitchen window, gnarled tendril pointing at me like an accusing finger. Did it just move?

It's coming for me. It's only a matter of days, a couple of weeks at most, before the vine reaches the side door of my home. What will it do then? Creep up and wrap around the doorknob? Tap on the window?

And what will happen when those strange flowers wither to gray, and give rise to pumpkins? What botanical nightmares slouch toward my garden, waiting to be born?



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

They Need Your Help

Pompton Lakes Riverdale First Aid Squad



If you haven't responded to the First Aid Squad's 2014 Fund Drive, please mail in the form you received, mail it today. Or else, you can make your check out to the Pompton Lakes-Riverdale First Aid Squad and mail in your tax-deductible contribution to:

PLRFAS, 700 Ramapo Avenue, Pompton Lakes, NJ 07442

The Squad has been serving Riverdale for the past 79 years!

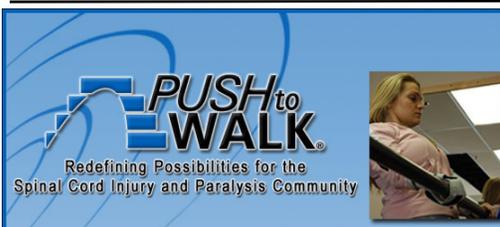
They are always there when we need them. They depend on our donations. Let's not let them down!

Become a Volunteer

The First Aid Squad is currently looking for individuals from the community who would be interested in becoming a volunteer EMT or driver. If you would be willing to help the community in a very important way, contact the Pompton Lakes-Riverdale First Aid Squad today.

- * A great way to put your spare time to good use for the community.
- * All training provided.
- * All gear and equipment provided.
- * Please give them a call for more information at

973-835-1480.



Push to Walk is now offering "Adaptive Yoga" on the 3rd Tuesday of the month at 7-8 pm: **Oct 21, Nov 18, Dec 16** The one hour class is taught by a qualified instructor, offered free of charge and is open to the public. Everyone is welcome! Anyone with mobility challenges is encouraged to attend. **Call 862-200-5848 to sign-up.** Classes held at Push to Walk, 6 North Corporate Drive, Riverdale.

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?*



departure for Philadelphia, anonymous friends equipped him with a new suit, hat, wig, silk hose, shoes, and a bit of cash.

Matters came to a crisis in Massachusetts in the fall of 1774. The House of Representatives defied the royal governor, formed itself into the first Provincial Congress, and elected John Hancock president. It appointed a Committee of Safety and voted to drill 12,000 Minutemen.

Hancock had received a fine inheritance from the merchant uncle who had taken him into his large commercial and shipping business. He went abroad for his uncle 1760, and was in London when King George II died and George III, who would one day put a price on his head, become King of Britain. John was twenty-three that year.

Most wealthy, aristocratic Bostonians sided with the royal

governors. But John Hancock was an enthusiastic supporter of the popular party. He was amazingly generous; though he lost much of his fortune in the Revolutionary War, he contributed about \$100,000 to its prosecution.

The night of April 18, 1775, the British redcoats began their march from Boston toward Lexington and Concord. Their purpose was twofold: to seize the military stores at Concord and to capture patriots Hancock and Sam Adams.

The night the Committee of Safety met at Wetherby's Inn, about halfway between Boston and Lexington. It had word that several British officers were out searching for the two "traitors." Elbridge Gerry, a member of the committee, knew that Hancock and Adams were spending the night in Lexington, and sent them a warning.

Young Gerry planned to stay all night at Wetherby's Inn. In the small hours, the British troops advanced upon it. He escaped only by fleeing in his nightshirt to a neighboring cornfield.

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

Did You Know?

- ◆ In 1949m the University of Southern California's Division of Fine Arts conducted a poll to select the man with "the most nearly perfect male figure". The winner—Ronald Reagan.
- ◆ Nepal is the only country which does not have a rectangular flag. It has two triangular pennants, one on top of the other.
- ◆ The Japanese term *kamikaze* means "The Divine Wind".
- ◆ Abraham Lincoln died in a bed slept in by his assassin, John Wilkes Booth.
- ◆ A hummingbird can't stand on its own two feet. They're not strong enough to hold up the bird on a flat surface.
- ◆ Researchers have found that, on the left hand, the ring finger is longer than the index finger in only three out of ten women, but in six of ten men the ring finger wins hands down.

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As we continue our journey of our major transformation,
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To herald the arrival in **2015** of our new, upscale venue, **Cosmopolitan**,
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RIVERDALE Public Library

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HOURS

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

ADULT PROGRAMS

Join us for THREE great programs with Linda Anders, professional organizer and President of COC Enterprises!

The Organized Student — Thurs., Oct. 2, 7 p.m. Tips and techniques to help students reach their potential. No more missed deadlines and lost homework! Parents and students welcome.

Conquer Clutter — Wed., Oct. 8, 7 p.m. Drowning in paper? Feel like you're headed for *Hoarders* if you don't get it together? Let a professional organizer help you manage your 'stuff' and get peace of mind.

Getting Organized for the Holidays — Wed., Oct. 15, 7 p.m. Make the holidays a time of joy and contentment by organizing now, for peace later.

Friday Matinee — Fri., Oct. 10, 1 p.m. Recently released blockbuster on the big screen. Refreshments served.

Spooky Stories, Snippets and Snacks — Fri., Oct. 24, 1 p.m. or Wed., Oct. 29, 7 p.m. Join the Riverdale Public Library staff for a fun "ghouls" night out as we serve up a Halloween treat. Listen to scary folktales, classic eerie poems, and create a Halloween craft!

COMPUTER PROGRAMS

PowerPoint — Mon., Oct. 6, 6:00 - 7:30 p.m. Design a PowerPoint presentation with text, clip art, and animation.

Excel — Fri., Oct. 17, 11:00 a.m. -12:30 p.m. Learn to create a simple worksheet. Input data, create simple formulas and use basic formatting techniques.

E-Books at Your Library — Sat., Oct. 25, 1-2 p.m.

Downloading library books for borrowing is now easier than ever due to changes at our source: DigitalLibraryNJ. Learn how to search the new and improved e-book catalog, place holds, develop wish lists and download an e-book for your device.

E-Books for Riverdale Patrons!

We recently purchased more e-books, **exclusively** for Riverdale Library patrons! Log into DigitalLibraryNJ (there's a shortcut on our website) with your library card and download e-books for free!

An Abundance of Katherines by John Green

After I'm Gone by Laura Lippman

Big Little Lies by Liane Moriarty

Missing You by Harlan Coben

Somewhere Safe with Somebody Good: The Mitford Years Series by Jan Karon

INFANT & PRE-SCHOOL PROGRAMS

Programs starts the week of Sept. 8 and ends the week of Dec. 1.

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

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

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

CHILDREN'S PROGRAMS — GRADES K-5

Puppy Pals — Wed., Oct. 8, 4-5 p.m. A fun way to encourage reading skills! Children can choose a book to read to Justice, a certified therapy dog from Creature Comforts Pet Therapy.

Lego Lab — Wed., Oct. 15, 4-5 p.m. You bring your imagination and we'll supply the LEGOs plus a great story!

Family Matinee — Sat., Oct. 11, 1 p.m. Just in time for Halloween! Refreshments served. Call the library for the movie title and to register.

Spooktacular Celebration — Wed., Oct. 29, 4-5 p.m. Come in costume (if you dare...), enjoy a spooky story, get wrapped up like a mummy, and make a BOO-tiful craft.

TWEEN PROGRAMS — GRADES 4-6

Pumpkin Party — Thurs., Oct. 2, 5-6 p.m. Enjoy pumpkin bread and apple cider while using paint, stencils, Sharpies and more to decorate pumpkins for Halloween!

Tween Book Club — Thurs., Oct. 16, 5-6 p.m. Just for older kids, hang out with friends and discuss awesome books over pizza! October's book is *A Tale Dark and Grimm* by Adam Gidwitz. Copies available at the circulation desk.



MONTHLY

Photo Club — Mon., Oct. 27, 7:00-8:00 p.m. All photographers welcome to learn and share!

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

Adult Book Discussion Group — Mon., Oct. 27, 6:30-8:00 p.m. *The Art Forger* by B.A. Shapiro.

RIVERDALE



Library Volunteers



Ben Hentz, Noelle Vacca, Veronica Bastian, Noemi Martinez, and Peyton Flynn. Dhruv Patel and Ryan Chu were at the ceremony, they had to leave before the photo could be taken. Thank you for your service to the Library this past summer!

Girl Scouts



Girl Scout Troop 95380 went apple picking at Sun High Orchards in Randolph.

Television Show Filmed in Riverdale



A TV show on the Discovery ID Channel used the Library, Glenburn and Firehouse.

DAILY NEWS

Labor Day Street Fair



Congressman Rodney Frelinghuysen and former Councilman Joe Falkoski enjoy the 11th Annual Street Fair.



Fire Department Annual Picnic



Antique & Collectible Toys

Celebrating 50 Years of Hess Toy Trucks 1964-2014
by Riverdale Resident and Columnist

Bill Lango

Half a century ago, before the Internet and back in the day before anyone thought of a toy truck as being a 'collectible,' Hess introduced its first promotional Toy Truck. Decorated in the familiar Hess colors of dark green and white with yellow trim, the truck was an exact replica of the first real-life Hess tanker truck. It had battery operated head and tail lights and rolling wheels. But what really added to this toy's appeal, much to Mom's annoyance, was a tank that could be filled with water and then emptied through an attached rubber hose, replicating the action features of a real fuel truck.

Due to their great play value, Hess toy trucks were an instant success. Each year the annual fall release of the Hess Toy Truck was greeted with so much enthusiasm that purchasers would often wait in lines at Hess gas stations to buy their toy trucks. Adding to this customer frenzy was Hess' rule that limited sales to only two trucks per customer.

Now the 50th Anniversary of the Hess Truck is here and the Hess Corporation has announced plans to celebrate the much anticipated anniversary during the upcoming holiday season with two new releases.

This year Hess will unveil the 50th Anniversary Hess Holiday Toy Truck with something new: online pre-ordering and free shipping available at www.hesstoytruck.com starting October 2nd. This truck will be extremely limited, if you are interested in this truck, don't wait. It will also be available for purchase starting November 14, at participating Hess stations with a limit of 10 trucks per person.

Hess Corporation is also releasing the first-ever Collector's Edition Hess Toy Truck, an individually numbered tanker truck with a replica of the original 1964 tanker trailer inside. The Collector's Edition, which is limited, will be sold exclusively online starting October 2nd for \$45.99 (includes Energizer® batteries and free shipping, limit 4 per person).

The Collector's Edition will feature a green tanker truck with chrome detailing and yellow and red accents in a commemorative display box. It will include more than 100 working lights and a hinged back door that will give access to the 1964 replica.

Collectors and enthusiasts will be able join in the celebration of the 50th anniversary by visiting a new traveling Hess Toy Truck Mobile Museum that will tour the East Coast and showcase the entire collection of holiday Hess Toy Trucks and memorabilia.

Here are the dates and locations of the stops in New Jersey. *(Full details and up to date information is available online at www.hesstoytruck.com)*

- November 14, Hess Express location, Oakhurst, NJ
- November 15, Hess Express location, North Brunswick, NJ
- November 16, Met Life Stadium, in the Meadowlands
- November 18, Hess Express location, Hopelawn, NJ

The Second Annual Hess Toy Truck Meet and Greet will be held on Sunday, November 2nd. It is hosted by members of the Hess Toy Truck Collectors Forum, a group of Hess enthusiasts and collectors. You can visit them on Facebook (www.facebook.com/hess-toy-truck-collectors-forum). Last year's Meet and Greet was an overwhelming success.

This is a great opportunity to informally hobnob with other collectors, share nostalgic memories and see many rare Hess trucks and memorabilia. You can bring your Hess Trucks for appraisals, display your rarities, or just hang out and chat with other collectors. Copies of the new Encyclopedia of Hess Trucks will be available for purchase.

The Meet and Greet is being held in conjunction with the 32nd Annual East Coast Toy Soldier Show & Sale, at Fairleigh Dickinson University's Rothman Center, 100 University Plaza Drive in Hackensack, NJ on Sunday November 2nd. It will take place during the show at the Hess Toy Truck Collectors tables in the center of the hall. Look for the green & white Hess Signs.

The Meet and Greet is free with a paid admission to the show. Adult admission is \$6 and children under 12 free with parent. The show runs from 9am-3pm with free parking and features 300 exhibitor tables offering all types of Antique & Collectible toys from Star Wars, Star Trek and everything in between including Hess Toy Trucks.

Visit the show on Facebook www.facebook.com/eastcoasttoysoldiershow.com

Visit the Hess Toy Truck Collector's Forum: www.facebook.com/hess-toy-truck-collectors-forum

RECREATION NEWS



Follow us @Riverdale Rec

riverdalerec@gmail.com



"LIKE" us at Riverdale Recreation

MOUNTAIN CREEK SKI PASSES

- * \$229.00 Youth (ages 7-18) all access – IF PURCHASED BEFORE 10/31. \$239.99 (if purchased between 11/1 and 11/24.)
- * \$309.99 Adult All Access Season Pass.
- * Club meets for group lessons on Friday, Jan 9, 16, 23, 30, Feb 6, & 13.
- * 4, 5 & 6 Trip passes available – email riverdalerec@gmail.com for pricing.
- * Lift & Lesson programs & equipment rental also available.
- * Meal Vouchers - \$8.95 each (burger, pizza, chic fingers w/fries & fountain drink)
- * Premium Meal Voucher - \$10.95 each (grab n go sandwich, salad, sushi w/fruit & juice/milk/water)

PURCHASE ONLINE: www.mountaincreek.com/membersignup

Logon ID: 5WGK70053 Password: rivreeski2014

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

KIDS WINTER BOWLING

Sundays, 2:00 PM

Holiday Bowl, Oakland

\$7.00 registration fee plus

\$9.00/week for K-8 \$5.00/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 11-March 15

REGISTRATION WEDNESDAY,

NOV. 5 6:30 – 7:30 PM AT THE

COMMUNITY CENTER.

Influential Women Georgia O'Keeffe was born on November 15th, 1887 in Wisconsin. Her interest in painting began at an early age, and O'Keeffe completed her regular education and then went on to attend the Art Institute of Chicago. She spent several years working in Chicago as a commercial artist before traveling to Texas and becoming the the art supervisor of a public school in Amarillo. She moved to New York City to take art classes at Columbia University.



She then returned to Texas, where she spent two years training art teachers at a College. Later known for her captivating paintings of flowers, she received her first gallery showing in 1916 by famous photographer Alfred Steiglitz. O'Keeffe married Steiglitz in 1924, and the two became both personal and professional partners until he died in 1946.

After her husband's death, O'Keeffe moved to Santa Fe, New Mexico, a city that she had fallen in love with in the 1920s and had visited regularly since. In addition to her floral paintings, the beautiful landscapes inspired O'Keeffe to catch the magnificence of her environment in her paintings as well. The barrenness of the desert also inspired her to paint animal bones, capturing both the solitude and harshness of the desert along with its beauty. Her later works often featured a door in an adobe wall with a sky background. Her art was the first retrospective by a female artist to be shown at Museum of Modern Art. She also won numerous awards, including the Medal of Freedom, a Gold Medal of Painting, and the National Medal of Arts. She passed away on March 6, 1986.

Athletes that Died While Playing

Thomas Herrion

(December 15, 1981 – August 20, 2005) was an

American football player for the San Francisco 49ers. Born in Fort Worth, Texas, Herrion, a 6-foot-3, 310-pound guard, played college football first at Kilgore College at the junior college level before transferring to the University of Utah where he blocked for former San Francisco 49ers quarterback and number one draft pick Alex Smith. He was signed to a reserve/futures contract with the 49ers on January 5, 2005 and spent one season playing in NFL Europe with the Hamburg Sea Devils.



Shortly after an exhibition game against the Denver Broncos on August 20, 2005, Herrion collapsed in the locker room and was transported to St. Anthony's Central Hospital in Denver where he was pronounced dead. The cause of death was later determined to be Ischaemic heart disease, or (according to a subsequent examination of the autopsy report) hypertrophic cardiomyopathy.

On September 2nd 2005, the 49ers established the Thomas Herrion Memorial Award, which will be given to the player who best exemplifies the spirit of Thomas Herrion.

On the front page of the *San Francisco Chronicle*, former 49er coach Mike Nolan commended Herrion for being "musical".

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NOVEMBER edition of *Riverdale News & Events* will be published on or about **Saturday, November 1.** Copy, photos, articles, announcements are due **Friday, October 24.**



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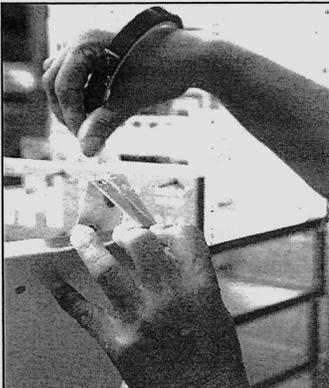
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Pet Adoption Festival at Mike's Feed Farm October 19th 12pm – 4pm



The Mike's Feed Farm Multi-Agency Adoption Festival is almost here and we want to see you there! The annual outdoor event is on October 19th from 12pm – 4pm, and this year's festival is shaping up to be the best one yet.

18 local shelters have signed on to participate and we expect over 100 animals to be available for adoption. In preparation for the big day, we thought we'd share one special animal's story with you. On May 23, 2012 Snickers was brought by her owners to the local rescue group, Only Kindness, for free vaccinations. Her owners learned that not only was Snickers pregnant, but she was ready to give birth to a litter of kittens! They promptly walked out and didn't look back – and poor Snickers was left homeless as she was about to give birth. She had a very long, painful and difficult delivery, but the silver lining is that she and her kittens survived because they were lucky enough to have fallen into the care of Only Kindness, and volunteers got her veterinary assistance with the delivery.



Come meet Snickers and over a hundred other animals at the Pet Adoption Festival.

Snickers' kittens have all been adopted but it has been two years and this lonely momma is still searching for her forever home. According to Only Kindness, everybody loves her friendly demeanor and she is the official greater at all of their adoption events. Please come by on

October 19th to say hello and give Snickers the petting she craves. We hope that this event will be her last and someone from Riverdale will finish her story the way it should end - in a loving home.

Our main goal in this event is to send as many animals home as possible, but we invite all of our animal loving friends to come out and celebrate the day. We have plenty of activities scheduled including a DJ (Karaoke with Colleen), games, food trucks (Coney Island Pizza) and general fall fun to raise awareness for animals in need. We are raffling off two flat screen TVs and there will be a sale in store on all Purina products. A portion of the day's sales will be donated back to the participating groups.

We are also hosting our first pet costume contest and invite you and your pooch to come dressed in costume to compete for some pretty cool prizes. We have several gift baskets and gift certificates for the Barkensteins and Kitty Gagas out there. A professional photographer is donating her time to capture Fido's debut as the angel he's always wanted to be. And if your animal doesn't do well in crowds, don't fret! All animals are invited to participate in the costume contest by posting on our Facebook page and using the hashtag: #mikesfeedfarmcostumecontest. Winners will be announced on our Facebook page at noon on 10/20, so please be sure to add us to keep up with the contest and the event.



I mustache you a question... Will you enter me in the pet costume contest?

Pets on leash and costume are welcome to participate in the day's festivities (no retractable leashes, please!) Visit Mike's Feed Farm at 90 Hamburg Turnpike in Riverdale or contact us at 973-839-7747 or kelli@mikesfeedfarm.com for more details. The event will be held in the field behind Slater's Mill, next door to Mike's Feed Farm.



Problems with the Eye

This month:

Age-Related Macular Degeneration

Macular degeneration, often called age-related macular degeneration (AMD), is an eye disorder associated with aging and results in damaging sharp and central vision. Central vision is needed for seeing objects clearly and for common daily tasks such as reading and driving. AMD affects the macula, the central part of the retina that allows the eye to see fine details. There are two forms of AMD—wet and dry.

Wet AMD is when abnormal blood vessel behind the retina start to grow under the macula, ultimately leading to blood and fluid leakage. Bleeding, leaking, and scarring from these blood vessels cause damage and lead to rapid central vision loss. An early symptom of wet AMD is that straight lines appear wavy.

Dry AMD is when the macula thins overtime as part of aging process, gradually blurring central vision. The dry form is more common and accounts for 70–90% of cases of AMD and it progresses more slowly

than the wet form. Over time, as less of the macula functions, central vision is gradually lost in the affected eye. Dry AMD generally affects both eyes. One of the most common early signs of dry AMD is drusen.

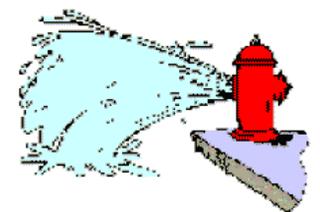
Drusen are tiny yellow or white deposits under the retina. They often are found in people aged 60 years and older. The presence of small drusen is normal and does not cause vision loss. However, the presence of large and more numerous drusen raises the risk of developing advanced dry AMD or wet AMD.

It is estimated that 1.8 million Americans aged 40 years and older are affected by AMD and an additional 7.3 million with large drusen are at substantial risk of developing AMD. The number of people with AMD is estimated to reach 2.95 million in 2020. AMD is the leading cause of permanent impairment of reading and fine or close-up vision among people aged 65 years and older.



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

Riverdale will be conducting Hydrant Flushing the week of October 6 - 10.



BE HALLOWEEN Safe

Halloween is a fun, and spooky, time of year for kids. Make trick-or-treating safe for your little monsters with a few easy safety tips.



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Halloween Fire Safety Tips

- ⚠️ When choosing a costume, stay away from billowing or long trailing fabric. If your child is wearing a mask, make sure the eye holes are large enough so they can see out.
- ⚠️ Provide children with flashlights to carry for lighting or glow sticks as part of their costume.
- ⚠️ Dried flowers, cornstalks and crepe paper are highly flammable. Keep these and other decorations well away from all open flames and heat sources, including light bulbs, and heaters.
- ⚠️ It is safest to use a flashlight or battery-operated candle in a jack-o-lantern. If you use a real candle, use extreme caution. Make sure children are watched at all times when candles are lit. When lighting candles inside jack-o-lanterns, use long, replace-style matches or a utility lighter. Be sure to place lit pumpkins well away from anything that can burn and far enough out of way of trick-or-treaters, doorsteps, walkways and yards.
- ⚠️ Remember to keep exits clear of decorations, so nothing blocks escape routes.
- ⚠️ Tell children to stay away from open flames. Be sure they know how to stop, drop and roll if their clothing catches fire. (Have them practice, stopping immediately, dropping to the ground, covering their face with hands, and rolling over and over to put the flames out.)

Use flashlights as alternatives to candles or torch lights when decorating walkways and yards. They are much safer for trick-or-treaters, whose costumes may brush against the lighting.

If your children are going to Halloween parties at others' homes, have them look for ways out of the home and plan how they would get out in an emergency.

Did you know?



Decorations are the first thing to ignite in 900 reported home fires each year. Two of every five of these fires were started by a candle.

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www.nfpa.org/education

Mike's Feed Farm Presents...

Multi Agency Pet Adoption Day

WHO: 17 local rescues & shelters

WHAT: Dozens of adoptable animals, great raffle prizes, a DJ, food vendors, and lots of FUN!

WHERE: Slater's Mill, next door to Mikes Feed Farm (90 Hamburg Tpke., Riverdale)

WHEN: October 6th 12pm – 4pm*

*[rain date October 13th]

...and WHY!

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



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

there are many benefits to drinking a modest amount of ACV throughout your day.

Antibacterial. Apple cider vinegar is naturally antibacterial. Use ACV diluted to about 50% in water as a mouthwash to kill germs that cause bad breath. Gargle with diluted ACV to help eliminate overgrowth of bacteria in the throat that may cause illness such as tonsillitis or strep throat. Drink 1 – 2 tablespoons of apple cider vinegar mixed into a small glass of warm water up to three times each day to diminish harmful bacteria in the intestines that may cause diarrhea or other problems.

Anti-inflammatory. Because apple cider vinegar is also an anti-

inflammatory, a diluted ACV gargle may also be used to ease the swelling and pain associated with a sore throat. As soon as symptoms appear, rinse mouth and throat with 1 – 2 tablespoons of ACV mixed in a small glass of warm water. Repeat up to once per hour as needed. Alternately, you can mix a tablespoon each of ACV and honey in a small glass of warm water and sip slowly to ease the pain. Apple cider vinegar can be dabbed on inflamed skin such as that caused by eczema, psoriasis, acne, or similar ailments for temporary relief from pain and itching.

While it will probably hurt more initially, you can also apply ACV to insect bites and stings to neutralize pain and itching.

Regulate Digestion. While it may seem counter-intuitive to ingest an acidic liquid to reduce acid reflux, apple cider vinegar can actually help to ease this uncomfortable condition. That said, the next time you experience acid reflux, try ingesting 1 – 2 tablespoons of apple cider vinegar either alone or mixed in water.

To prevent indigestion, drink a mixture of one teaspoon each ACV and honey in a small glass of warm water about half an hour before your meal. This is especially useful when you know you will be eating something very heavy or outside of your normal dietary routine.

Pectin – the insoluble fiber present in apple cider vinegar – forms a protective coating along the lining of the colon which can help prevent irregular bowel movements. *To be continued....*



Natural Health

The belief that the body is fully capable of ridding itself of any and all disease. Practitioners and followers of Alternative health apply this belief by increasing the health of the body. *And God said, Behold I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.* Genesis 1:29



PLANTAIN. Plantain was known as the “Mother of Herbs,” by the Anglo-Saxons, by the English herbalists as “All-Heal” and by the native Americans, the Navahos, as “Life Medicine”. that is among the most common plants in the world. The action of Plantain is it tonifies mucous

membranes, reduces phlegm and is good for topical healing.

A characteristic of Plantain is that the outer layer of the seed contains mucilage which swells up when exposed to moisture, making the seed valuable in controlling cholesterol levels. The seeds and leaves have the effect of reducing the intestinal absorption of the bile acids. Where Plantain is used as an appetite suppressant, it has been found that the cholesterol levels are lowered. This moisture absorbing ability of the Plantain seed, when ingested, will swell and fill the intestinal tract, as does Psyllium seed hulls and by the mucilage mixing with and adhering to the intestinal contents, helps prevent cholesterol absorption.

Plantain mucilage added to the diet significantly lowers serum cholesterol levels. Taken before meals, Plantain causes a marked decrease in triglycerides and beta cholesterol (bad guys) with a related balanced increase of serum levels of alpha cholesterol (good guys). It has been conjectured that Plantain works by filling and coating the stomach thus, reducing the appetite, which limits caloric intake by reducing the absorption of fats.

In herbal combinations, Plantain adds superior mucilaginous qualities that provide healing properties not possessed by other mucilaginous herbs. There have been reported some miraculous results in the treatment of poison ivy and poison oak dermatitis. When applying the crushed Plantain leaves on the effected areas, the itching stopped immediately and did not return. It provides a soothing mucilage, beneficial for internal problems symptomatic of the urinary tract and for external relief of inflamed and painful mucous membranes. Plantain is the cooling balm to balance astringent actions of the other herbs in the particular compounds.

The use of Plantain was a favorite of early American physicians in treating skin problems and is still being used successfully today. Chronic bronchitis has been treated with Plantain today with good results, symptomatic relief of pain, coughing, wheezing and irritation, being obtained.

As an independent single herb, Plantain is helpful in treating female disorders with fluent discharges. It is used to treat hemorrhoids, snakebites and coughs. Plantain is an excellent remedy in kidney and bladder problems and an effective remedy for poisonous bites and stings. The poison of fresh stings is extracted rapidly (often within an hour's time) by the use of a Plantain poultice.

Plantain is also an excellent herb for treating blood poisoning, as it reduces the swelling and completely heals, as in cases where dangerous poison seems to have made amputation imminent. Plantain is known to ease pain and facilitates the healing of problems in the lower intestinal tract. The actions of the main glycoside of Plantain, aucubin, helps heal bladder infections and stomach ulcers. An important constituent of the leaves in the Plantago genus is tannin and is an astringent which tightens tissues.

The herb Plantain is not to be confused with the cooking banana, Plantain. The plantain banana gets its name from the Spanish platano, meaning “plant tree” or “banana tree.”

- ◆ Plantain is helpful for incontinence in children and the aged.
- ◆ Plantain's astringent properties make it useful to stop bleeding and to promote the healing of wounds and injuries.
- ◆ It is an excellent poultice for wounds, burns and skin irritations.
- ◆ It absorbs toxins from the bowel, soothes inflamed tissues and promotes normal bowel function.
- ◆ It is an excellent remedy for cuts, skin infections and chronic skin problems.
- ◆ It is useful for infections, including such ailments as hemorrhoids and inflammations.
- ◆ The New England Journal of Medicine printed an account of the successful use of crushed Plantain leaves to stop the itching of poison ivy.
- ◆ The root can be chewed to ease the pain of a toothache.
- ◆ Plantain works to rid the body of poisons, or excess body fluids such as mucous.

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

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

PIC TIPS **Lighting**



Invest in a cheap pair of lights. If you're doing any kind of indoor photography, invest in a cheap pair of lights. Buy at least a pair, complete with tripod stands and reflectors to direct the light. Opt for continuous light rather than flash units, as they're cheaper, easy to use and great for beginners, as you don't have to take test shots to see how the shadows fall during setup.

Understand colour temperature. Different colors and levels of light are measured using the Kelvin scale. For the best results, look for studio lights with a temperature of around 5,500K-6,000K to emulate bright daylight. Lights with a lower color temperature often render a colour caste in your images that will have to be corrected in Photoshop or an alternative image editor.

Make best use of available light with a sheet of paper. If you can't afford studio lights, even out harsh contrasts when shooting with natural light by positioning a large sheet of paper or card to reflect the incoming light onto the unlit side of your subject. If shooting people, ask them to hold the card themselves outside of the framed shot. Alternatively, invest in a set of reflectors. You can pick up a new, multi-part set with white, silver and gold reflective surfaces for around \$25 on eBay.

Don't be dictated by the sun. Using automatic settings to shoot into the sun will throw your subject into silhouette as the camera dials down the exposure to compensate for the bright background. Shooting people with the sun in front of them, meanwhile, solves the silhouette problem but introduces another one: squinting. Solve this by keeping their back to the sun and forcing the flash to fire (switch from it 'auto' to 'on' or 'forced') to correct the exposure on your subjects' faces without leaving them squinting.

To be continued....

FRIDAY NIGHT FROLICS
FRIDAY, OCTOBER 24th (NEW date)
7:30-9:00PM \$5 at door
 For 3rd, 4th & 5th Grade Riverdale Students
 Halloween Games, Prizes, Music, FUN,
 Snack, Drinks & FUN!

MIDDLE SCHOOL MADNESS
FRIDAY, NOVEMBER 17th (NEW Date)
7:30-9:00PM \$5 at door
 For 6th, 7th & 8th Grade Riverdale Students
 Games, Prizes, Music, MAD FUN, Snacks, Drinks, MAD FUN!



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Scene: Barn on the River
 11:00am-5:00pm (4th Grade to 18 years)
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THURSDAYS
4:00-5:30PM / \$10/Student (Includes ALL Supplies)

- Oct 2—Make Head Bands & Hair Accessories
- Oct 9—Make Tennis Balls & Hacky Sacs
- Oct 16—Use a Real Sewing Machine to Make a Pillow
- Oct 23—HALLOWEEN PROJECT
- Oct 30—Make a Soft Doll

To Sign Up: soyoustudio@gmail.com

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Saturday—OCT 18 / 11:00am—5:00pm (\$45/Class)
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<u>WEDNESDAYS</u>	Hula Hoop Fitness, 7pm
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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>

Tea Love has two exciting announcements to make! First, on Saturday, November 8, I will be traveling down to Voorhees, NJ to the Camden County Library to explain the process behind a Japanese tea ceremony! Of course, traditional matcha tea will be served. And we have a special treat – author Ovidia Yu will be attending as well to talk about her book *Aunty Lee's Deadly Specials*. Full of scandal, murder, and delicious traditional Singapore treats, *Aunty Lee's Deadly Specials* is a must-read for those mystery lovers. The event will start at 1:00 PM. For more information, make sure to visit www.cafelegi.wordpress.com or check the Facebook page at www.facebook.com/CAFelegiTeaLove.

Second, a bit closer to home, you will start seeing a new brand of tea popping up in stores near you. Inca Tea is a privately owned company just starting to sprout up out of their home base in Cleveland, OH. Founder and owner Ryan Florio first discovered the majesty of purple corn tea when he and his friends traveled to a Peruvian mountain trail for a whole ten days, led through the dangers by their guide, Edgar.

Prior to the hike, Florio had multiple health issues and was advised not to go. “Of course, I went above and beyond my doctor’s wishes,” he said. The first day out, Edgar decided to brew a cup of tea. “is an old Incan tea. Very good. You must try,” Edgar said, brewing enough for the entire group.

Florio was struck by the deep red-purple color that the brew created and asked Edgar to brew a cuppa for each day of the hike. “I felt physically awesome,” he said. He eventually came back to the States, quit his job despite never having had coffee nor tea in his entire life prior to that trip, and started researching the tea, especially purple corn.

Purple corn has been studied extensively in the past 22 years and has shown great benefits. It is chocked full of antioxidants, even more than blueberries and açai berries combined. It is an anti-inflammatory, improves circulation, reduces cardiovascular disease, lowers blood pressure, and even aids in weight loss. Florio trusted this drink so much, that he created an advisory board with a purple corn researcher on the team.

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

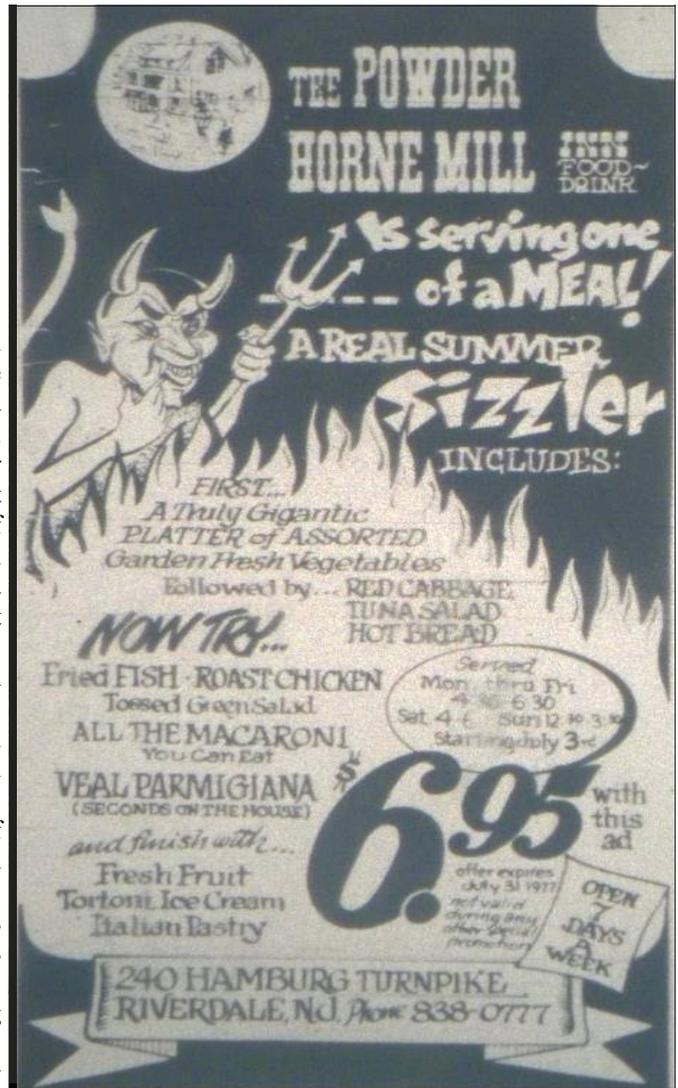
All teas are made with 100% biodegradable sachets and packaged in 100% recycled boxes. Needless to say, this company is most certainly Mother Earth friendly. The corn is also ground by hand, blended in Cleveland, bagged in Philly, and then Florio’s parents box it every night for sale.

Right now, Tea Love has four tea bags from Inca Teas, so I will be reviewing one bag of tea each month. First, the Peruvian Spiced Berry. Their main brew, it is based off of that ancient Inca recipe. When you open the bag, the smell of the spices waft towards you, enticing you to take a sip. The blend consists of hibiscus petals, elderberries, currants, purple corn, apple pieces, pineapple pieces, cinnamon, cloves and natural flavors. It does not have a string on the bag, so you cannot really regulate the time as easily as pulling the bag out of your drink. I just threw my bag into the water and sipped away.

The spices give a small bite to the drink, negating the sweetness of the fruit but in a positive way. You can smell the cloves in particular when you smell the tea and the purple that is created is almost regal in appearance. It is a nice, smooth tea, good for a late night of writing or just to drink to keep relaxed.

Interested in getting a box for yourself? Order some at <http://www.incatea.com/> or visit Bed, Bath, and Beyond in East Hanover or Woodbridge, where the drinks will be sold. *Next month? Stay tuned for some Pick Me Up Peach.*

Painite: \$300,000 – \$600,000 per carat. Gemologists believe **painite** to be the rarest stone on the planet. It’s got a deep pink to brown color, but will show different hues when viewed from different angles. It’s named after Arthur C.D. Pain, who discovered it in northern Myanmar during the 1950s, but it also reflects the amount of hurt it would put on your bank account.



The Powder Horn Mill, burned down in 1986, was located in what is now known as Applet Park, directly across from Glenburn.

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