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E** **NEWS &  
EVENTS**

*News for and about the residents of Riverdale*

**October 2015**

**Volume 10 Number 10**



*Fright Night 2013*



## Mayor William Budesheim's

## BEHIND THE SCENES Report

October 2015

Volume 10 Number 10

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William Lango  
John Morley  
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Riverdale Pride. New Jersey Monthly magazine recently published the Best Places to Live where it has ranked Riverdale Number 24 out of the 565 municipalities in the state.

The rankings were based on "home values, property taxes, crime rate, school performance and a lifestyle factor."

This doesn't happen by accident, it takes a lot of hard work, sound planning, good leadership, and a community of people who contribute to its betterment.

At our last Council meeting we took the time to acknowledge the teens who volunteered during the summer at our beautiful Library. Thank you, **Sydney Cox, Ryan Johnson, Christopher Lewis, Jenna Tedeschi, Peyton Flynn, Ryan Chu.** As one who prefers paper and ink over electronic books (no batteries required), it is refreshing to see young people take an active interest in the Library. The printed words can never be changed and will last forever.

On October 18 there will be a Boy Scouts Eagle Court of Honor for **Tyler Soto.** Tyler's Eagle Project was the construction of the wishing well at Glenburn. The original well was knocked down during a storm a number of years ago. This new one

is going to last a very long time. Thank you, Tyler.

Last month I received a call from a resident of Pompton Lakes expressing her concern about the nationwide attacks on police officers, and suggested a Police Appreciation Day.

The institution of a local police department under local control has often been referred to as the Thin Blue Line between Freedom and Dictatorship. With the increasing civil unrest targeting local police officers, too many politicians and media types are calling for federal control over our local departments. This must be opposed at all costs.

So I am asking for those residents who are willing to share stories about their positive interactions with our department to contact me so that you can share them with the rest of the town at our Riverdale Police Appreciation Night.

All of the information concerning this event on Monday, October 19 is on page 17 in the centerfold. Looking forward to seeing you on the 19th.



*William Budesheim*

Mayor William Budesheim

# Announcements

Proud grandparents, Josephine & John Spenillo, welcome another granddaughter into the family on Sept. 11, **Grayson Josephine Elizabeth Williams.** Proud parents are Gina & Ysusf Williams.



Happy 20th Birthday,  
**Veronica**, on October 6.  
Love, Mom, Dad, Matt and Joanne!



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)

# The Seniors' Corner



## Senior News

Due to the Labor Day Holiday, the September 21<sup>st</sup> meeting of the Riverdale Seniors was the only one this month. It was opened by **President Dorothy Bowersox**, who on this lovely day, welcomed back several members, Charlotte Morse,

Ann Brunner, and Bob Boucher. **Chaplain Elaine Peacock** read an appropriate piece for this time of year, "Seasons of September". This was followed by the flag salute, club pledge and a moment of silence.

Dorothy announced that the nurse was here today to take blood pressures, but would not be giving out flu shots this year as so many drug stores and other facilities are providing them. Dorothy reported on ill members as **Grace Chiesa, the 1<sup>st</sup> Vice-President**, was absent because she was not well, and Dorothy said she would send her a card. She also read the list of September birthdays, of which there were many. The members stood and were serenaded with a "Happy Birthday" song.

Dorothy told us that the Morris County Services for Seniors pamphlet was in the back Senior room – available for those who wish to read it. She then announced that on October 5<sup>th</sup>, Danielle Colombo, a nutritionist from Shop-Rite, would be our guest speaker, and then informed us of our guest entertainers for November and December.

Treasurer and Secretary reports were given. **Gloria Carelli**, in charge of the Food Pantry, said that they serve 14 Riverdale families and would appreciate our support. Member, **Adriana La Frada** suggested that we all bring just one item to the next meeting. **Dolly Lopez** informed us of the Pompton Lakes Clinic which provides free or low-cost medical services. **Warren Sheps** of the Trip Committee said that the Riverboat Lunch Cruise in Pt. Pleasant was enjoyed by all and complimented the newly renovated boardwalk. He mentioned that payment is due for the "Octoberfest" trip. Warren also had a few jokes to read, and so did **Mary Gambino**.

The raffle was conducted, Bingo played and refreshments served.

Respectfully submitted,  
**Kay Boucher**

- ✓ The first cookbook ever printed was in 1375. It listed a number of recipes using vinegar, including one in which bread was soaked in a mixture of vinegar and herbs.
- ✓ Adding 5 - 10 ounces of white vinegar to the rinse cycle of your washing machine has many benefits, the best of which is the reduction of lint in your clothing.
- ✓ Never buy fabric softener again! Instead, simply use white vinegar. Use the same proportions as you would a liquid fabric softener—you'll never notice the difference.
- ✓ Dab a small drop of clear nail polish on the front of a button to keep the threads in place and never lose a button again.
- ✓ To make your clothes dry more quickly, throw a dry towel in with each load.
- ✓ If your candlesticks are covered in wax, just stick them in the freezer for a couple of hours. The wax will harden and chip off.
- ✓ For ideas on how to make costumes out of clothes and materials you have around the house (no sewing!) head over to [costumeideazone.com](http://costumeideazone.com). This is the perfect site for your preteens who want to dress up, but want to do it themselves.

## Mouth Watering Chocolate Drops

### Ingredients:

- 1 package of 16oz. semi-sweet morsels
- 1 Cup of peanuts or raisins



Linda Vogel, Librarian

### Preparation:

Pour nuts or raisins in crock pot. Pour chocolate morsels on top. Cook on high till morsels are melted. Turn off crock pot and take spoon fulls of chocolate and nuts or raisins, let cool on wax paper.



# FARMERS MARKET

EVERY TUESDAY  
2:30 - 7pm

June - October

Glenburn

211 Hamburg Turnpike, Riverdale

 Riverdale Land Conservancy, Inc.



# BY and LARGE

## Apples, Pumpkins, Scarecrows Oh My

By Elaine Peacock



As most of the faithful readers of my column know, autumn is my favorite time of the year especially October. Even all of you die hard summer lovers have to admit that the oranges, reds, yellows and browns of autumn surpass all that green. GOD really outdoes himself every October and

no matter what the previous summer brought whether it be cool and rainy or hot and humid GOD always seems to amaze us with glorious color. Of course there are all those apple treats to savor; caramel apples, apple cider and two of my favorites apple cider donuts and pumpkin muffins.

I love visiting the farms and country stores in the area checking out all the fall items for sale. It's great to see kids getting to pick out a pumpkin and trying out one of the many corn mazes in the area. I have always said that when I retired I was going to make harvest season last by starting up in the northern areas of Maine or New York State and follow the color down through lower New England into NJ and PA and down into Maryland, DC and West Virginia. I figured my trip would start in September and end around the second week of November.

This trip is still on my bucket list along with a few other ideas. I guess for now I'll have to be content with all the beautiful colors in my own backyard but that is fine with me and I know GOD will never disappoint. I can't wait to see what he has planned for autumn 2015 – can you?

**It's official**—children have known it for years, but scientists now admit that eating ice cream can actually make you feel better. Eating a spoonful of ice cream lights up the same pleasure center in the brain as winning the money!

**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

- ◆ Pasta and sauces
- ◆ Canned Tuna Fish & Chicken
- ◆ Pancake Mix and Syrup
- ◆ Peanut Butter and Jelly
- ◆ Corn, String Beans & Peas
- ◆ Cereal
- ◆ Rice
- ◆ Box Potato Flakes
- ◆ Macaroni and Cheese
- ◆ Kids Snacks & Cookies
- ◆ Soup
- ◆ Paper towels-Tissues-Napkins
- ◆ Personal Soap & Hair Products
- ◆ Toothpaste



**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

To temporarily "frost" a bathroom window, mix a solution of 1 cup beer and 4 tablespoons Epsom salts. Then paint the mixture on the window. The paint will wash off easily.



### Movie Trivia

## YOUNG FRANKENSTEIN 1974

- ◆ When Mel Brooks was preparing this film, he found that Ken Strickfaden, who had made the elaborate electrical machinery for the lab sequences in the Universal Frankenstein films, was still alive and in the Los Angeles area. Brooks visited Strickfaden and found that he had saved all the equipment and stored it in his garage. Brooks made a deal to rent the equipment for his film and gave Strickfaden the screen credit he'd deserved, but hadn't gotten, for the original films.
- ◆ Gene Wilder has stated that this is his favorite of all the films he's made.
- ◆ The shifting hump on Igor's back was an ad-libbed gag of Marty Feldman's. He had surreptitiously been shifting the hump back and forth for several days when cast members finally noticed. It was then added to the script.
- ◆ The idea of Frederick's dart hitting a cat was ad-libbed on set. When Gene Wilder threw his dart off camera, director Mel Brooks quickly screamed like a cat to create the illusion.
- ◆ In 1974 rock band Aerosmith took a break from a long night of recording to see this film. Steven Tyler wrote the band's hit "Walk This Way" the morning after seeing the movie, inspired by Marty Feldman's first scene, the "walk this way . . . this way" scene.
- ◆ The Blind Man's parting line "I was gonna make espresso" was not in the script, but was ad-libbed by Gene Hackman during shooting. This is the reason for the immediate fade to black as the crew immediately erupted into fits of laughter. Hackman was uncredited when the movie was originally released in theaters.
- ◆ When they started to film the "Puttin' on the Ritz" scene, no one was sure what the creature should say. The first time out of the gate, however, Peter Boyle came up with a strangled version of "Puiinin on da reezz!"
- ◆ The cast and especially Mel Brooks had so much fun and were so upset when principal photography was almost completed, that Mel added scenes to continue shooting.
- ◆ Mel Brooks usually appeared in his own films but Gene Wilder insisted that Brooks should not appear in the film. He felt that Brooks' appearance would ruin the illusion and would only make the film if Brooks promised not to appear in it. Brooks did however make off-camera appearances as the howling wolf, Frederick's grandfather and the shrieking cat.
- ◆ Mel Brooks initially thought that the "Walk this way" gag was too corny and wanted it cut from the film. But, when he saw the audience's reaction to it one night at a screening, he decided to leave it in.
- ◆ Mel Brooks says that when Columbia Pictures realized he wanted to shoot the film entirely in black and white, it was so opposed that Brooks took the project the very next day to 20th-Century Fox, where the much more accommodating Alan Ladd Jr., who had no problem with this idea, had just taken over.
- ◆ Teri Garr originally auditioned for the role of Elizabeth, the fiancée, while Madeline Kahn, was the front-runner for Inga, the assistant. But Kahn ultimately decided she'd rather play Elizabeth, leaving director Mel Brooks with the task of recasting the Inga role. Undaunted, he called Garr in and told her that if she could come back the next day with a German accent, he'd like her for the part. She looked at Mel and said, "Vell, yes, I could do zee German ackzent tomorrow - I could come back zis afternoon" and the part was hers. Garr has said that she based her accent on Cher's wigmaker whom she worked with on The Sonny and Cher Comedy Hour (1971).
- ◆ Gene Wilder, Peter Boyle and Marty Feldman appear together in this film by virtue of the fact that their mutual agent had a deal with the movie studio.
- ◆ Supposedly the scene which required the most takes to be filmed was the one in which Igor bites Elizabeth's animal wrap. The reason was because each time he did it he was left with a piece of fur in his mouth which caused the other actors to laugh hysterically.
- ◆ After the dart game, when Inspector Kemp is leaving the castle, there is a gargoyle on the side of the building that looks like Alfred Hitchcock.
- ◆ The clock chimes 13 times at the beginning of the film.
- ◆ The howling wolf sound on the ride to the castle was made by director Mel Brooks.
- ◆ Gene Wilder's performance as Dr. Frederick Frankenstein is ranked #9 on Premiere Magazine's 100 Greatest Performances of All Time.
- ◆ The village who yells, "Kill the monster," during the riot is actually actor Cary Elwes.
- ◆ Final film of Richard Haydn.
- ◆ The Blind Man scene includes parts where we see the monster having hot soup poured on him and getting his thumb lit on fire. To keep himself protected, Peter Boyle had a hot pad on his lap, and he held a fake thumb with alcohol on it to keep the fire burning.
- ◆ Just like in the original Frankenstein (1931), greenish face makeup was used on the monster to make his features more prominent in the BandW film.
- ◆ A couple who are talking on the train near the beginning of the film are having the same conversation in English, then in German.
- ◆ Due to make-up continuity problems, certain shots in "The Blind Man" scene had to be re-shot. In the shot where The Blind Man spills soup on the Monster, the "Hand" spilling the soup actually belongs to director Mel Brooks, not Gene Hackman.
- ◆ When the monster is being brought back to life, the area around his eyes (and what appears to be his teeth) begin to glow. This was done with a plastic head created to look exactly like that of Peter Boyle. Some fake teeth, fake brain tissue, and a light were used to create the effect.
- ◆ Originally in the script, after Igor drops the brain jar, he was to turn to the camera and quip, "Funny thing is, I tried!"
- ◆ British actor Ian Abercrombie is one of the villagers who storm the castle at the end of the film. Abercrombie's most famous role was "Mr. Pitt", Elaine's boss, in the sixth season of Seinfeld (1989).
- ◆ Schwarzwälder Kirschtorte is known to English speakers as "Black Forest Cherry Cake".
- ◆ Gene Wilder and Mel Brooks got into only one fight during the movie's production, but it was a big one with Mel throwing a huge temper tantrum, yelling and raging and eventually storming out of Gene's apartment (where the men had been working on the script). Roughly ten minutes later, Gene's phone rang. The caller was Mel, who had this to say: "WHO WAS THAT MADMAN YOU HAD IN YOUR HOUSE? I COULD HEAR THE YELLING ALL THE WAY OVER HERE. YOU SHOULD NEVER LET CRAZY PEOPLE INTO YOUR HOUSE - DON'T YOU KNOW THAT? THEY COULD BE DANGEROUS." That, as Gene later put it, was "Mel's way of apologizing".
- ◆ According to Mel Brooks (in the commentary for Spaceballs (1987)) when Gene Wilder came on the cast for Blazing Saddles (1974), he requested that Mel Brooks do "his" movie idea next; that movie turned out to be this film.

## Creating Proper Postures at Work

By Dr. Hailey Coonrad



Over time, poor posture may be caused by habits from everyday activities such as sitting in office chairs, staring at the computer, cradling a cell phone, carrying a purse over same shoulder, driving, prolonged standing, caring for small children, or even sleeping.

Poor posture can easily become second nature, causing and aggravating episodes of back and neck pain and damaging spinal structures.

The following guidelines suggest several ways to improve posture and ergonomics, especially for people who work sitting in an office chair for most of the day.

**Identify the warning signs of back pain caused by poor ergonomics and posture** Back pain may be the result of poor ergonomics and posture if the back pain is worse at certain times of day or week (such as after a long day of sitting in an office chair in front of a computer, but not during the weekends); pain that starts in the neck and moves downwards into the upper back, lower back, and extremities; pain that goes away after switching positions; sudden back pain that is experienced with a new job, a new office chair, or a new car; and/or back pain that comes and goes for months.

**Keep the body in alignment while sitting in an office chair and while standing** When standing, distribute body weight evenly to the front, back, and sides of the feet. While sitting in an office chair, sit up straight and align the ears, shoulders, and hips in one vertical line. Any prolonged sitting position, even a good one, can be tiring. Shifting forward to the edge of the seat with a straight back can alternate with sitting back against the support of the office chair to ease the work of back muscles.

Some people benefit from a naturally balanced posture that is achieved by sitting on a balance ball; in this posture the pelvis is rocked gently forward increasing the lumbar curve which naturally

shifts the shoulders back (similar to sitting on the edge of a chair seat). It should be noted that proper core muscle development should be attained prior to using a balance ball. Therefore, someone without a strong core could alternate between a balance ball and standard office chair until proper muscle development is attained.

- Also be aware of and avoid unbalanced postures such as crossing legs unevenly while sitting, leaning to one side, hunching the shoulders forward, or tilting the head.
- Get up and move As muscles tire, slouching, slumping, and other poor postures become more likely; this in turn puts extra pressure on the neck and back. In order to maintain a relaxed yet supported posture, change positions frequently. One way is to take a break from sitting in an office chair every half hour for 2-5 minutes in order to stretch, stand, or walk.

**Setting up your work station.** If possible, choose a flat seated chair with an adjustable stand. When seated, your hips should not fall below your knees. If possible, use a foam wedge to prop the hips up so they stay above the knees when bent. If you are working at a computer, make sure that the screen is at eye level. It may be useful to use a box or stack of books to achieve the proper position. This will prevent tension and straining in the neck and shoulders which will lead to problems/pain in the future.

**Increase awareness of posture and ergonomics in everyday settings** Becoming aware of posture and ergonomics at work, at home, and at play is a vital step towards instilling good posture and ergonomic techniques. This includes making conscious connections between episodes of back pain and specific situations where poor posture or ergonomics may be the root cause of the pain. Be sure to call your chiropractor or us at Valley Natural Health, during these episodes so the structural cause of the problem can be corrected.

For more information on a standing workstation visit: [www.varidesk.com](http://www.varidesk.com)



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

### Did You Know?

- ♦ The American Society for the Society of Headaches says that four out of five migraine sufferers are women.
- ♦ During the Middle Ages, a barber was a doctor and dentists as well as a haircutter.
- ♦ A bee's buzzing sound comes from the rapid up and down movement of its wings.
- ♦ *Straight and Narrow* are two intersecting streets in Paterson, New Jersey.
- ♦ A male lion can wolf down 75 pounds of meat at one meal.
- ♦ Dog sleds delivered mail in Alaska as late as 1963.
- ♦ An undertaker was called "Doctor" during the Civil War.
- ♦ The shortest word in the English language which has all the vowels, including "y", is *facetiously*.
- ♦ If the headwind is greater than a plane's maximum speed, the aircraft will fly backwards.
- ♦ Most monkeys are nearsighted.
- ♦ Akron, Ohio is "The Rubber Capital of the World". It also boasts the world's largest fishing tackle industry.

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

### Horses and Cows.

A dealer bought a number of horses at \$344 each, and a number of cows at \$265 each. He then discovered that the horses had cost him in all \$33 more than the cows. Now, what is the smallest number of each that he must have bought?

Answer on page 21

- ✓ According to insurance agencies, green and yellow cars are the least likely to get in an accident, and red and black cars are the most likely.
- ✓ To keep your car door locks from ice during the winter, place a refrigerator magnet over the lock. You can even take an old magnet [that old calendar from a local realtor, perhaps] and cut it into pieces that fit perfectly.



**Popsicles**, that tasty—and fortune making—treat was invented, quite by accident, in 1905 by an 11 year old boy named Frank Epperson. It seems that one day, Frank mixed up a jar of powdered soda pop mix and water, and set it on his back porch, where he could sip from it as he played in the yard. Then, as kids will, he forgot to take it with him when he went back inside. The next morning he found it, frozen stiff, with the stirring stick standing straight up. When he

pulled on the stick, out came the frozen pop. Frank knew at a glance, and a lick, that he had stumbled onto something pretty darn good. The following summer, he made what he called “Epperson Icicles” (soon changed to “Epsicles”) in the family icebox, and sold them around the neighborhood for five cents each. Later he changed the name to “Popsicle” because he’d made his prototype (so to speak) with soda pop. And the rest, as they say, is history.

## 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? Lauren Chapin

**FATHER KNOWS BEST:** The young actress beat out 78 other hopefuls for the role of 9-year-old Kathy, or “Kitten” as she was called by her dad (Robert Young). Chapin’s life since then wasn’t as cheery. Now 68, she is thrice-divorced and has done jail time and rehab for drug abuse.



**On Thursday, October 22** the Pompton Lakes Education Foundation will be hosting a **Tricky Tray – Beefsteak Dinner** fundraiser at The Brownstone in Paterson. The ticket cost is \$50 per person and dinner will include **Wine on the Table**, Italian Cold Antipasto, Penne Rigate Tomato Sauce, Beefsteak, French Fries, Mudslide Dessert, Coffee, Tea and Assorted Soft Drinks. Cash Bar will also be available.



We are also offering a pre-sale ticket package for only \$50 (\$66 value) which includes 6 sheets of regular tickets & 10 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. Tables seat 8 - 10.

### 2015 Pre-Sale Ticket Package for \$50

(\$66 value)

Includes:

**6 Sheets of Regular Tickets**  
**10 Super Tickets**

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

#### Ticket Prices the Night of the Event

##### Regular:

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

##### Super:

Red Ticket 4 Tickets for \$10  
1 Ticket for \$ 3

Regular Baskets valued up to \$99

Super Baskets valued \$100 - \$299

Grand Baskets valued over \$300

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) @ \$50 each          | # Pre-Sale Raffle Packages @ \$50 (\$66 night of) |
|--|---|
| 1.   |   |
| 2.   |   |
| 3.   |   |
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| 9.   |   |
| 10.  |   |
| <b>Total Number of Pre-Sale Packages</b> _____ |   |

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.

# Neighbors in Nature

by award-winning photographer and Riverdale resident, Don Pruden

The "Scarlet Lily Beetle" situation seems to be in control and temperatures seem more moderate with some nights even in the 50s. Last night was exactly 50°F. I suspect the full Fall season will be on us soon. Due to the drought some trees are already showing color. As an avid hiker I recommend getting out to the high places to enjoy



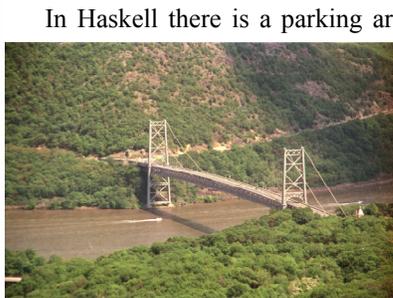
those fall colors. For sheer proximity it is hard to beat Norvin Green's High Point. Not only will you have good views of the New York City Skyline but the eastern views nearer in the early morning light you can spot the dusty haze of the Tilcon Riverdale and the Tilcon Bloomingdale stone quarries. These same views can be seen more closely from Carris Hill where you will also find a rock formation called "The Old Man of Carris Hill". From there you can continue on to High Point. Unless you have a shuttle system where a car is parked at the Weiss Ecology Center as well as the Otterhole Parking the round trip from Otterhole parking to High Point and back is over three miles.

Get maps of the areas where you wish to hike (and learn how to read and use a map). I get mine at "Campmore" in the Paramus area and they are also an experienced source of advice as well as equipment. For starters in hiking, find experience hikers to go with, tell them you are new to hiking, and observe what they do and do not do and why. Ask questions! Invest in some books on hiking, and find an experienced hiker to go with. Join a hiking group!

In any case, get a good pair of hiking boots, not just high top sneakers. A hiking stick can be found at random along the trail or you can invest in a collapsible one that can also be used as a mono pole with your camera. A small backpack for snacks and a good supply of water. Don't rely on those sparkling streams for "pure" water. You can buy special filters to purify water but purification takes time.



In Haskell there is a parking area with a trail leading up to the Ramapo State Park. There are several great viewpoints up there. One trail parallels Ringwood Avenue for some distance with views all the way across to the Midvale center. From some trails up there one can see views along I-287 to Exit 55 in Pompton Lakes. There is even a trail starting by Pompton Lakes recreation field that takes you past the old DuPont works, over I-287 and into Ramapo State Park. For beginners I would suggest that you drive to Ramapo State Park and park in one of their lots and hike from there.



There are also more distant travels, Storm King Park off Rt. 9W just past the West Point Military Academy, Bear Mountain, and Anthony's Nose just across the Bear Mountain Bridge. Then there is the Popolopen Torn which is definitely one you should do with other experienced hikers. Another scenic hike is along the Hudson River just north of Nyack, Hook Mountain. It follows a ridge along the Hudson River just across the river from the Sing-Sing Prison for a couple of miles southward.

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# Homemade Ice Cream

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## 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 10/31/2015

*Gift Certificates Available*

## PHOTO Tip of the Month

By John J. Prezioso

### Summer is over and Fall is here...

It's time to get out your cameras and start shooting FALL in all its splendor. We here in New Jersey are very lucky to have trees and with lots and lots of leaves. So before they all fall from the trees now is the time to get your most colorful and interesting shots.

Don't be afraid to shoot "Too" many shots because sometimes just one or two of the numerous shots that you take are "keepers".

Don't forget that the Riverdale Photography Workshop meets once a month on the last Monday of the month at 6:30pm at your Riverdale Public Library. ALL ARE WELCOME!



Next meeting of the **Photography Club**

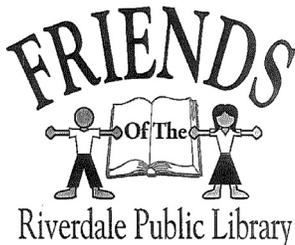
**Monday, October 26, 6:30-8:00 p.m.**

# DINE & DONATE

**TUESDAY, OCTOBER 20 11:00am to 10:00pm**

**Boniello's,  
72 Hamburg Turnpike, Riverdale, NJ  
973-831-0222**

Boniello's will generously donate a portion  
of all sales (dine in or takeout) to the  
**Friends of the Riverdale Library**



*The Friends support many of  
the Library programs*



## FAMILY FALL FESTIVAL



**Sunday 10/25/15 11am-3pm**

**Hershfield Park, Pompton Lakes**

**Family Friendly Booth Activities \* Pumpkin Painting \* Donut Grab \*  
Monster Pops \* Photo Booth \* Food Tent \* Vendors... and much more!!  
Activities starting at \$.50 donation**

**For more information, please contact [letuna1@hotmail.com](mailto:letuna1@hotmail.com)**

*Hosted by the Lakedale Girl Scouts*



Join Cadette Girl Scout Troop 94283 at our....

## TRUNK-OR-TREAT

**Saturday, October 31st 12pm-2pm Pompton Lakes HS Parking Lot**

**\$3 for Trick or Treat wristband  
(purchase by 10/24 or \$5 day of event)**

**Themed Cars FREE admission! (2 free wristbands)**

To register your vehicle and/or pre-purchase your wristband  
contact Paulette Brauch at [letuna1@hotmail.com](mailto:letuna1@hotmail.com)

**Registration Closes on October 24th!!**



**Costume Contests!  
Best Trunk Contest!**

**Pet Costume Contest!  
Food for Purchase**



## WELCOME BACK BREAKFAST



The Riverdale Woman's Club kicked off their year with a "Welcome Back Breakfast" at the Riverdale Community Center. The 22 members and 2 guests enjoyed a morning of fun and friendship while catching up on what everyone did over "their summer vacation"!

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** if you would like more information.

Our Departments are gearing up for a busy, fun-filled year. The Arts Creative Department is meeting on October 12<sup>th</sup> to learn how to make Floating Ghosts out of cheesecloth to give their homes that scary look for Halloween.

The Culinary Department is busy planning for a club year of delicious food with entertaining demonstrations.

The members of our Home Life Department which meets each Tuesday will be on the road this October and November. On October 20<sup>th</sup> they will be traveling to Breezy Point, Greenwood Lake for an afternoon of shopping and lunch. On November 17<sup>th</sup> they will head to Peddler's Village in Pennsylvania for a delightful day.

Our 1<sup>st</sup> general meeting of the year will be on October 14<sup>th</sup> at the Community Center. The speaker will be Frank Dec who will speak to us about Essential Oil Usage.

We will also conduct our annual food drive to benefit a family in Riverdale.

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**.



### 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**

## Who are the MVP's Securing Your Computer Network???

Whether you have one computer at home, several at your office or run your own data center the most valuable players on your team should be Physical Security, Network Security and Executable Security. If they all are not on your team; it may only be a short time before you will have no team to worry about at all. When we talk about computers and their network info structures the most important thing to have is a game plan.

Since we already know the key MVP's that will cause us to win or lose the security game it's paramount the coach or system engineer understands their strengths and weaknesses. The coach should understand how to compensate for their weaknesses and be able to strategically utilize their strengths. Did you know that 52% of all data breaches were actually caused because of employee error and 48% resulted because of technology issues.

The first player in any great computer protection plan which often times is overlooked is physical security. Many coaches think; I got this but never make it out of end zone because it seems so trivial. Physical security has to do with everything that would prevent your computer, servers, and hard drives (etc) from being moved or stolen by an unauthorized employee or non-employee. Things that fall under physical security include: physical access to room, specific location and or in a data center room, shelf or bay a server resides. This can be anything from installing Medco Keys which require a special ID card to duplicate and by authorized dealers only or having a full scale Key Card Access card system Install. Access card systems are great because they not only eliminate the need for manual sign in/sign out logs but also allow a user to be added or removed in seconds if someone suspects something.

The second player is network security and that person's role is to insure that unauthorized access does not come through ports on your network. When we think about network security we are talking about things like the Router, Firewall and Switch. Some of things this player keeps in their personal game plan our MAC Addresses Filtering, Port Blocking, Port Scanning, Packet Sniffing and much more. This player is key because their goal is to ensure only the expected passes get through to the internal network and be ready to make split second decisions if a threshold is exceeded.

The third player on this team is executable security and this person is the one responsible for taking action if something goes wrong such as a player letting an unauthorized pass into the network. Most of us are probably familiar with this player as he has another name called Antivirus Software and Malware Scanners. Blocking malicious programs from running is more than just a first down; it may be the answer to whether we can say touch down, or game over.

Thus in summary no network is impenetrable but we can at least mitigate the challenges of a threat getting through by employing these key MVP's: Physical Security, Network Security and Executable Security as part of our network Security Plan. Remember that most threats happen because of disgruntled employees or employee mistakes. If you forgot to catch the ball when it's thrown to you; the coach may say that's your last day. Why are you not being proactive to prevent these mistakes today; otherwise that second chance may never come?

Do we want our team to block these dangerous security balls that are being thrown at us or just let them knock us down until the referee says GAME OVER!!! Implement the right MVP's and you will soon see that there will be no opening for any kind of pass from the opposing team. Block, Off Sides and Touch Down!!! The industry leading MVP's do it once again and we will see at the next Security Super bowl.



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**No More Yellowing**  
If you add 7 to 10 drops of black paint to each quart of white paint, it will keep the white from yellowing over time.

**What a Way To Go**  
The tried and true method for eliminating cockroaches. Fill a bowl with cheap wine under the sink. The revolting little pests will drink it, get drunk, and drown.

## 6 Behaviors of the Most Successful People

*By Rhett Power - Co-founder, Wild Creations*

*Successful people actually develop behaviors that keep them focused and working on the right goals. Because of the way they respond to situations—the same kind we all encounter—they are able to adapt and continue to move forward.*

Let's look at six behaviors of successful people:

**They are always learning.** With technology and trends constantly changing, new skills and perspectives are necessary. Successful entrepreneurs never say, "That's the way we've always done it." Instead, they seek ways to do things in new and better ways—and acquire the knowledge to make it happen.

**They establish clear goals.** Numerous academic studies have shown that people achieve more when given specific goals, rather than being encouraged to "do your best." People become motivated when they know exactly what is expected...and therefore, achieve more.

**They manage their time well.** Time management is a challenge for everyone, but entrepreneurs must become especially adept at making the most of their hours. Successful people are efficient. They prioritize their days; delegate whenever possible; limit time on nonessential tasks; and honor their schedules.

**They have positive attitudes.** It's not that successful people expect every day to be totally happy. It's that they approach challenges with confidence and the expectation that most things can be worked out. Even a failure can provide lessons and wisdom that will be useful in the future.

**They create a supportive network.** Trusted friends and colleagues are part of every successful person's life. From lifelong childhood friends to a group of fellow inventors, people who can respectfully provide feedback and fresh perspectives—or just listen—help keep drama and worry to a minimum. Their network also includes people who are simply enjoyable to be around, for lunch, fishing, or a drink after work.

**They take calculated risks.** Not "go-for-broke" rogues, successful people know they must take chances in order to stay ahead of the competition. However, they perform analysis; consider the scenarios; and calculate the possible losses before they act. Risk is necessary, but not foolish. And if they make a mistake? They dust themselves off and start anew.

It's exciting to be an entrepreneur! By watching others, learning from them, and then adding your own unique experiences to your strategy, you are on your way to becoming someone else's mentor and example.

## Riverdale SHADE TREE COMMISSION

Many residents are unaware Riverdale has a Shade Tree Commission, which meets every other month on Mondays at 7:30 PM in Council Chambers. The next meeting will be November 23.

Our purpose is to maintain trees in the town's rights of way. Anyone wishing or needing to cut down a tree in a right of way must submit an application to Linda Roetman at the Municipal Building.

The members of the Commission are:

|                  |                             |
|------------------|-----------------------------|
| Chairperson      | Lois Leifer                 |
| Vice-Chairperson | Jane Rowan                  |
| Secretary        | Linda Roetman               |
| Members          | Todd Urban, Pete Leifer     |
| Council Liaison  | Councilman Garrett Astarita |



We are working hard to keep our town looking beautiful. If you have any questions, please call Linda Roetman at 973-835-4060 x6. We invite you to attend our meetings. Many of us have spent hours at classes about trees and their management. Our town has hosted classes for several years now. Many towns throughout the State have sent representatives from their DPWs, Councilpersons, and Shade Tree Commissioners to attend our classes.

As you drive throughout the town please take notice of some of the trees we have planted:

- \* Bradford Pears on Greenwich St. [don't miss them when they in bloom.]
- \* Thundercloud Plums at Community Center, Mead Ave., and Cottage Pl.
- \* Trees were planted along the driveway at Glenburn.

We have been very lucky to have had these trees donated by Home Depot, EVS Metals, and Riverdale Square. They are usually planted around Arbor Day in April. Not only do trees look nice, help clean the air, and give us shade, but have been known to increase property values by nearly \$20,000!

**Please let us know if you would like a tree for your property in the future.**

### Riverdale Self Storage by Daniel

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Riverdale, NJ 07457

storagebydaniel@yahoo.com  
riverdalestorage.com

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**FREE use of truck with Move-In**

**ETYMOLOGY.** The Middle English *afronten*, the ancestor of the Modern English verb **affront**, was borrowed from the Anglo-French *afrunter*, a verb which means "to defy" but which also has the specific meaning "to strike on the forehead" or "to slap on the face." These more literal senses reveal the word's Latin origins, a combination of the Latin prefix *ad-*, meaning "to" or "towards," and *front-*, *frons*, which means "forehead" (and which is also the source of the English word *front*). While the striking or slapping sense of *afrunter* was not adopted by English, it is alluded to in the oldest use of the Modern English word: "to insult especially to the face."



## RIVERDALE SCHOOL NEWS

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

With this school year just beginning, new faces are abundant at Riverdale School. As a feature of the school's portion of the newsletter for October, we thought it would be a great idea to provide background information on some new faces in our classroom environments. For this issue, we would like to highlight some of our teachers, as well as some of our newest child study team members. We are confident you will marvel at the wealth of experience that Riverdale has garnered! Please continue to reach out to us to maintain a strong home-school connection!

**NURSE** - Mrs. Kelli Cifelli is a mother of 2 girls and has been a nurse for almost twelve (12) years. She was previously employed at Chilton Medical Center in the ICU. She decided to try her hand at school nursing and began substituting in some of our surrounding districts. Mrs. Cifelli really enjoyed the school atmosphere and went back for her school nurse certification at Caldwell University. She is excited to be in Riverdale and looks forward to working with the staff and students!

**SPEECH THERAPIST** - Mrs. Kerry Cron has over 15 years of experience in special education. She has been a licensed speech-language pathologist for 12 years and received her Master's Degree in Communication Disorders from William Paterson University in May 2003. She has ten (10) years of experience working in the public school system, with a strong background in working with learners on the autism spectrum. Mrs. Cron's professional experience also includes a background in early intervention, pediatric outpatient therapy, and running a private practice with her husband for four years. She has received professional training in PECS, AAC, and PROMPT Level 1 Training. In addition to such a devotion to the profession, she is a proud mother of two young children and enjoys spending every moment of free time with them. She is certainly excited to be part of the Riverdale School community!

**GRADE 4** - Mrs. Colleen Deyo is teaching a fourth grade class in the Riverdale Public School in a maternity leave capacity until late November 2015. Her qualifications include being a tenured elementary classroom teacher in the Mahwah Public Schools. During the past six years she has been a substitute teacher in several local school districts, a long-term home instructor for Riverdale and Midland Park, and a private tutor for students in grades K through 6. She holds a Master of Arts degree in teaching elementary education from Fairleigh Dickinson University and a Bachelor of Arts degree in psychology from Montclair State College.

**MIDDLE SCHOOL** - Mrs. Milissa Formica is a Bergen County resident residing in Oakland who obtained a BA in Special Education from Felician College resulting in a Teacher of the Handicapped Certification. She is proud to say that she has worked with children on the spectrum ranging in ages from preschool to middle school and currently provides ABA Therapy (Applied Behavior Analysis) to students within the home setting. Mrs. Formica is honored to have the opportunity to be employed by the Riverdale Board of Education as a paraprofessional and as an inclusion teacher. She looks forward to a wonderful 2015/2016 school year.

**GRADE 3** - Miss Tiffany Herbert teaches third grade at Riverdale School. Although she is a new teacher to Riverdale School, she has two (2) years of experience teaching special education. She has taught Special Education in fourth grade and in Kindergarten. Growing up in Riverdale and attending Riverdale School, she then went to Pompton Lakes High School and graduated from William

Paterson University earning a Bachelor's degree in Psychology. In addition, she also earned two teaching certifications being dually certified to teach general education and special education. She is excited to be teaching in Riverdale, and looks forward to a wonderful first year here!

**KINDERGARTEN** - Miss Jennifer Kedash was born and raised in Newton, New Jersey. She is a recent graduate of Montclair State University, where she received her undergraduate degree in Family and Child Studies with a concentration in preschool through third grade. Following that, Miss Kedash then went on to obtain her Students with Disabilities Endorsement at William Paterson University, and is now certified to teach both general and special education! This is her first year teaching and she was absolutely thrilled to land a Kindergarten position! Miss Kedash loves working with children and watching them learn and grow. She is so excited to be part of the Riverdale team this year!

**SOCIAL WORKER** - Ms. Caitlin McAloon graduated from Rutgers University with her Masters in Social Work in May 2014. She is a Licensed Social Worker and Certified School Social Worker with experience running social skills groups, completing IEPs and working on a multi-disciplinary team in both school and hospital settings. In addition, she has experience working in clinical settings in both inpatient and partial care programs. Born and raised in Rockaway, New Jersey and graduating from Morris Knolls High School, she is an avid New York Giants fan and loves sports. Ms. McAloon enjoys working with children and is excited to be a part of the wonderful Riverdale Community as she looks forward to a fantastic school year.

**GRADE 2** - Miss Tonya Robertson graduated from Kean University in January 2015 (Magna cum Laude) and has a Bachelor of Arts in Early Childhood Education. Miss Robertson has certificates of Eligibility with Advanced Standing in Teacher of PreSchool through Grade Three and Teacher of Elementary K-6. Further, she did her Pre-Kindergarten student teaching at Montclair Community Pre-K in Montclair, New Jersey and her third grade student teaching at John F. Kennedy Elementary School in Wayne. She has substituted in Morris and Passaic counties and worked at daycares and preschools in Oakland, Parsippany and Pequannock. Miss Robertson has always had a passion for working with children and is so honored to share her enthusiasm at Riverdale School!

### UPCOMING SCHOOL EVENTS AND REMINDERS:

|  |                 |
|--|-----------------|
| School Picture Day                             | 10/1/15         |
| Week of Respect                                | 10/5/15-10/9/15 |
| School Board Meeting (Workshop/Action Meeting) | 10/7/15 - 7:30  |
| PTA Meeting                                    | 10/8/15 - 7:30  |
| SCHOOL CLOSED                                  | 10/12/15        |
| School Planning Team Meeting                   | 10/14/15 - 2:45 |
| Basic Skills Parent Meeting                    | 10/15/15 - 1:30 |
| Slide Mountain Trip                            | 10/15/15        |
| Violence Awareness Week                        | 10/19-10/23/15  |
| SEPAC Meeting                                  | 10/20/15 - 7:00 |
| School Board Meeting                           | 10/21/15 - 7:30 |
| National Junior Honor Society Induction        | 10/22/15 - 6:30 |
| Halloween Parade                               | 10/30/15 - 1:30 |
| Halloween Classroom Celebrations               | 10/30/15 - 1:45 |
| Halloween Dance                                | 10/30/15 - 7:00 |

# The Riverdale Rant By Rob Errera

## Dirty Dancing Ghost Makes For a Truly Scary Halloween

My daughter had big ideas about the Halloween decorations she wanted this year.

"We need a giant inflatable!" she suggested. "A giant pumpkin snow globe, or maybe Snoopy and Woodstock decorating their doghouse. Maybe a big witch, or Frankenstein. Maybe we should get two?"

She was vague on the specifics, but knew she wanted *something*. And she had expensive tastes.

So when we saw the Grave Raver it seemed like a good compromise. It was a little tabletop ghost in a bowler hat and shoes that lit up and danced to a goofy tune. It was cute and within our budget.

My daughter loved it, kept our Grave Raver boogying until his batteries needed to be replaced. She showed the dancing ghost to everyone, including my twentysomething niece.

"I wonder who picks the music for these things?" my niece pondered. "This song has nothing to do with Halloween...and it isn't really for kids either."

"There's a tag on the decoration that says it's appropriate for ages three and up," I said. "Uh...what song is this, anyway?"

It was a silly-but-catchy R&B tune with hip-hop drums. Being tragically unhip, I was unfamiliar with it.

"It's a Timbaland song from a few years ago called 'The Way I Are'."

My first thoughts were 1) Timbaland named himself after hiking boots, but spelled his name wrong, and 2) the title of his self-affirming anthem was grammatically incorrect. Both mistakes are intentional (I guess) in the world of hip-hop. (In fairness, and as a Led Zeppelin/Lynyrd Skynyrd fan, intentional misspellings happen in the world of rock music, too.)

Then I Googled "The Way I Are" lyrics to see what our dancing ghost was singing about.

*Baby if you strip, you could get a tip  
'Cause I like you just the way you are  
I'm about to strip and I want it quick  
Can you handle me the way I are?*

*I don't need the cheese or the car keys  
Boy I like you just the way you are  
And let me see ya strip, you could get a tip  
'Cause I like you just the way you are*



Un-treated

A problem we used to have every Halloween was that our pumpkins got soft and mushy soon after they were carved. It turns out that this happens because air comes in contact with the inside flesh, allowing bacteria to grow. So to solve the problem of every jack-o-lantern looking like an old man, we now spray the inside of the hallowed-out pumpkin with an antiseptic spray, which slows down the bacterial growth and increases the time it takes for the pumpkin to deteriorate. Just make sure no one eats a pumpkin that has been sprayed.

Yeah, strip club fun and bad grammar for the whole family! Maybe next year we'll find a jack-o-lantern that sings about poppin' a cap in the pole-lease and pistol-whippin' his bee-yatches!

There's no one to blame but myself. I bought the dopey dancing ghost. But there were a lot of decisions made prior to my purchase that I have to question. For starters, why did the manufacturer, Gemmy Industries Corp. ("the world's largest provider of all your favorite seasonal decor, animation entertainment and lighting products") decide to make a "family friendly" Halloween decoration ("appropriate for ages three and up") that plays a nonsensical, sexually-charged hip-hop tune? Why not "The Monster Mash," "Flying Purple People Eater," or even Michael Jackson's "Thriller"? Why did the local CVS have dozens of Grave Ravers on its Halloween shelf alongside plastic skulls and rubber bats?



Why would Timbaland allow his song to be used for such a product? In truth, it may not have been his decision alone. According to the label on our Grave Raver, it took no less than seven people to compose the profound musical opus that is "The Way I Are," including Tim Mosley, which is Timbaland's real name. (So why not call yourself 'Tim Mosley', which is a fine name and much more pleasing to the ear than "Timbaland"?)

Because I'm a pop culture ignoramus I didn't know "The Way I Are" had already spread to other areas of entertainment. Timbaland licensed the song for use in a 2007 McDonald's commercial (though the thought of Timbaland stripped naked seems a natural appetite suppressant) and for the NBA Live 2008 video game. The song also appeared in the movie *Step Up 2*, in the pilot for CW's *Gossip Girl*, and former Spice Girl Mel B. danced to it on *Dancing With The Stars*. "They Way I Are" has been marketed and shopped around so much, it's finally "trickled down" to a budget Halloween decoration the whole family can enjoy. On some level this "gangsta ghost" is the most frighten Halloween decoration we own.

Fortunately the audio quality on our ghostly dancer isn't the greatest, so my six-year-old daughter hasn't figured out the lyrics and asked me to explain. By next year she might...which is why I'm saving up for the Snoopy and Woodstock inflatable now.

Happy Halloween, everyone!



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.

- Apples are the most insecticide-contaminated fruit of all. According to a study where some 700 samples were taken, insecticides showed up on more than 98 percent of the apples. More than 90 percent of strawberries and blueberries were also confirmed to be contaminated.
- Even when you eat fresh fruits and vegetables, you may still be putting yourself at risk for cancer. According to a study published by The Food & Chemical Toxicology Journal, genetically-modified corn caused rats to develop cancerous tumors as well as organ damage and premature death.

# 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? Signer John Morton was born near Philadelphia in humble circumstances. John’s stepfather taught him his own profession of surveying and gave him a good education. He began his public life as justice of the peace and rose to associate judge of the Supreme Court, of Pennsylvania.

For a long time he was a Loyalist, like the others of his locality. But his political opinions changed as Britain’s tyranny continued, and he cast his vote for Independence. His neighbors and friends, even many of his relatives, then turned upon him. He was a sensitive man, and those who knew him were convinced that this social ostracism hastened his death in April, 1777, eight months after he affixed his signature to the Declaration.

John Morton was the first of all the Signers to die. His last words were, “...tell them that they will live to see the hour when they shall acknowledge it to have been the most glorious service that I ever rendered to my country.”

The Delegates in Congress put in exhausting days and nights prosecuting the war. They were family men, most of them away from their homes and chosen vocations for months at a time. Important committee sessions often were held of an evening in the pleasant informality of a coffeehouse or inn. With business disposed of, the weary delegates would relax with good talk and



refreshment. Often it was venerable Stephen Hopkins of Rhode Island who, as John Adams put it, “kept us alive.” This witty Quaker entertained until midnight with his anecdotes, dissertations on history, and gems from Milton and Pope. Sharing these sessions with Hopkins as a fellow member of the Naval Committee, Adams recalled his memories of them as the most delightful of all his years in Congress.

Stephen Hopkins, nine times governor of Rhode Island, had little formal education. He read and studied by himself sufficiently to become a distinguished mathematician, a representative in the Provincial Assembly, chief justice of the colony, and the first chancellor of Rhode Island College (later Brown University). Called the country’s first abolitionist, he made strong efforts for legislation to free slaves in his colony and granted freedom to every slave he owned.

In full agreement with him on the slavery questions was his fellow Signer from Rhode Island, William Ellery, who worked hard to abolish slavery in the United States. Ellery was a lawyer and Harvard graduate. The British felt particular hostility toward him because of his active and outspoken patriotism. When he signed the Declaration, he pledged a large fortune, which he lost within a few months to the cause.

On the very day in December, 1776, that Washington crossed the Delaware, the British captured Ellery’s home town of Newport, Rhode Island, and occupied it for three years. He left Congress for a few weeks to participate in a scheme to drive the British from Newport, but the

effort failed. Through Congress, he did manage to relieve the distress of victims of the invasion. The British burned Ellery’s house and destroyed almost all of his property.

In the summer of 1777, the British began their campaign to separate New England from the other colonies. But British plans went awry. Their General Burgoyne became isolated in the northern Hudson Valley. General Washington called on “all New England to turn out and crush Burgoyne.” New England forces closed in, and the Indians assisting Burgoyne deserted him. The American victory at Saratoga, one of the greatest decisive battles of history, forced Burgoyne to surrender on October 17, 1777.

Signer William Whipple, a brigadier general in command of New Hampshire troops, was one of the commissioners who, on behalf of General Gates, arranged and signed the terms of Burgoyne’s capitulation. He was one of the officers chosen to guard the prisoners of war on the march to Winter Hill, near Boston.

General Whipple was a cool commander, a prosperous Portsmouth merchant, and an able seaman, all of which made him an extremely valuable member of Congress during these hazardous times. He had gone to sea as a cabin boy, which was considered necessary training for a successful merchant’s career. He worked his way up and retired from the sea as a captain at 29.

He commanded a detachment of New Hampshire troops on an expedition to Rhode Island. One morning, while having breakfast with his officers, General Whipple narrowly escaped serious injury. A British canon ball whizzed under the table, struck a brigade major, and shattered his leg so badly that it had to be amputated.



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**HOURS**

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

R I V E R D A L E  
**Public Library**

93 Newark Pompton Turnpike • Riverdale, New Jersey 07457  
 Phone: 973-835-5044 • Fax: 973-835-2175

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

**ADULT PROGRAMS**

*Jack the Ripper, Mystery of Mysteries* — Thurs., Oct. 1, 7:00 p.m.

*Conquer Clutter* — Wed., Oct. 14, 7:00 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. Presented by Linda Anders.

*Movie Night - San Andreas* — Wed., Oct. 21, 7:00 p.m. A skilled helicopter pilot races to save his ex-wife and estranged daughter after the San Andreas Fault gives way and produces an earthquake in California. A "high-octane thriller."  
 Rated PG-13; 114 min.

*The Organized Student* — Thurs., Oct. 22, 7:00 p.m. Linda Anders, professional organizer, provides tips and techniques to help students reach their potential. No more missed deadlines and lost homework! Parents and students grades 4-12 welcome.

*Spooky Stories, Snippets and Snacks* — Wed., Oct. 28, 7:00 p.m. It's back! Once again, the Riverdale Public Library staff will be serving up a Halloween treat for adults, featuring tales of terror, spooky poems and bewitching refreshments. It's a fun "ghouls" night out!

*Halloween Movie Marathon* — Fri., Oct. 30 Join us for classic horror movies from the 50's and 60's all day on our new 60" screen. Halloween-themed refreshments will be served. See our website for movie titles and show times.

**ADULT COMPUTER PROGRAMS**

*Getting Started with Ancestry Library* — Sat., Oct 10, 6:30-7:30 p.m. Through the generosity of the Friends of the Riverdale Library, Ancestry Library is now available to use in exploring your family's past. Attend this workshop to get tips on searching, record-keeping and printing.

*Excel* — Wed., Oct. 14, 6:00-7:30 p.m. Learn to create a simple worksheet. You will input data, create simple formulas and learn basic formatting and printing techniques.

*iPad and Tablet Users Group* — Fri., Oct. 16, 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.

**TWEEN PROGRAMS — GRADES 4-6**

*The Third Thursday - Halloween Science* — Thurs., Oct. 15, 4:00-5:00 p.m. Introducing a new once-a-month after school program for tweens in grades 4-8 that will alternate between science and art! This month we'll explore the wacky science behind our favorite sweet and scary things about Halloween.

*After School Craft* — Wed., Oct. 28, 4:00-5:00 p.m. Come to the library to make spider decorations and decorate your own canvas trick-or-treat tote bag!

**The 31 Days of Hallo-READ**

During this month-long reading program, from Thurs., Oct. 1 through Sat., Oct. 31, readers of all ages are encouraged to read at least 31 minutes a day, and if you visit the library once a week you'll receive a weekly prize! For even more fun, additional challenges can be tackled to win bigger prizes at the end of the month!

**INFANT & PRE-SCHOOL PROGRAMS**

*Storytimes run the week of September 14 through October 27.*

*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., 10:15-11:00 a.m. OR 1:30 - 2:15 p.m.

*Music & Movement: Let's Move!* — Wed., Oct. 14, 10:30 a.m. Calling all wigglers, gigglers, singers and dancers ages 2 and up! Join us for a special storytime involving even more singing and dancing!

**CHILDREN'S PROGRAMS — GRADES K-5**

*Registration Required for all programs.*

*After School Crafts: Owls!* — Wed., Oct. 7, 3:30-4:30 p.m. Come to the library to get crafty with all things owl-related!

*Paws to Read (formerly Puppy Pals)* — Wed., Oct. 14, 4:00-5:00 p.m. Independent readers can choose a book to read to Liberty and Justice, certified therapy dogs from Creature Comfort, while younger children can "read" a story by discussing the pictures.

*Lego Lab* — Wed., Oct. 21, 4-5 p.m. You bring your imagination and we'll supply the LEGOs plus a great story!

*Magic, Myths, & Monsters* — Wed., Oct. 22, 7:00 p.m. Come dressed in costume for this extra special evening magic show to gear up for the spookiest time of the year!

*Pumpkin Decorating* — Sat., Oct. 24, 11:00-12:00 p.m. Get deeper into the fall spirit by decorating your very own mini pumpkin! All ages are welcome! .

*Halloween Movie Day for Children* — Sat., Oct. 31 Family fare for fright fans. Join us for children's Halloween movies all day long! Visit our website or call the library for movie titles and show-times. Halloween-themed refreshments will be served.

**TEEN PROGRAMS — GRADES 6 AND UP**

*Black & White Party* — Thurs., Oct. 29, 6:00-7:30 p.m. Come dressed in your favorite black & white outfit or costume, fill in crossword puzzles to win prizes, chow down on classic black & white desserts, and enjoy a 1930s black and white classic film to get you into the Halloween spirit!

**MONTHLY**

**Friends of the Library Meeting** — Thurs., Oct. 15, 7:00 p.m.  
**Adult Book Discussion Group** — Mon., Oct. 26, 6:30-8:00 p.m.  
*Frankenstein* by Mary Shelley.

**MONTHLY**

**Photo Club** — Mon., Oct. 26, 6:30-8:00 p.m.  
**Gypsy Knitters** — Thursdays, 4:00-8:00 p.m.  
 Experienced knitters, bring a project and join in!

# RIVERDALE



## The 7th Annual Pet Adoption Day Sponsored by Mike's Feed Farm





# DAILY NEWS

## Riverdale Police Appreciation Day

**Monday, October 19 at 7:30 PM**  
**Riverdale Community Center**



**AND KEEP THEM INDEPENDENT!**

*There appears to be nationwide concerted attacks on our local police departments. We want to take some time to show appreciation to the Riverdale Police Department by the residents. Please join us this special evening.*

Looking for residents to come forward to and tell us how a policeman (Riverdale or another town's) has helped them or members of their families.

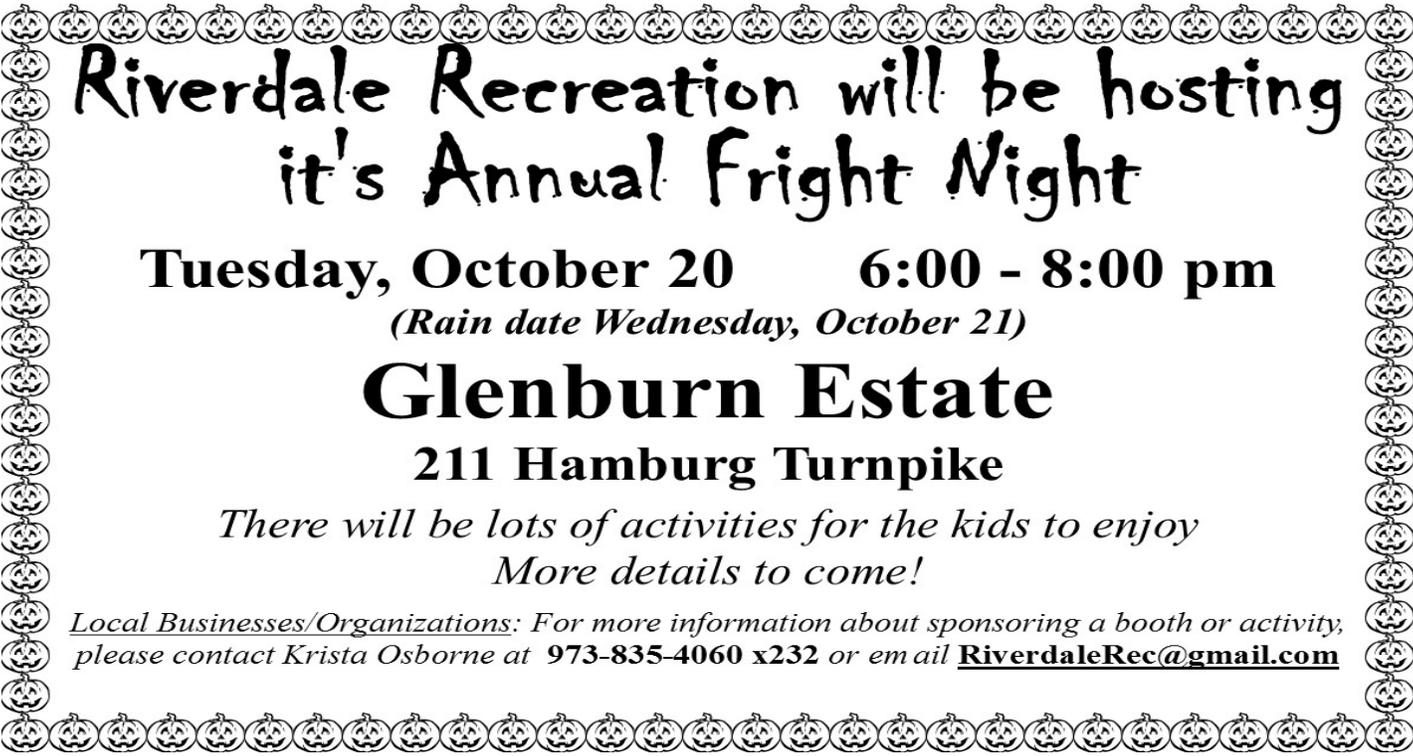
Please email me at [mayor@riverdalenj.gov](mailto:mayor@riverdalenj.gov) to let me know if you would like to take a minute or two to speak about our police officers.

We are expecting State Senator O'Toole and Congressman Frelinghuysen has indicated that he hopes to be here.

Council President Gary Mastrangelo is looking to implement a program being used by communities across the country.

To show your support for our Riverdale Police we would like to paint a Blue Star on your driveway's apron.

If you want to participate in this show of support, we are asking for a \$5.00 donation to the Riverdale Food Pantry. Send me your name, address and donation and someone will be placing a Blue Star on your driveway



## Riverdale Recreation will be hosting it's Annual Fright Night

**Tuesday, October 20      6:00 - 8:00 pm**

*(Rain date Wednesday, October 21)*

### **Glenburn Estate**

**211 Hamburg Turnpike**

*There will be lots of activities for the kids to enjoy  
More details to come!*

*Local Businesses/Organizations: For more information about sponsoring a booth or activity, please contact Krista Osborne at 973-835-4060 x232 or email [RiverdaleRec@gmail.com](mailto:RiverdaleRec@gmail.com)*



Krista Osborne, Director

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](mailto:RiverdaleRec@gmail.com)

## PAPER MILL PLAYHOUSE

### Discount Tickets

*"A Christmas Story, the Musical"*

Friday, December 4 at 7:00 PM \$47.80, orchestra level seats

**Deadline to purchase tickets 10/23**

call 973-835-4060 x232

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

## Pee Wee & Me Playtime!

Children ages 2yrs – 5yrs and their parent  
Riverdale School Kindergarten Playground

**Last session—October 10th**

**10:00 – 11:00 a.m.**

**weather permitting.**

Watch the Riverdale Recreation Facebook page  
for inclement weather updates

**Come out make some new friends!**



## 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**

## SENIOR WALKING CLUB

**Tuesdays, (September 9, 15, 22, 29, October 6 & 13)**

**9:30-10:30 AM**

Riverdale Community Center

6 week session No Cost Includes Free T-Shirt



**Riverdale Recreation is offering discounted tickets!!**

Email [Riverdalerec@gmail.com](mailto:Riverdalerec@gmail.com) for information on how to purchase these tickets online.

## Yoga

**\$10.00/class** (1/2 goes back to the Glenburn House)

**NEW NIGHT!!—WEDNESDAY**

**Starting 10/7 7:00-8:00pm at the Glenburn House**

*All levels welcome*

For more info contact [riverdalerec@gmail.com](mailto:riverdalerec@gmail.com)

## 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**

## 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

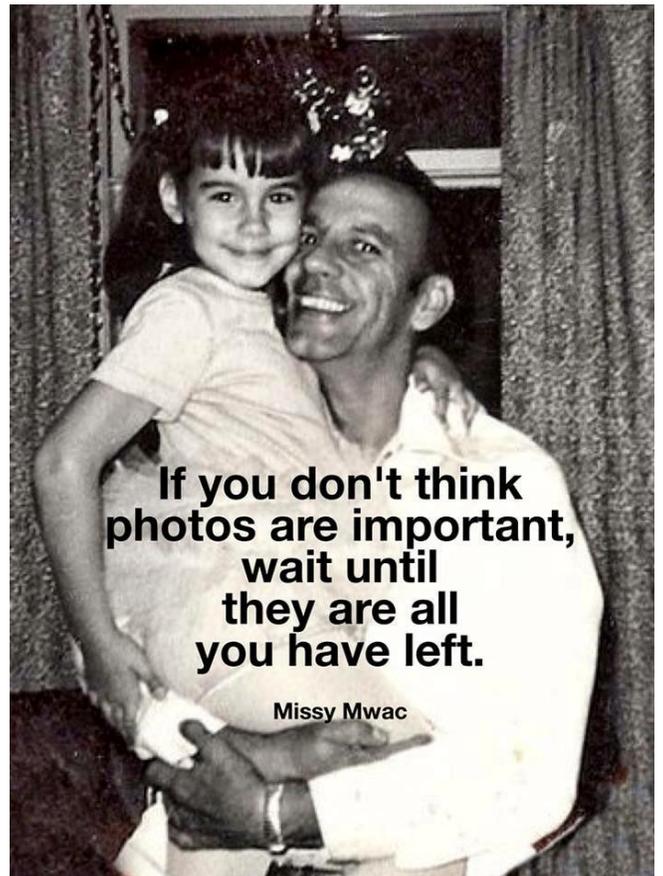
## Men's Basketball

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**



**If you don't think photos are important, wait until they are all you have left.**

Missy Mwac

## N.J.'s New Car Seat Law - Sept. 1



**Birth to Age 2:** Toddlers under 2 and 30 lbs. to remain in rear-facing car seats with a five-point harness. That means toddlers who are tall or have long legs must remain rear-facing until age 2 even if their knees are bent

and their feet are pressed against the back seat of the car.

**Ages 2 to 4:** A child under age 4 and 40 must remain in either a rear-facing or a forward-facing car seat with a five-point harness in the back seat of a vehicle.

**Ages 4 to 8:** Children must remain in car seat or a booster seat in the back seat of a vehicle until they are at least 8 years old or 57 inches tall. Once they reach that age or height, they can use the regular adult seat belts.

**Ages 8 and above:** A child age 8 and older can sit in a regular seat using a seat belt. However, NJ law does not specify when children over age 8 can move from the back seat to the front seat. The federal Centers for Disease Control and Prevention recommends children not sit in the front seat until age 12.

Fines for violating the new law range from \$50 to \$75. You can no longer get out of a ticket by claiming in court that you were following the manufacturer's weight and age recommendations.

## Remember This?



**Cardboard is Best.** If you can, avoid milk in clear plastic containers. When they are exposed to light for four hours, low-fat and nonfat milk lose 44% of vitamin A. Light can also affect the nutrients in juices, especially vitamin C. Avoid juices in clear containers.

**Who Knew?** To revive crushed carpet after moving a piece of furniture, place an ice cube on the spot. After it melts, the piles will raise.

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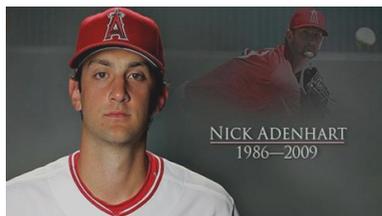
Leaf Blower  
Tune-up Time

## Athletes Who Died Too Soon

### Nicholas James "Nick" Adenhart

(August 24, 1986 – April 9, 2009)

Nick was an American right-handed baseball starting pitcher who played two seasons in Major League Baseball (MLB) for the Los Angeles Angels of Anaheim. In four career games, Adenhart pitched 18 innings and posted a win-loss record of 1–0, with nine strikeouts and a 6.00 earned run average (ERA).



A graduate of Williamsport High School, Adenhart was highly touted as a high school prospect until an injury in his final game required Tommy John surgery. He was drafted by the Angels in the 14th round

of the 2004 Major League Baseball Draft, and began playing in their minor league system after the surgery was a success. He spent three full seasons in the minor leagues before making his major league debut on May 1, 2008. After appearing in three games, Adenhart spent the rest of 2008 in the minor leagues developing his skills, and in 2009 he earned a spot in the Angels' starting rotation.

Just after pitching his first start of 2009, Adenhart was killed in a collision with a drunk driver. Both the Angels and the Salt Lake Bees, for whom Adenhart played in 2008, suspended their next games. There were many tributes to him over the course of the season, including his former teammates celebrating with him by spraying champagne and beer on one of his jerseys after they clinched the 2009 American League West division championship.



## Granpa's Old Fashioned Know How

### MAKING SMOKE WITH DRY ICE

You will need the following ingredients:

- 1 Part Dry Ice
- 2 Parts Water

Place the dry ice in a shop vacuum that will accommodate water and cover with water. Turn on the vacuum and aim the hose. If you use warm water the smoke will dissipate fairly fast.

#### DRY ICE CAN BE FUN, BUT USE WITH CAUTION

Dry ice is actually frozen carbon dioxide gas that has been turned into a solid by reducing the temperature to  $-110^{\circ}\text{F}$ . If you place the dry ice on your skin it will burn you. The "smoke" you see is actually carbon dioxide gas being slowly released.

**Bring Back Old Books.** Make your old, musty book smell like new with this simple trick. Sprinkle a half an inch of cat litter in the bottom of a container that has a lie, then seal the book inside for 12–24 hours. It will come out smelling like a book again.

## Influential Women Shirley Temple Black

April 23, 1928 – February 10, 2014) was an American film and television actress, singer, dancer, and public servant, most famous as Hollywood's number-one box-office star from 1935 through 1938. As an adult, she entered politics and became a diplomat, serving as United States Ambassador to Ghana and later to Czechoslovakia, and as Chief of Protocol of the United States.



Shirley Temple

Temple began her film career in 1932 at the age of three. In 1934, she found international fame in *Bright Eyes*, a feature film designed specifically for her talents. She received a special Juvenile Academy Award in February 1935 for her outstanding contribution as

a juvenile performer to motion pictures during 1934, and film hits such as *Curly Top* and *Heidi* followed year after year during the mid-to-late 1930s. Licensed merchandise that capitalized on her wholesome image included dolls, dishes, and clothing. Her box-office popularity waned as she reached adolescence.<sup>[1]</sup> She appeared in a few films of varying quality in her mid-to-late teens, and retired completely from films in 1950 at the age of 22. She was the top box-office draw in Hollywood for four years in a row (1935–38) in a *Motion Picture Herald* poll.

Temple returned to show business in 1958 with a two-season television anthology series of fairy tale adaptations. She made guest appearances on television shows in the early 1960s and filmed a sitcom pilot that was never released. She sat on the boards of corporations and organizations including The Walt Disney Company, Del Monte Foods and the National Wildlife Federation. She began her diplomatic career in 1969, with an appointment to represent the United States at a session of the United Nations General Assembly. In 1988, she published her autobiography, *Child Star*.

Temple was the recipient of numerous awards and honors, including the Kennedy Center Honors and a Screen Actors Guild Life Achievement Award. She ranks 18th on the American Film Institute's list of the greatest female American screen legends of all time.

## How To Fix A Small Dent In Your Car



Small dents and dings in your car are very annoying and can be expensive to repair. But here's a handy DIY trick to try before bringing your car into the auto body shop.

To get rid of a small dent in the back of his pick-up truck, this man takes a hair dryer to heat up the dent. Then he takes an air duster (the kind you find for a couple bucks at office supply stores) and turns it upside down, which causes it to blow out super cold air.

The heat from the hair dryer causes expansion, and the cold from the canned air causes contraction. It's this hot-cold effect that makes the dent pop right out. His car looks as good as new!



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

*Question on Page 6.* We have to solve the indeterminate equation  $344x=265y + 33$ . This is easy enough if you know how, but we cannot go into the matter here. Thus  $x$  is 252, and  $y$  is 327, so that if he buys 252 horses for \$344 apiece, and 327 cows for \$265 apiece, the horses will cost him in all \$33 more than the cows.

To make your short-haired cat's fur extra-shiny, rub it down with a piece of silk, velvet or chamois cloth.

**FREE MALL WALKER PROGRAM**

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

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*Krystin V.*

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## She Noticed Her Son Came Home From A Party With Odd Marks On His Arm. What Doctors Reveal The Cause?



If you have kids, chances are you have seen plenty of those big inflatable bounce houses at birthday parties or special gatherings. Up until now, you may have thought they were harmless fun, just a way for the kids to let out all that energy after eating a few too many slices of cake.

Turns out, bounce houses are a lot more dangerous than we ever imagined. Brenda Sanderson's 10-year-old son developed unexplained sores all across his body after jumping in a bounce house at a graduation party.

At first she thought it was nothing, but everything took a turn for the worse once they went to the doctor. Her worst nightmare had come true.

The marks on Sanderson's son were constantly growing and oozing, signs of a serous staph infection. The doctors confirmed it after a short examination and made sure that she was aware of the dangerous situation.

Staph infection can become deadly pretty quickly if not treated immediately and properly, Once the doctor learned that the boy had been playing in a bounce house, it was obvious.

"It is like a wrestling mat. Staph infections come from a gym or something that's not being washed or cleansed properly, will start to create a bacteria," said the doctor.

So before you rent a bounce house for your kid's next birthday, make sure to ask the company about their cleaning procedures. Or better yet, just forget it and buy the kid a trampoline – two birds with one stone!

## Amazing Animal Facts

**Striped Skunk** is well known under the cover of thick for producing a foul-smelling vegetation. They spend the day spray to ward off attackers. The in sheltered places, such as discharge, known as musk, is disused burrows. During the squirting in spray form or as a winter, skunks hibernate in their directed arc of dens, staying underground for between two to three months. Males occupy solitary dens, but several females may live together.



The skunk will spray only when it has exhausted all other defensive tactics. These include arching its back, holding its tail erect and stamping its feet. If these fail, the skunk will twist its body into a U-shape - so its head and tail are facing the attacker - and release its musk, which is sprayed out of two tiny apertures inside the anus.

Strip skunks are most active at night, foraging for food

Mating takes place in springtime, and litters of up to ten young are born in summer.

**Food:** Rodents, other small vertebrates, insects, fruit, grains and leaves. **Habitat:** Woods, grassland and desserts. **Size:** 11 - 12 inches; 1.5 to 5.5 lbs.. **Maturity:** 1 year. **Breeding:** One to ten born every summer. **Life span:** 6 years. **Distribution:** North America. **Status:** Common.

## Traditional Amish Remedy That Cures Many Diseases Including Cancer



This is a combination that has been used for centuries and there were many cases in which it was helpful for people suffering from asthma, impotence, cancer, arthritis, ulcers, colds, high blood pressure and other infectious. In addition, some people witnessed stabilization of cholesterol, lowering blood sugar level and strengthening of their immune system in general.

It is also has strong antiviral, antibacterial and anticancer properties. I believe that this traditional Amish remedy is one of the most powerful combinations of natural foods to fight illness, diseases and boost the immune system. Patients who consumed this drink in the morning, on an empty stomach, within two weeks had dramatically reduced high blood pressure and cholesterol.

*Here is the one dose recipe.*

### Ingredients:

- 1 tsp of raw organic apple cider vinegar.
- 1 tsp fresh lemon juice.
- 1 clove fresh garlic (grated).
- 1 knob fresh ginger (grated).
- 1 tsp raw organic honey.

### Preparation:

Add all ingredients in a blender and mix them well (or you can watch the How To video at the bottom). Keep the mixture in the refrigerator, but not more than 5 days.

### Directions:

Drink this Traditional Amish Remedy in the morning on an empty stomach. You can drink it up to three times a day.



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.

- The fastest way to make meatballs is to shape the meat mixture into a log and then cut off slices, which then rolls easily into balls.
- If your plastic storage containers smell of garlic or onions, wash thoroughly and stuff crumpled newspaper before snapping on the lid. In a few days, the smell will be gone.



# 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



**PUMPKIN.** The pumpkin in China, is a symbol of prosperity and health and is known as the “Emperor of the Garden”. Pumpkin received its name from the Greek work *pepon*, meaning “cooked in the sun”.

Intestinal parasitic worms have a strong dislike for pulverized Pumpkin seeds. Pumpkin seeds are effective when used as a treatment for tapeworm and round worm. It appears that the active principle is in the bitter and resinous envelope immediately encircling the embryo that is the most effective part in ridding the body of the intestinal worms. Pumpkin seeds can be eaten raw to be effective. Squash seeds are also helpful in eradicating intestinal parasites, but are not as effective as the Pumpkin seeds. Pumpkin seeds have revitalizing effect upon the prostate gland and acts as a stimulant to male hormone production.

Pumpkin seeds have a soothing effect in basic cystic inflammations resulting in irritating, scalding urination. The Pumpkin seed is a soothing diuretic and is effective as a treatment for an enlarged prostate. Pumpkin seeds have been known to be effective in alleviating nausea, motion sickness and are used as a “male” tonic.

Pumpkin seeds are a rich natural source of Zinc and Magnesium. Magnesium has been successfully used by French doctors in the treatment of enlarged prostate glands.

The use of Pumpkin seeds is partly due to a rare amino acid called myosin which is only found in seeds of certain Cucurbita species. Myosin, which is the primary protein constituent of nearly all muscles in the body is important in the chemistry of muscular contraction.

- ◆ With the use of parasiticides such as Pumpkin or other similar functioning herbs, by removing the cause of problems in the particular organs involved (with the removal of the parasite), normal function of the organ can be restored if there has not been permanent damage. Parasites can cause problems and symptoms in the liver as well as cause problems in the pancreas, if invaded there. They can retard function, for example: if the pancreas is invaded, insulin production possibly could be impaired causing a diabetic situation. Removing the cause will restore the organ to normal function, if there has not been permanent damage.
- ◆ As a nutrient, Pumpkin seed contains nearly 4 times more beta-carotene than carrots.
- ◆ Pumpkin seeds contain amino acids that are valuable to muscle action.
- ◆ Pumpkin seed is an excellent parasiticide.

*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).*



Animal Control Officer Lisa Perry:

## Four Pet Safety Tips for Fall

It's finally time to say goodbye to the dog days of summer and hello to a new season. But, as the leaves change colors and the weather starts

to get cooler, be aware that there are dangers for pets this time of year. Don't miss these four fall safety tips:

- ◆ Watch out for snakes: Fall is the time of year when snakes are prepping for hibernation and they're a little more ill-tempered during this period. Keep your dog on the trail during fall hikes and educate yourself about venomous snakes in your area.
- ◆ Protect pets from mushrooms: Autumn is the season for mushrooms! Although most varieties are harmless, some can be deadly. To be safe, it's best to keep pets away from all mushrooms while on walks or playing outdoors. Vomiting, diarrhea, lethargy, excessive drooling, and weakness are all signs of mushroom poisoning. Seek immediate veterinary care should your pet experience these symptoms.
- ◆ Consider upping your pet's food intake: When temperatures drop, it takes more energy to stay warm when exercising outdoors. Food generates body heat, so if your pet gets a lot of activity, you may want to consider a higher daily calorie allowance.
- ◆ Beware of rodenticides: When temperatures start to cool off, rodents often head indoors to find shelter, causing many people to use rodenticides to get rid of unwanted pests. Pet owners should use caution because these products are extremely dangerous to pets if ingested and can be deadly. Symptoms of rodenticide poisoning include lethargy, pale gums, vomiting, coughing, and unusual bleeding. Emergency veterinary care should be sought immediately if poisoning is suspected.

See more at: <http://blog.vetdepot.com/four-pet-safety-tips-for-fall#sthash.8dS8ejWd.dpuf>



## Healthy Halloween Snack Candy Corn Fruit Cocktail

Ingredients

- Pineapple, cut into bite sized chunks
- Oranges, cut into bite sized chunks
- Whipped cream
- Candy corn

Directions:

In a clear glass, layer pineapple, then oranges and top with whipped cream and a couple pieces of candy corn. Serve right away or refrigerate until ready to serve.

## Seventh Annual Mike's Feed Farm Multi-Agency Adoption Festival



On Sunday, September 27<sup>th</sup> Mike's Feed Farm hosted another successful adoption event. Hundreds of local animal lovers enjoyed the day's activities to support our local animal shelters. We will follow up next month with a full report on how many animals were adopted and how much money

was raised. For now, enjoy some of the pictures taken by Mayor William Budesheim. [See centerfold]

- The tradition of adding pranks into the Halloween mix started to turn ugly in the 1930's and a movement began to substitute practical jokes for kids going door to door collecting candy.
- The tradition of adding pranks into the Halloween mix started to turn ugly in the 1930's and a movement began to substitute practical jokes for kids going door to door collecting candy.

# Fire Chief Dan Sturm



One of the most important areas of safety in our neighborhoods is around the school bus. Not only is it crucial for keeping kids safe, it is also the law. Below is a quick refresher course on school bus safety 101 for drivers.

- School bus safety applies to all school vehicles used solely for the transportation of children to and from school, school activities, or summer day camps.
- You must stop not less than 25 feet from the bus when the bus has stopped to receive or drop off any passengers.
- Never pass or closely approach a school bus with flashing red lights.
- You must remain stationary until the flashing red lights have stopped blinking. This will signal that all children have entered the bus and are in their seats or have exited the bus and safely reached the side of the road. Even if you can't see the children crossing, if the red lights are on stay put!
- The state law requires all drivers to stop 25 feet away if travelling on any road, including a two lane road or multi-lane highway where the lanes are only separated by lines.
- If you are approaching a school bus on the opposite side of a raised median on a dual highway, slow down to 10 mph.

Remember, the fines for improper passing of a school bus range from \$102 to \$252, and could include up to 15 days in jail as well as a 30-day suspension of your driver's license, plus 5 points. Even more important, you are endangering the welfare of a child.

## Profound Things People Thought of In the Shower

- ✓ The object of golf is to play the least amount of golf.
- ✓ The sinking of the Titanic must have been a miracle to the lobsters in the kitchen.
- ✓ Now that cellphones are becoming more and more waterproof, pretty soon it will be okay to push people into pools again.
- ✓ Last night my friend asked to use a USB port to charge his cigarette, but I was using it to charge my book. The future is stupid.
- ✓ "Go to bed, you'll feel better in the morning" is the human version of "Did you turn it off and turn it on again?"
- ✓ In the future, imagine how many Go-Pros will be found in snow mountains containing the last moments of peoples' lives.
- ✓ Your shadow is a confirmation that light has traveled nearly 93 million miles unobstructed, only to be deprived of reaching the ground in the final few feet thanks to you.
- ✓ I have never once hit the space bar while watching a YouTube video with the intention of scrolling halfway down the page.
- ✓ Since smart watches can now read your pulse, there should be a feature that erases your browser history if your heart stops beating.

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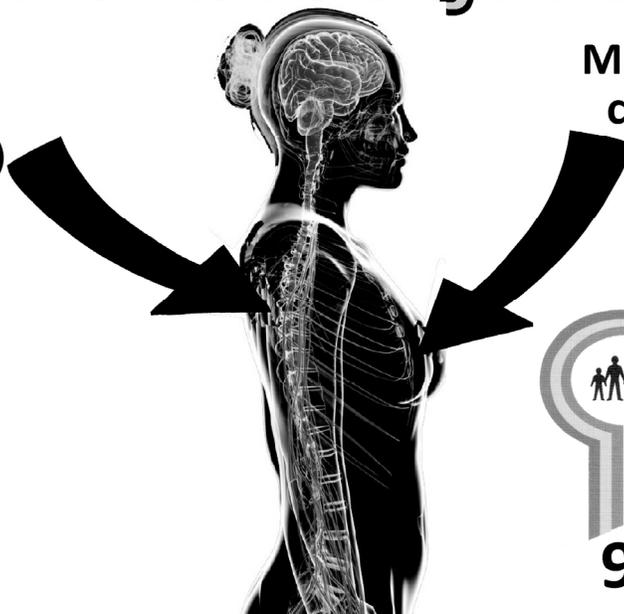
FB/DavidAvocadoWolfe

Halloween was brought to North America by immigrants from Europe who would celebrate the harvest around a bonfire, share ghost stories, sing, dance and tell fortunes.

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## This Might Save Someone's Life

WRITTEN BY A COP: This may save your life or a loved one's life. This is for you, and for you to share with your wife, your children, & everyone you know.

1. The elbow is the strongest point on your body. If you are close enough to use it, do!
2. If a robber asks for your wallet and/or purse, **DO NOT HAND IT TO HIM.** Toss it away from you....chances are that he is more interested in your wallet and/or purse than you, and he will go for the wallet/purse. **RUN LIKE MAD IN THE OTHER DIRECTION!**
3. If you are ever thrown into the trunk of a car, kick out the back tail lights and stick your arm out the hole and start waving like crazy. The driver won't see you, but everybody else will.
4. Women have a tendency to get into their cars after shopping, eating, working, etc., and just sit (doing their checkbook, or making a list, etc.) The predator will be watching you, and this is the perfect opportunity for him to get in on the passenger side, put a gun to your head, and tell you where to go. **AS SOON AS YOU GET INTO YOUR CAR, LOCK THE DOORS AND LEAVE.**  
If someone is in the car with a gun to your head **DO NOT DRIVE OFF**, repeat: **DO NOT DRIVE OFF!** Instead gun the engine and speed into anything, wrecking the car. Your Air Bag will save you. If the person is in the back seat they will get the worst of it. As soon as the car crashes bail out and run. It is better than having them find your body in a remote location.
5. When getting into your car in a parking lot or garage:  
A.) Be aware: look around you, look into your car, at the passenger side floor, and in the back seat.  
B.) If you are parked next to a big van, enter your car from the

passenger door. Most killers attack their victims by pulling them into their vans while the women attempt to get into their cars. C.) Look at the car parked on the driver's side of your vehicle, and the passenger side. If a male is sitting alone in the seat nearest your car, you may want to walk back into the mall, or work, and get a guard/policeman to walk you back out. **IT IS ALWAYS BETTER TO BE SAFE THAN SORRY.**

6. **ALWAYS** take the elevator instead of the stairs. (Stairwells are horrible places to be alone and the perfect crime spot.)
7. If the predator has a gun and you are not under his control, **ALWAYS RUN!** The predator will only hit you (a running target) 4 in 100 times; And even then, it most likely **WILL NOT** be a vital organ. **RUN**, Preferably in a zig-zag pattern!
8. Women always try to be sympathetic: **STOP.** It may get you raped, or killed. Ted Bundy, the serial killer, was a good-looking, well-educated man, who **ALWAYS** played on the sympathies of unsuspecting women. He walked with a cane, or a limp, and often asked "for help" into his vehicle or with his vehicle, which is when he abducted his next victim.
9. Another Safety Point: Someone just told me that her friend heard a crying baby on her porch the night before last, and she called the police because it was late and she thought it was weird. The police told her "Whatever you do, **DO NOT** open the door."  
The lady then said that it sounded like the baby had crawled near a window, and she was worried that it would crawl to the street and get run over. The policeman said, "We already have a unit on the way, whatever you do, **DO NOT** open the door." He told her that they think a serial killer has a baby's cry recorded and uses it to coax women out of their homes thinking that someone dropped off a baby. Please pass this on and **DO NOT** open the door for a crying baby — the Crying Baby theory was mentioned on America's Most Wanted when they profiled the serial killer in Louisiana.



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