



# Fyke Nature Association

## Winter Newsletter

Vol. 71 — No. 4 — 2024

[www.fykenature.org](http://www.fykenature.org)

### **Dues Notice**

#### **Prompt Payment Appreciated**

Fyke dues for September 1, 2024 to August 31, 2025 are due now. Annual dues are \$20 for an individual and \$25 for a family. You can pay online at [www.fykenature.org](http://www.fykenature.org), or by check to Fyke Nature Association mailed to Fyke Nature Association, Box 141, Ramsey, NJ 07446.

### **2024 Celery Farm Calendar Now Available**

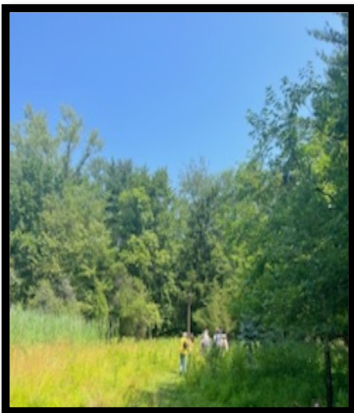
The 2024 Fyke Celery Farm Calendar is now available for purchase at the Lee Memorial Library, 500 W. Crescent Avenue, Allendale, NJ 07401. Your \$20 donation helps to support the Celery Farm maintenance work done by our volunteers.

### **Programs\***

Since mid-2015 Fyke's monthly speaker costs have been funded by a generous grant from the Winifred M. and George P. Pitkin Foundation.

***Friday, December 6, 2024 - Monthly Meeting, 8:00 PM, Allendale Municipal Building, 500 W. Crescent Ave., Allendale***

**A Social Get-Together Celebrating Fyke Members and Celery Farm Volunteers**



Are you a volunteer at the Celery Farm Nature Preserve? A longtime member? A new member? Then join us for a social evening as we come together to celebrate the dedication and passion of our incredible volunteers and members. During this in-person meeting, we'll enjoy light refreshments and conversation. Bring your questions, suggestions, nature-inspired poems, stories or art related to the preserve. It's a great opportunity to get to know one another. We look forward to seeing everyone and celebrating the heart and soul of our preserve—you!

**The Celery Farm**



**Friday, January 24, 2025 - Monthly Meeting, 8:00 PM via Zoom**  
**Plants of the NJ Meadowland's Losen Slote Creek Park, with Naturalist Mike Lefebvre**

The 28-acre Losen Slote Park is a botanical paradise filled with a rich variety of native trees and shrubs. It is because of these native plants that so many birds can be found in this wonderful woodland. Join naturalist Mike Lefebvre as he identifies the flora found in the park, one of the last remnant lowland forests in Bergen County.

Mike is a nature enthusiast who has led plant ID walks and talks for the Fyke Nature Association, NJ Audubon's Lorrimer Sanctuary, the Native Plant Society of NJ Bergen/Passaic Chapter, NJSEA, Ridgewood Wildscape Association, Friends of the Bonsal Preserve (Montclair), and the Friends of the NJ School of Conservation (Stokes State Forest). He authored the nature blog NJUrbanForest for several years.



**Mike Lefebvre**

**Events & Field Trips**

**Allendale Neighborhood Sustainability Initiative- November 9, 9:00 AM to 4:00 PM**  
**Be Part of the Allendale Green Team's Brand-New Neighborhood Sustainability Initiative: Recycle Your Fall Décor at Rohsler's**

Hey, Allendale, Ho-Ho-Kus, Waldwick, Saddle River, and Upper Saddle River: Save your fall décor from becoming trash. This year, you can recycle your "past their prime" pumpkins, gourds, mums, and cornstalks at Rohsler's Allendale Nursery, 100 Franklin Turnpike, in Allendale. The collection will be held from 9 a.m. to 4 p.m. on Saturday, November 9, 2024. (No straw bales, please.)

This important sustainability/composting project is an initiative of the Allendale Green Team in collaboration with Allendale Scouts, the Northern Highlands Regional High School Environmental Awareness Club, and Rohsler's Allendale Nursery.

As a special incentive, Rohsler's will be offering a coupon valued at up to \$20.00 to neighbors who support this composting initiative. Coupons will be valid through December 31, 2024. Call Rohsler's at (201) 327-3156 today or contact the Allendale Green Team at AllendaleGreenTeam@gmail.com for additional information. We'll see you at Rohsler's.

**Mt. Peter Hawk Watch- September 3 - November 15, 9:00 AM to 5:00 PM**

Get under the Atlantic Flyway this fall and witness the southbound spectacle of raptors and songbirds. Mount Peter has reserved a spot just for you with views of the Warwick Valley clear out to the Kittatinny Mountains and access to the best homemade ice cream in the Northeast. Best times: mid-September for Broad-wings, Osprey and Bald Eagles; or mid- October – November for Red-tails and Red-shoulders and, with luck, a Golden Eagle. The watch is located above the Creamery at the top of 17A between Greenwood Lake and Warwick, NY.

New counters/leaders are always welcome. If you are available to be responsible for the count on one of these dates and you are all interested, consider becoming part of our hawk watch family and contact Ken Witkowski.



### **State Line Hawk Watch- *September 3 - November 15, 2024, 9:00 AM to 4:00 PM***

Meet at the State Line lookout in Alpine, NJ. This site has easy access and parking. Here is a chance to look down at migrating hawks. From September through early November, volunteer observers record the migration of raptors from the lookout point, volunteer availability and weather conditions permitting.

### **Christmas Bird Count- *Saturday December 14, 2024***

Co-compilers Lisa and Rob Fanning.

The annual Ramsey Christmas Bird Count (CBC) will be held Saturday, December 14, 2024 as part of Audubon's 125th CBC. Eight separate team circles will combine to cover a 15-mile diameter circle centered on Lake Erskine, including all or part of Ramsey, Mahwah, Allendale, Wyckoff, Franklin Lakes, Oakland, Wayne, Pompton Lakes, Bloomingdale, Ringwood, West Milford, Greenwood Lake, Tuxedo, Hillburn, Sloatsburg and Suffern. Roundup will be virtual once again. We will be sending out information packets to the circle leaders in early November.

### **NJ Meadowlands Eagle Festival- *Sunday, January 12, 2025, 10:00 AM – 2:00 PM***

Meadowland Environmental Center, 2 DeKorte Park Plaza, Lyndhurst, N.J.

Celebrate all things eagles with eagle walks and talks, information on eagles, and more. Learn about the incredible comeback of these remarkable birds. Join this free special event!

**\*Snow date Sunday, January 19, 2025**

### **Hour on the Tower- *Every Sunday 8:00 AM to 9:00 AM at the Celery Farm***

Usually on the Pirie-Mayhood Tower platform.

Everyone is invited to join with the group of regulars who keep a list of every species of bird they can identify over the course of one hour. It's a good way to improve your birding skills and catch up on Celery Farm news. The location may shift between the Pirie-Mayhood Tower platform on the east side of Lake Appert and the Warden's Watch platform near the Franklin Turnpike parking area.

[Contact Gaby Schmitt](#) to find out where to meet up.



### **Self-Directed Exploration Open to Fyke Members North Harpersfield Property**

George Rand and Pamela Ryder invite Fyke members to visit 135 acres of forest, field, stream, and pond in upstate NY. Please see the website to download and print [essential information](#) you must read before your visit, including directions, contact numbers, release and waiver document, lodging, and area attractions, as well as a [map of the property](#)



### **The Big Sit! 2024**

**By Carol Flanagan**

Thanks to all the members of our team, the Celery Stalkers, who participated in our 30th Big Sit! on October 13, 2024. The Big Sit! is an event started by the New Haven Bird Club. The rules are simple, you sit inside a circle 17 feet in diameter for 24 hours and count all the bird species you see or hear. Our circle is centered at the Pirie-Mayhood Tower at the Celery Farm. Our total count this year was 57 species. We did not add any new species this year, so our cumulative total remains at 132 species.

### **Thank you to our Participants:**

Sue Dougherty, Tom Jaeger, Carl Krag, Mike Limatola, Doug Morel, Alan Pomerantz, Gaby Schmitt, Nick Sweatlock, Kevin Watson, Charley West

A big shout-out to Carl Krag, Doug Morel, and the other volunteers who pitched in to clear all the phragmites in front of the Pirie-Mayhood Tower at the Celery Farm Nature Preserve in time for the annual Big Sit.

**Species list:**

- |                          |                          |                        |
|--------------------------|--------------------------|------------------------|
| Double-crested Cormorant | Rock Pigeon              | Gray Catbird           |
| Great Blue Heron         | Mourning Dove            | European Starling      |
| Great Egret              | Belted Kingfisher        | American Pipit         |
| Turkey Vulture           | Red-bellied Woodpecker   | Yellow-rumped Warbler  |
| Black Vulture            | Yellow-bellied Sapsucker | Palm Warbler           |
| Canada Goose             | Downy Woodpecker         | Field Sparrow          |
| Wood Duck                | Hairy Woodpecker         | Song Sparrow           |
| American Black Duck      | Northern Flicker         | Swamp Sparrow          |
| Mallard                  | Eastern Phoebe           | White-throated Sparrow |
| Green-winged Teal        | Blue Jay                 | Dark-eyed Junco        |
| Osprey                   | Common Raven             | Northern Cardinal      |
| Bald Eagle               | American Crow            | Red-winged Blackbird   |
| Northern Harrier         | Black-capped Chickadee   | Common Grackle         |
| Sharp-shinned Hawk       | Tufted Titmouse          | Brown-headed Cowbird   |
| Cooper’s Hawk            | Carolina Wren            | Purple Finch           |
| Red-shouldered Hawk      | Winter Wren              | House Finch            |
| Red-tailed Hawk          | Golden-crowned Kinglet   | American Goldfinch     |
| Merlin                   | Ruby-crowned Kinglet     | Pine Siskin            |
| Killdeer                 | American Robin           | House Sparrow          |



**Field and Feeder Notes**

**By Judith Cinquina**

*The Dickcissel has the longest migration of any of the sparrowlike birds of the Great Plains, largely wintering in the grasslands and grainfields of the Venezuelan Llanos. Not only must the birds undertake this arduous migration twice a year, but they also are subjected to constant harassment by agricultural interests in the rice and sorghum-growing areas of Venezuela, where they spend nearly eight months of each year. Uncounted numbers are purposely exposed to aerial-sprayed pesticides during this period, causing unknown rates of mortality and morbidity.*

Johnsgard, Paul A, Prairie Birds, 2001 University Press of Kansas



**Dickcissel, John Coyle**

A Dickcissel turned up at DeKorte Park in Lyndhurst in early August and was seen by many birders through September 28 when John Coyle found it perched on the fence that surrounds the electric towers near the Eternal Flame along Disposal Road. John described it as “larger than the Savannah Sparrows it was associating with. Brown backed, with a thick conical bill...yellow on its breast, slight yellow eyebrow and yellow moustache.” A first winter bird, John noted streaking on its breast. Female and immature Dickcissels can easily be mistaken for female House Sparrows. Not only are they about the same size, Dickcissels prefer to hang out with House Sparrows and enjoy similar foods, primarily seeds. The first Dickcissel I ever saw was associating with

House Sparrows below Stiles Thomas' Allendale feeders, across from the Celery Farm (CF), January 5, 1993. It, too, was an immature bird. Nomads, they nest wherever and whenever they find enough food and suitable grasslands, primarily on the western prairies. But during the nineteenth century, they were common breeders in agricultural grasslands of eastern North America from New England through South Carolina, including New Jersey. Charles Leck, in his Status and Distribution of NJ's Birds, 1984, states that their last NJ nest was found in 1880. John Workman was the first to report a Dickcissel at the CF, September 22, 2006, an adult in flight, emitting its unique, buzzy zeet call. Others turned up during fall migration in 2008, 2018 and 2021, all single birds. On their wintering grounds in Venezuela, they form huge foraging and roosting flocks, frequently exceeding a million individuals. Thomas Mowbray, in "Dickcissel, A Prairie Nomad," *Birding* Jan/Feb 2006, describes the flocks as "extraordinary—often visible at distances of greater than five kilometers (over 3 miles), resembling large clouds of smoke on the horizon."

Connecticut Warblers are secretive and a special treat when one deigns to show itself. Brian Kenney was rewarded with a sighting at Closter Nature Center, September 24. It appeared in the phragmites along a stream, keeping company with N. Parula, Am. Redstart, and Chestnut-sided warblers. Brian noted its yellow breast, gray hood, and white eyerings. It's a chunky warbler who prefers to forage on the ground, hidden beneath the wet weeds along edges of streams and ponds and marshes. Both Daniel Carola and John Coyle reported two Golden Plovers in DeKorte's Shorebird Pool opposite the main parking lot, October 7. More slender than Black-bellied Plovers and Killdeer but about the same size, they breed up north on the grassy tundra. At one time, their migrant flights darkened the skies. To sustain their migration to S. America each fall, they take on fat for fuel and become butter balls. Fat and juicy, they once were considered a great delicacy, but market hunting decimated their population. On one day in 1861, 48,000 were shot near New Orleans, according to the Birder's Handbook, 1988. It wasn't until 1918 that the Migratory Bird Treaty was passed that the plover population began to increase. Recently, Golem Plovers have declined again and are now considered rare in NJ.

An impressive 120 Yellow-rumped Warblers were counted by the CF's Hour on the Tower crew, October 6. Julie McCall, however, wrote that the warblers were "upstaged by a Great Blue Heron drama that was very nearly a horrible tale." She continued, "The Great Blue Heron got stuck in the water within a stone's throw of Warden's Watch, and though we couldn't be certain, a snapping turtle may have been the cause." After a few minutes, the heron did manage to escape and was back hunting for breakfast from a small log in the water. The crew also spotted a Blue-headed Vireo, Brown Creepers, and a Yellow-bellied Sapsucker, among others, not a bad haul for one hour. On October 3, Julie walked the CF and managed to bag six woodpecker species, including a Yellow-bellied Sapsucker, 7 Red-bellied, 12 Downy, 4 Hairy, 7 N. Flicker, and a Pileated. Four days later, Brian Kenney also spotted six woodpecker species at the State Line Lookout on the Palisades. His list included an immature Red-headed along with a Yellow-bellied Sapsucker, but he missed a Downy.

Neil MacLennan found the Pied-billed Grebe reported by Jim Wright at the CF, October 1. A bit later, he encountered Fred Weber looking through his scope at an American Pipit. Honey-colored and Titmouse-sized with bobbing tail end, the bird was on Lake Appert mudflats. The number increased to five, four days later, according to Julie. Pipits breed far north of us on the tundra. Primarily fall migrants, they pass through NJ in September-October and may linger into November when flocks can turn up on a ballfield, golf course, sandy beach, or farm field, hunting insects, seeds and worms as they bob and wander over the ground. Maryann Fahey had the distinct honor of making the Rare Bird Alert (RBA) twice, first for an early Ruby-crowned Kinglet in her Township of Washington yard, August 30 and later for a late Ruby-throated Hummingbird feeding on her canna, zinnia and butterfly bush, October 4. A gorgeous male Hooded Warbler, his coal black hood framing his bright yellow face, bathed in my Upper Saddle River birdbath, September 20. I was surprised that he also made the RBA. Evidently, they rarely are encountered during migration, but I've had them pass through my yard before. Perhaps they come through from nearby Harriman Park.

A very pathetic Common Nighthawk migration was observed around the Fyke area this August through September. There were around half a dozen reports on eBird, but most were of single birds. The largest number seen was nine on September 23 by Loren Anderson in Oakland. She also reported six others on September 1. Compare that with the 420 that streamed over and around the CF, September 5, 2006, with some joining the swallows over Lake Appert. I miss the surprise of them over Lake Appert or any body of water, drunkenly

hawking insects, tipping and veering here and there on long, pointed wings, the white bars at the bases of their primaries glistening in the sun.

Fifteen Bobolinks flew over DeKorte, August 23, according to John Coyle. They do like to feed and roost in phragmites and weedy fields that DeKorte offers. Brian Kenney spotted singles over Overpeck County Park and the CF in August. By August, they have discarded their breeding coats, and all resemble large, yellow-buff sparrows, forming huge flocks in preparation for their journey to South America. If you would like to see them in great numbers, Liberty Loop or Winding Waters at the Wallkill National Wildlife Refuge is the place to be in mid-August. Bobolinks overwinter from Brazil to Argentina and return to us in early May. Brown Creepers resemble pieces of tree bark and have the habit of circling up the trunks of trees. The Hour on the Tower crew counted three of them at the CF, October 6. That same day, Brian spotted one at the Valley Brook Golf Club. Doug Morel had singles at Halifax in Mahwah, on the 11<sup>th</sup> and Westwood, on the 13<sup>th</sup>. The 14<sup>th</sup> brought one to my Upper Saddle River birdbath. I had never watched a Creeper bathe before. What a pretty little thing it can be when it discards its bark disguise and reveals its bright rusty tail and buffy wingbands.

On September 1, a Wood Thrush became as aggressive as Robins sometimes are. The brightly plumaged thrush was in the birdbath when a second thrush with muted reddish back and pale black spots approached a lower water dish. The first thrush dove at the newcomer, presented its feet threateningly. They tumbled around briefly, and the newcomer retreated. A bit later, a third thrush appeared and was as brightly plumaged as the first. It accessed the bath without any reaction or threat from the first thrush, who remained perched nearby. For a brief few seconds, all three were around the bath area, but the paler thrush disappeared and never bathed. The second thrush was probably another male challenging the resident. I often heard them squabbling out back as night fell. The third thrush was probably the aggressive male's mate.

Dana Anello photographed a female/immature Purple Finch at the CF, October 4 and posted the photo requesting a confirmation on our Fyke site. Rob Fanning replied, "Yes indeed! According to the winter finch forecast just released, it's supposed to be a good fall/winter for them. CF is one of the best places to see them." Another Purple Finch, this time a male, visited Betty McDonnell's feeder in Mahwah, October 16. The next day, a few female/immature Purples were spotted at Ringwood Manor feeding on berries, and others flew over the park emitting their cricket-like pik calls. Look for them at your feeders, perhaps mingling with the House Finches. It's easy to recognize the female or immature with their wide, off-white eyebrow, which House Finches don't have. Adult males are brown with a raspberry wash over their entire body, and a habit of raising their crown feathers. The adult House Finch male has a reddish face and upper chest but a brown back and brown stripes on his lower chest and belly. If you happen to see a female Purple singing, be aware that Purple young don't get adult plumage until their second year, so young males and young females look alike, and only the males sing.



**Purple Finch, Dana Anello**

When you're buying bird seed, keep in mind that finches and most of our backyard birds prefer black oil sunflower seed. Please keep your feeders clean and share with all of us what you find in your yard or in the field at [fykenature@groups.io](mailto:fykenature@groups.io) where many of the reports for this column originated, or send your observations to me at [judycinq@optonline.net](mailto:judycinq@optonline.net).



## Where to Find Birds

Crossbills feed atop the spruces-  
Lawan and lakes are good for Gooses.

Peeps and Pipers on the beaches-  
Rails and Limpkins feed on leeches.

Larids root in smelly dumps-  
Hemlocks harbor Yellow Rumps.

Insects draw both Swifts and Swallows-  
Brant on high their leaders follow.

Flycatchers too like buggy places-  
Dippers bathe where water races.

Hawks and Eagles soar the ridges-  
Phoebes nest beneath the bridges.

Woodpeckers favors all trees rotten-  
Bob White Quail prefer high cotton.

Grebes and Coots with toes that widen-  
Take to phrags to do their hide'n.

## By Charley West

Grouse and Turkeys gallinaceous-  
Like their woods with open spaces.

Jays and Crows and Corvid choices-  
Listen for their raucous voices

Coops and Sharps with wing-tips round-  
Hunt where L-B-Js abound.

Thermals draws the Vultures kettles-  
Hummers search the flower petals.

Trunks are where Brown Creepers sup-  
They start down low and spiral up.

Nuthatches take a different tack-  
They scamper down to find a snack.

Waders feast in shallow water-  
Fish and frogs had better stay out'r.

Warblers take some special care-  
They can be most anywhere.

The Cuckoo's song is sometimes terse-  
Excepting when it is set to verse.



## Website Notes

## By Tom Mitchell

New information has been compiled about the farming history of the Celery Farm to supplement the history webpage contributed by Jim Wright from his book *In The Presence Of Nature*. The new page on [Farming Remnants](#) points out things that remain that you can see today as you walk around Lake Appert with descriptions of what was once there. The page dedicated to the [Bajor Farm](#) now includes many family details provided by the granddaughters of John and Bertha Bajor who worked on the Appert farm before purchasing a part of it. And there's a new page of [Historical Photos](#) including aerial photos and some contemporary photos of farming remnants.

The Fyke 2025 calendar has been added to the website collection of Fyke calendars with the cover displayed to everyone. Until next January the inside photos are only available to members with current year dues records. You can view it [here](#).

Information on the availability of Celery Farm merchandise has been added in response to a request from a member. You can view it [here](#).

There are now 101 individual web pages on our website and a large number of PDF documents. I'd like to think that over time this will develop into a kind of library archive of all things Fyke.

The Annual Bird Checklist page now has a link to a calendar that you can consult to see when birds were first seen. The calendar displays the bird species first seen on each date of the month in that year. You can view the calendar [here](#).

Every species in the Celery Farm bird list form now has a link to the Cornell Lab website entry for that species to assist in making identifications. You can view the list with the links [here](#).

The count of first-of-year sightings recorded on the website reached 163 as of the end of September with four people having individual totals over 100. Last year two species were added in October, one in November, and none in December, so it is likely that the total for 2024 will be only a few more. You can view the overall report [here](#).

The [Pollinator Meadow](#) and [Native Plant Garden](#) pages have been updated.

There's a button now to get a hint if you need it in the [Celery Farm Wordsle](#) game.

Note that the [Suggestion Box](#) provides a way for any member to be heard by the Fyke Board if there is an issue you want to raise anonymously. Any submissions get presented for discussion at the monthly Fyke Board meetings.

The digital archive of Fyke Nature Association documents has been expanded to include the minutes of Fyke Board meetings from January, 2018 to the present.

## **Frost Warning**

**By Tom Mitchell**

When the juncos appear beneath the feeders  
We know that winter is not far behind  
Chasing them here and chasing us south  
To where the insect eaters have flown

The white-throated sparrows arrived first  
Scuffling in the leaf litter for food  
Songsters out of season whistling sweetly  
Slow high notes easily recognizable

When the lakes further north freeze over  
The ducks there will be pushed this way  
Seeking open water whether to dabble or dive  
Welcomed when work bound us to this place

The seed eaters staying year round  
The ones you fondly call the loyal birds  
Who reliably entertain us at our feeders  
Appreciated more in the absence of others



Chickadees and titmice and cardinals  
Nuthatches and woodpeckers three  
Bluejays with their cache of acorns  
Waiting for us to appear every day

To provide a bounty of sunflower seeds  
To replenish the high energy suet cakes  
To keep the water fresh in the birdbath  
Making their life a little easier

The leaves are lovely before they fall  
Exposing the bare branch skeletons  
Naked waiting out the long cold months  
While we travel where it is green

When we depart the birds move nearby  
Being resourceful finding food  
And when we return in the spring  
It takes a few days until they come back

Soon enough the feeders get busy again  
Increasing activity as nesting season begins  
Intensity peaking as the fledglings emerge  
Chasing their parents begging for more

Marking another trip around the sun for us  
And everything alive on this earth  
Witness to the cycle of life evolving  
Contending with climate change



### **Welcome New Members**

Steven Albert, Fair Lawn  
Christina Androski, Ramsey  
Brian Atchue and Family, Waldwick  
Nina Chazen, Mahwah  
James Lignal, Garfield  
Emily Stevinson and Family, Waldwick

**Fyke Board of Trustees:**

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 First Vice President: Gabriele Schmitt  
 Second Vice President: Sue Dougherty  
 Treasurer: Kurt Muenz  
 Recording Secretary: Gloria Antaramian  
 Corresponding Secretary: Mimi Brauch  
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 Gabriele Schmitt  
 Jim Wright  
 Conservation: Gabriele Schmitt  
 Programs: Monica Cardoza  
 Newsletter: Crista Trippodi Murphy  
 Publicity: Mike Lefebvre  
 Website Content: Tom Mitchell  
 Kevin Watson  
 Hawk Watch: Ken Witkowski


**The Fyke Nature Association**, a 501 (c) (3) organization, meets eight times a year.

These are the meeting dates for 2025. All meetings are on Fridays.

January 24, 2025	July – no meeting
February 28, 2025	August – no meeting
March 28, 2025	September 26, 2025
April 25, 2025	October 24, 2025
May 16, 2025	November – no meeting
June – no meeting	December 5, 2025

Meetings and membership are open to all. Annual dues: \$20 for an individual and \$25 for a family. For further information, write to Box 141, Ramsey, NJ 07446, visit our website [www.fykenature.org](http://www.fykenature.org), or contact Mike Limatola, President, [mike.limatola@gmail.com](mailto:mike.limatola@gmail.com).

The Fyke Nature Association Newsletter is published four times a year and manuscripts, artwork, news, features, articles on wildlife observation, conservation issues, book reviews, field notes, and humorous first-person bird/nature related stories are welcome. All submissions are gratefully appreciated!



**The deadline for the Spring 2025 issue is January 17, 2025.** Send material via e-mail to [crista430@gmail.com](mailto:crista430@gmail.com) or Box 141, Ramsey, NJ 07446