

Midterm Time Leaving You Stressed?

By SAMANTHA ULLRICH
Staff Writer

Midterms are right around the corner, and for some, this simply indicates that the semester is halfway over! But for others, it means having no social life because the library has sucked them in until the very last minute that it's open.

It comes as no surprise that midterms are stressful. Stress is defined as a response to a demand that is placed upon you, according to the University Health Center. Stress is not completely negative: actually, without stress, some people wouldn't get a lot done. The symptoms of stress, such as lack of sleep and appetite, headaches, anxiety, and even high blood pressure, negatively affect your well-being. However, stress becomes a serious health risk when these short-term negative effects become long-term.

If you feel like stress has completely taken over your life, please see a professional. For those experiencing stress from midterms, these tips are here to help you alleviate as much stress as possible.

Your diet plays a big role in dealing with stress. Stress depletes your energy and immune system, so the foods you eat should provide enough energy and nutrients to keep you healthy during these stressful periods. The University Health Center recommends carbohydrates, protein, fat, vitamins and minerals, all which are important for energy, mental concentration, and emotional stability. An example of a nutritious and energizing breakfast or snack is a banana and peanut butter.

Most of us have experienced those sleepless nights when we just can't seem to shut our brain off. This is the result of anxiety, ultimately caused by stress. College students should be sleeping at least seven to eight hours a night, but we as college students know more than anyone that just doesn't seem to happen enough. Sleep restores our energy, helps strengthen our immune system, helps us concentrate better, improves our memory, and keeps us in a better mood. Getting into a routine, or taking a hot shower and reading a book in bed can help you relax your muscles and brain after a busy day.

Time management is a skill that will not only help you throughout midterm week, but in many more of your future endeavors. Write things down in order of importance, plan out when these things will get done, cross them off, and most importantly, unplug yourself from the tempting world of social networks!

Managing your time will help you accomplish more throughout your day, and once a task is completed, you'll have that load off your back. The easiest way to successfully manage your time is to write down the tasks you need to get done. Seeing a list on paper makes these tasks more feasible.

Exercise creates endorphins which stimulate the "feel good" chemicals in the brain. Taking a break between studying or writing papers to go for a run or for a bike ride can help you feel better and think more clearly. While you exercise, focus on the movements of your body rather than what else your day has planned. Midterms will always be a stressful time in the semester, but hopefully these tips can help manage that stress so it doesn't control your life. My number one tip: take things one at a time.

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Jersey Produce Stand Survives Fire, Stays Open for Business



photo by Keri Flaccomio

An Oct. 8 fire damaged most of the interior and some of the exterior of local produce and garden store Basket Produce.

By KERI FLACCOMIO
Managing Editor

Farmers markets come and go in New Jersey, but one old-fashioned roadside stand on the corner of Paramus Road and Ridgewood Avenue in Paramus is here to stay.

Basket Produce Inc., a business that represents Jersey culture and community, remains open for business after suffering damage from a fire earlier this month.

Owner Ed Mitchell said the support of local customers in the height of the fall season has kept business from suffering.

"It was kind of right in, the throes of a busy time and ... right after the fire it was in *The Record* and it actually helped us out quite a bit and we got really busy ... so we got through that and ... we slowly have been kind of trying to restore order," Mitchell said. "We still actually don't have power or telephones, so it's kind of been an inconvenience, but I mean things could be a lot worse ... nobody got hurt and that's the main thing."

Fire causes damage

The fire at Basket Produce started on Friday, Oct. 8 around 3 a.m. Neighbors called Mitchell, who lives down the street, to alert him that the store was ablaze.

Mitchell commended the Paramus Volunteer Fire Department for arriving on the scene without delay and quickly getting the fire under control without disturbing the rest of the property. "It seems like they surgically put this fire out," he said.

While little to no damage is visible from the outside, the building sits boarded up, its interior charred. The colorful exterior and blackened interior join under an overhang at the front of the store, where a cash register drawer sits open, filled with leaves and murky water.

Officials are not sure what caused the blaze yet, but suspect that either an electrical malfunction or a can of paint thinner is to blame. Mitchell suspects the building's original owners might have overlooked proper cabling codes, and said that the combination of old wiring with modern devices such as credit card machines and printers created "a little bit of an electrical nightmare."

Insurance inspectors haven't found much in the area where the fire originated, but Mitchell said there were table skirts that could have caught sparks from nearby electrical units.

Despite the damage, Basket Produce has managed to continue serving its customers without missing a day of business.

"The fire happened at 3:00 and we were open at 8:00 that morning — it was pretty amazing," Mitchell said. "We actually had a tractor trailer delivery that morning at 8 and ... the detectives and the fire people ... turned it over to us and we were just kind of in shock, and then all of a sudden tractor trailers rolled up and we were like, 'Okay, let's go!' ... which was funny because after I unloaded the trailer I didn't have a pen to sign the bill ... It was like starting from scratch again ... in some ways."

While some customers have been unable to complete their shopping in the absence of credit card machines, others have walked to the TD Bank directly across Paramus Road to withdraw cash for purchases.

About the fire affecting business, Mitchell said "it has, but it hasn't at the same time," because there are still a lot of people coming in, but there are no indoor items — roses, produce, seasonal decorations — for them to buy.

Local store produces a history

The popular roadside stand originally opened in 1948 as Romeo's Garden Center, and later became Basket Produce Inc. in 1970.

Mitchell, now 38, grew up down the street from the store and started working there as a sweep-up kid and a fill-in Easter Bunny at the age of 11. He took ownership of Basket Produce in 1995 and now runs the business seven days a week, opening in March and closing up for the winter on Dec. 24.

The store sells seasonal items such as flowers, produce, bushes, mulch, 5,000 to 10,000 pumpkins per year, Christmas trees and wreaths. During the summer, the fresh Jersey corn and tomatoes delivered daily from local farmers are hot items. In the fall, mums and pumpkins painted with faces and sports team logos — especially those of the Yankees and the Giants — are best sellers.

Many local residents are repeat customers who buy gifts and seasonal decorations from the store, which they simply refer to as "Eddie's."

Paramus resident Cathy Miele first started shopping at the store when Mitchell was in college, buying fresh Jersey corn and tomatoes for cooking, flower pieces for the cemetery, potted plants for party centerpieces and cut flowers for gifts, all at reasonable prices.

Miele said the stand is representative of New Jersey culture because all of the products are local. "Local produce, the corn is from New Jersey, the tomatoes are from New Jersey ... and then the plants are from other local nurseries so that they are ... maintaining the businesses in the area ... because he's buying locally too, and so are we," she said.

see MARKET on page 5

To All Ramapo Students!

TRILLIUM, Ramapo's literary magazine, has been written, designed, and published by Ramapo's students for over 30 years and is now accepting submissions for its 2011 edition. Join that long tradition and submit your writing to *TRILLIUM*!

WE NEED:

Writing: POETRY, FICTION, and CREATIVE NON-FICTION

Visual art: PHOTOGRAPHY, PAINTINGS, ILLUSTRATIONS, COMICS, DRAWINGS, SKETCHES, EVEN SCULPTURE! (Please send *photographs* of your sculpture!).

TO BE CONSIDERED FOR *TRILLIUM*, WORK MUST BE SUBMITTED BY February 1, 2011.

Submission Guidelines: *Trillium* follows a policy of blind submissions. Authors should submit blind copies of any manuscript; their names should not appear anywhere on the submissions except on the cover page. Manuscripts *must be* accompanied by a cover letter containing the author's name, email address, and the title of the submission(s). Inquiries are welcome. Send all editorial correspondence to: eshannon@ramapo.edu

Submit your best work only. Submit no more than five (5) poems, five (5) visual images, or three (3) works of prose. Editors will only consider the first 5 submissions.

Submitting written work:

Written work can be submitted to trillium@ramapo.edu
OR dropped off at the AIS office (B213).

Submitting VISUAL ART:

When submitting ARTWORK, please do not submit your only copy. Submit visual art on a DISC. Save as "TIFF" or other "high resolution" files. **PLEASE DO NOT EMAIL VISUAL ART; our email account cannot handle the document size. Instead, drop off COPIES of your work to the secretaries at the AIS office (B213).**

See past issues of Trillium here:

<http://phobos.ramapo.edu/majors/literature/homeStudentActivitiesPublications.htm>

HALLOWEEN

MISCHIEF NIGHT COSTUME PARTY

SATURDAY, OCTOBER 30

Party starts 6 pm • First Race 7 pm • Clubhouse West Bar

**FREE LIGHT SNACKS & CANDY!
GET MORE USE OUT OF YOUR COSTUME!**

- FREE admission to guests in costume
- Costume contest for cash prizes
- Live DJ
- Drink & Beer Specials* featuring Captain Morgan with a special on-site appearance by the Captain & the sexy Morganettes (*must be 21 & older to drink alcohol)
- Wii Rock Band, Pong, Hot Shot Basketball & air hockey games
- FREE handicapping contest with cash prizes
- Handicapping tips, group Pick 4 ticket, and driver meet-n-greet
- Party open to those 18 years & older



Farmers Market Back in Business After Fire

continued from page 4

Owner regains business

After recovering from the initial shock of the Columbus-Day-weekend fire, store employees are working to get back on track.

Currently, Mitchell is operating business out of a trailer on the property, which he says is "really cool," but "doesn't really have the country charm."

The total cost of the damage has yet to be determined. Town officials must continue to examine the building and decide what parts are salvageable before restoration plans can be made.

Plans for rebuilding and renovating the store — a historically preserved building in Bergen County — have to go through Mitchell's landlord and town officials.

Mitchell suspects the town might want the property leveled and the store moved further away from the road, as it was years ago before the roads were widened.

"We close up after Christmas, so I'm hoping, you know, that we can either which way get it ironed out over the winter time when we're not open," Mitchell said. "We're kind of, like, just taking the punches and dealing with it as it unfolds ... We were lucky in a lot of ways really."

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