

Riverdale News & Events

Vol. 7 No. 6

A Monthly published by the Riverdale Mayor and Council

www.RiverdaleNJ.gov



Brownie Troop 94283 worked on their Snack Badge! They learned about healthy and unhealthy food choices as well as how to stay safe in the kitchen. With lots of hands-on cooking experience from their meeting, each of the girls was able to go home and make a healthy snack for their families and friends. They ended their snack journey with a trip to GLOBAL GOODIES.



Juliette Gordon Low (r), founder of Girl Scouts of the USA.



Troop 658 celebrating Girl Scouts' 100th Anniversary



The Girl Guides story began in 1908, when army general Lord Baden-Powell (pictured with his wife, Olave) founded the Boy Scouts. In 1910, Powell decided that girls should have an organisation of their own, and asked his sister, Agnes Baden-Powell, to head the movement.

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The Annual Booksale

Friday, March 23 4 to 8 PM
Saturday, March 24 10 to 4 PM
Sunday, March 25 11 AM to 2 PM
Riverdale Community Center, 57 Loy Ave

Thousands of books ranging in price of 50¢ to \$2.00



Announcements



Happy 14th Birthday to **Kevin Miller** on March 11. We love you very much! Love, Mom, Ron, R.J., Matthew and Kevin T.

Happy Birthday, **Paul Carelli**, on March 25.

Love, June, Michael, Tommy, Samantha, and Treat & Magic, too!

Happy Birthday to **Annemarie Budesheim** on March 4. Love, Mom, Dad and the whole family.

Happy 16th Birthday, **Jennifer Pezzuti**, on March 17. Love, Mom, Dad and Jack.

Happy Birthday to **Dennis Budesheim** on March 20. Love, Mom, Dad and the whole family.

Happy 3rd Birthday, **Elizabeth Budesheim**, on March 25. Love, Grandma, Grandpa and the whole family.



Happy March Police Birthdays to **Ptl. Pat Harden** (6th), **Ptl. Anthony Famularo** (20th), **Ptl. Eric Hollenstein** (29th)

Riverdale Seniors

The first meeting of the Riverdale Seniors was opened by **President Loretta Lippens** who opened the meeting then gave a report on member and friend **Kay Peacock** who had a fall and broke her hip. She has been in and out of the hospital and at two different nursing homes. She is doing better, but needs our cards and prayers. We miss you, Kay! **Chaplain**

Grace Chiesa gave a lovely reading, followed by the group singing "Let Me Call You Sweetheart" in honor of Valentine's Day. **2nd Vice President Irene Moehring** thanked the people for bringing items for the Food Pantry. She then took the roll call. Two new members were welcomed. There



were 57 members present. **Secretary Pro-tem Annette Lucente** read the minutes. Birthday celebrants were acknowledged by **1st Vice President Dorothy Bowersox** and then joined in a chorus of *Happy Birthday*. **Gerry Mahler** reported for the library and said that books are being collected for the Book Sale to be held on March 23, 24 & 25. **Bob Dondero**, club liaison for the police department reported that they are trying to

add on one more member to their force. Arrangements are being made by **Lorraine Moody** for our upcoming Corned Beef and Cabbage Luncheon in March. * Dessert, coffee and tea were enjoyed by all.

The second meeting of the month was opened by President Loretta

Lippens with a few little quips, then informed the group we would be having a speaker. The group was then led in singing "America the Beautiful." There were 56 members in attendance. Gerry Mahler announced that books are being requested for the book sale on March 23-25. Help is also needed. Lorraine Moody is taking payments for the Corned Beef and Cabbage Luncheon in March at the Regency. * We had a speaker, Scott Barna, from Route 23 Auto Mall, who gave all kinds of good advice about our cars and their care. Very informative!

A beautiful cake was presented by **Madeline Rizzo's** family for her 90th Birthday. Congratulations, Madeline! Her son Carl and his wife Nina from upper New York state, cut and served the cake. Other family members were present. We seniors love happy family times! *Presented by Marion Davis*

Gold and Silver Fundraiser

to benefit St. Anthony's
Knights of Columbus Council 943
65 Hamburg Turnpike, Butler.
Friday, May 4 from 5:30 to 8:00 PM.
*Bring your old gold and silver jewelry
and get top prices for it!*



The Borough of Riverdale is again able to accept **computer monitors** and **televisions** as part of our recycling program. Drop off your computers, monitors and televisions at the Municipal Building.



RIVERDALE Public Library

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

HOURS

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

JEWELRY DESIGN

Join us as we celebrate Woman's History month, by designing a pair of earrings. **Saturday, March 10 from 11:00—12:30 pm.** Space is limited so please register early for this fun activity!



ADULT BOOK DISCUSSION

Join us for a discussion, *usually*, the third Monday of every month from 6:30 – 8:00 pm. Everyone is always welcome! Even if you haven't had a chance to finish the book, the discussion is great!

March 19 — The Necklace by Cheryl Jarvis

SATURDAY MATINEE

"The Smurfs," will be shown on **Saturday, March 24, from 1:00 – 2:30 p.m.** Bring the family to watch these tiny blue creatures explore modern day New York City.



PHOTO CLUB

Our Photo Club will meet on **March 26 this month from 6:30-7:45 pm.** The meeting will be lead by our new club facilitator, Steve Otte. Please email Steve at steveotte8989@gmail.com with any questions.



BOOK SALE!

The Friends of the Riverdale Public Library will be having a **BOOK SALE** at the Riverdale Senior Community Center, at 57 Loy Avenue in Riverdale on **Friday, March 23, from 4:00 to 8:00 p.m., Saturday, March 24, from 10:00 – 4:00 p.m. and Sunday, March 25, from 12 to 3:00 p.m.**

Donations of books, movies, CD's and audio books are being accepted for the Riverdale Public Library's Book Sale beginning January 31 until March 1 at the Riverdale Public Library. Only books or DVD's in good condition are welcome.

Please, no magazines, text books, condensed books, or out-of-date encyclopedias will be accepted.

Volunteers! -The Friends of the Riverdale Public Library are looking for volunteers to help with their Big Book Sale, in March. **All interested parties should contact the Director of the Riverdale Public Library,**

Registration is required for all programs. Call 973-835-5044 or e-mail riverdalelibrary@nac.net for adult programs and riverdalelibrarykids@nac.net for children's programs. You can also register online at www.riverdalelibrary.org!

INFANT & PRE-SCHOOL PROGRAMS

Winter infant and pre-school programs begin the week of Jan. 9th and run through the week of March 5, 2012.

Baby Time — Up to 2 yrs w/ caregiver. Mon, 11:00–11:30 am

Totally Twos — 2 yr olds w/ caregiver. Mon, 10:15–10:45 am

Story Time — Ages 3-5. Tue, 10:15–11:00 am or 1:30–2:15 pm

CHILDREN'S PROGRAMS

Puppy Pals Reading Club — Trained therapy dogs will be at the library to listen to children read. (Grades K-5) Join us on **Wed, Mar. 14 (2nd Wed each month) from 4:00–5:00 pm**

Lego® Lab — Children in grades K-5 listen to a story and build creations out of Legos. **Wed, Mar. 28 (4th Wed each month) from 4:00–5:00 pm**

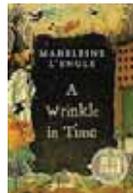
Knights & Princesses Party — Attend this royal ball where knights & princesses compete in games, enjoy treats, and explore their artistic sides! **Wed, Mar. 21 from 4:00–5:00 pm**



TEEN PROGRAMS Grades 6 and up

Teen Advisory Board (TAB) — **Thur, Mar. 1 (1st Thursday of every month) from 5:00–6:00 pm,** Hang out with friends and tell us how you want your library to be.

Teen Book Discussion Group — Join us **Wed, Mar. 21 from 6:00–7:00 pm** for pizza as we discuss *A Wrinkle in Time* by Madeleine L'Engle.



Teen Movie Night — Join us **Wed, Mar. 7 from 5:30–7:45 pm** Hang with friends and watch the feature of the month. This month's feature is *Easy A*. *Parents please be aware this film is rated PG-13.*

The Hunger Games — Representatives from each district will compete for glory in honor of the movie release. **Wed. Mar. 14 from 6:00-7:00 pm. May the odds be ever in your favor...**

February Highlights!



A special visit from Seeing Eye puppy Craig and his "mom" Jeannie Phillips was a huge success! Craig was very tired from a long day, but lots of petting and attention woke him right up!



Mary Ryzuk hosted a fun and informative session about Mary Todd Lincoln. Her turn as Mrs. Lincoln, complete with costume was very educational and shed new insights on the life of our 16th president for all those in attendance.



MONTHLY

Photography Club — March 26
6:30-7:45 p.m. All Photographers welcome! Learn! Share!

Gypsy Knitters — Every Thursday, 4:00-8:00 p.m.
For experienced knitters. Bring a project and join in!



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Riverdale Memories from Cal Deal



NEWS STORIES: If something interested me, I got to write about it. Once I saw an item in Ripley's Believe It or Not about a blind man who had built a house in Wayne. I thought it was a fascinating story, so I tracked down his family in West Milford, interviewed them, got pictures and put together a full-page package. It was one of my favorite stories. When the big floods hit in May of 1968, I went all over the area photographing the incredible scene, from a man stranded on the roof of his flooded car in the middle of Route 23 in Wayne, to the rushing waters across from Richard's Corner. In Pompton Plains, the water came all the way up to Route 23, flooding what was then a brand-new Grant's Shopping Center on the east side of the road. It was a pretty awesome scene. When I stopped to take pictures along the river in Pequannock, I returned to my car to find that the water had risen a couple of inches and was lapping at the car door.

I put together a full-page about Federal Hill and the mutiny that occurred up there during the Revolution. I went to a Pompton Lakes museum where I found the diary of one of the mutineers and took down every word. And I also got to do some unusual things, like go backstage at the rock and roll mecca, the Fillmore East in New York City, when the Doors were there. I was writing a column about the local music scene in addition to my regular reporting.

In 1969, the Vietnam War was going full blast and people my age were being drafted left and right. I signed up for the Air Force, and on the 29th of September I went to Morristown for my induction. They flew me to Texas for basic training. That ended my days of living in Riverdale, except for a temporary stay after I got out of the service three years, nine months and eight days later.

from <http://graphicwitness.com/federalhill/memories.html>



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The Auxiliary of the Riverdale Fire Department will hold its annual

Spaghetti Dinner

Saturday, April 28 4:30 to 7:00 PM *Take outs are available*

Riverdale Fire House, 56 Post Lane

Tickets are

\$7.00 for Adults, \$6.00 for Seniors, \$5.00 Children *All You Can Eat!*

Proceeds assist the Riverdale Fire Department and the Saint Barnabas Burn Foundation.

Call Jean Sheps 973-835-0137 or Marian Budesheim 973-839-5445 for tickets or more info.

No Parking Rules



NO Parking on Borough streets between Midnight and 6:00 AM beginning December 1 through April 1.

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

Arthritis, High Blood Pressure, Heart Disease, Cancer, Asthma, Headaches, Migraines, Carpal Tunnel, and many other conditions.

It's Your Year.

Make the leap.....NOW!!



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Did You Know?

- ◆ In 1915, a telephone call from New York to San Francisco cost \$20.70 for the first three minutes.
- ◆ A Metropolitan Life Insurance study found that major league baseball players live significantly longer than the average male - especially third basemen.
- ◆ President Zachary Taylor was the father-in-law of Confederate President Jefferson Davis.
- ◆ The Oreo is the world's bestselling cookie. Over five billion are sold every year - and that's just in America.
- ◆ 70% of the earth is covered by water, but less than 1 percent of that is drinkable.
- ◆ In 1930 Fred Newton became the only man ever to swim the Mississippi River - lengthwise (1,826 miles over a six month period).
- ◆ Calvin Coolidge was sworn in as President by his father.



Find tiny lost items like earrings by putting a stocking over the vacuum hose.

Reheating Pizza

Heat up leftover pizza in a nonstick skillet on top of the stove, set heat to med-low and heat until warm. This keeps the crust crispy. No soggy microwave pizza. This came from the cooking channel.



90 Hamburg Turnpike
Riverdale, NJ 07457

973-839-7747

Fax 973-839-4269

mike@mikesfeedfarm.com

www.mikesfeedfarm.com

Riverdale Community Center

COMMUNITY CENTER EVENTS

SENIOR ART



Returning this Spring!
NEW DAY!
Friday's, 10:00am
Begins April 20th
Acrylic Painting & Drawing

CHILDREN'S FENCING

Recommended for Grades 3—12
Wednesday—March 14 (6 Week Program)
6:00pm - 7:00pm
\$13.00 per week
Fencing is for everyone! Big or Small, Strong or Weak, Athletes or Non-Athletes! This is a sport where self-reliance is paramount and kids develop strong sense of self confidence.
Call or Walk-In on the 1st Day!



TOT'S MUSIC
Every Friday, 10:00am
Come in to participate in a interactive class!



EXERCISE!

Spring is Almost Here....
Walk-In



Monday's
Zumba Toning 7:30pm

Tuesday's
Zumba 10:00am
Zumba 7:30pm

Thursday's
Zumba 6:00pm

Saturday's
Kettlebell 9:00am

KIDS MARCH SEWING WORKSHOP



Thursday, March 15, 22 & 29
3:30pm—5:00pm
Instructor: Vivian - So You Sewing
\$ 15/Student (Incl's all Supply & Instruction)
Recommended for 2nd thru 8th Grade Students
Ole! Make a Bolero Jacket!

Learn how-to-use Patterns, Pinning, & Sewing Machines.
Must Sign-Up in Advance:
(973) 706-6471 Comm Ctr (Leave Message)
Or Riverdalecommunitycenter@Gmail.Com

SEW UP SOME GOOD LUCK with a ST. PATRICKS DAY PROJECT



Friday, March 9
6:00pm - 7:30pm
\$ 10 per person/Incl's all Supply
Make a Leprecaun
EVERYONE INVITED!
Special Green Treats to be served...
Sign-Up in Advance:
(973) 706-6471 Comm Ctr (Leave Message)
Or
Riverdalecommunitycenter@Gmail.com

BOB ROSS WET-ON-WET OIL PAINTING



Thursday, March 15
6:00pm
Scene: Spring Landscape
\$35/Per Person
Includes All Supply
Instructor: Bob DiBenedetto
Must Sign-Up in Advance.:
Reference Contact Info Below

BOB ROSS WET-ON-WET OIL PAINTING



Saturday, March 10, 10:00am
Scene: Thomas Kincade Style Cottage in the Woods
\$45.00/Per Person (Incls all Supply)
Instructor: Bob DiBenedetto
Must Call in Advance: (973) 706-6471 Comm Ctr or
Riverdalecommunity@Gmail.com





[Home](#) > [Safety Information](#) > [For consumers](#) > [Populations](#) > Older adults

OLDER ADULTS

Knowing what to do in the event of a fire is particularly important for older adults. At age 65, people are twice as likely to be killed or injured by fires compared to the population at large. And with our numbers growing every year - in the United States and Canada, adults age 65 and older make up about 12 percent of the population - it's essential to take the necessary steps to stay safe.

Remembering When: A Fire and Fall Prevention Program for Older Adults, was developed by NFPA and the Centers for Disease Control and Prevention (CDC) to help older adults live safely at home for as long as possible. The program is built around 16 key safety messages – eight fire prevention and eight fall prevention.



Safety tips

To increase fire safety for older adults, NFPA offers the following guidelines:

- **Keep it low**
If you don't live in an apartment building, consider sleeping in a room on the ground floor in order to make emergency escape easier. Make sure that smoke alarms are installed in every sleeping room and outside any sleeping areas. Have a telephone installed where you sleep in case of emergency. When looking for an apartment or high-rise home, look for one with an automatic sprinkler system. Sprinklers can extinguish a home fire in less time that it takes for the fire department to arrive.
- **Sound the alarm**
The majority of fatal fires occur when people are sleeping, and because smoke can put you into a deeper sleep rather than waking you, it's important to have a mechanical early warning of a fire to ensure that you wake up. If anyone in your household is deaf or if your own hearing is diminished, consider installing a smoke alarm that uses a flashing light or vibration to alert you to a fire emergency. Contact NFPA's Center for High-Risk Outreach for a list of product manufacturers.
- **Do the drill**
Conduct your own, or participate in, regular fire drills to make sure you know what to do in the event of a home fire. If you or someone you live with cannot escape alone, designate a member of the household to assist, and decide on backups in case the designee isn't home. Fire drills are also a good opportunity to make sure that everyone is able to hear and respond to smoke alarms.
- **Open up**
Make sure that you are able to open all doors and windows in your home. Locks and pins should open easily from inside. (Some apartment and high-rise buildings have windows designed not to open.) If you have security bars on doors or windows, they should have emergency release devices inside so that they can be opened easily. These devices won't compromise your safety, but they will enable you to open the window from inside in the event of a fire. Check to be sure that windows haven't been sealed shut with paint or nailed shut; if they have, arrange for someone to break the seals all around your home or remove the nails.
- **Stay connected**
Keep a telephone nearby, along with emergency phone numbers so that you can communicate with emergency personnel if you're trapped in your room by fire or smoke.

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.**



“LIKE” Riverdale Recreation on Facebook and stay up to date on the latest

RECREATION NEWS

Breakfast with the Easter Bunny!

Saturday, April 7, 9:00-11:00 a.m.

at the Riverdale Community Center

Cost: \$5.00 Adult, \$3.00 Child

Seating is limited to 150 please call or email to reserve your seats now:

Krista Osborne 973-835-1234 or RiverdaleRec@gmail.com



Meet & have your picture taken with the Easter Bunny!

Annual Easter Egg Hunt to follow

2012 Summer Recreation

Registration Night: Monday, March 19 - 6:00 - 8:00 p.m. @ Riverdale Community Center

Deposit Required = \$125.00 per Student (for children entering 1st—8th grade in Fall '12)

Registration Form and Deposit are due by March 19 to reserve your child's spot for the 2012

Summer Rec Program. Registration forms and tentative Summer Rec Calendar of Events are

available at Borough Hall starting March 1st.

Questions?? Please call or email Krista Osborne at 973-835-1234 or RiverdaleRec@gmail.com

RIVERDALE



RECREATION

We are now accepting applications for **COUNSELOR** positions for the 2012 Summer Recreation Program.

Must be 16 yrs. old to apply

Applications are available at Borough Hall. Questions?? Email RiverdaleRec@gmail.com



Annual Easter Egg Hunt

Saturday, April 7, 11:00 a.m.

@ Riverdale Community Center

Open for all Riverdale children ages 2 - 11

Bring your own Basket



Golds Gym Spring Exercise Classes

New Session Begins Week of April 7

Spinning, \$30/6 weeks, Thurs. 6:00 p.m. begins April 12
OR Mon 9:30 a.m. begins April 9

Toning-Boxing-Bootcamp \$30/6 weeks, Tue. & Thurs.
5:30 p.m. begins April 10

Cardio Mix, \$20/6 weeks, Wed. 10:30 a.m., begins April 11

Yoga, \$20/6 weeks, Wed. 6:30 p.m., begins April 11

Step Express \$10/6 weeks, Sat 9:30 a.m. begins April 7

Zumba \$20/6 weeks, Sat. 10:00 a.m. begins April 7

Cardio Combat Boxing \$20/6 weeks, Sun 9:30 a.m. begins April 8

**Must sign-up in advance - contact Krista - Rec Dir (973-835-1234) or email RiverdaleRec@gmail.com

To see the photos of many of the events taking place around town, go the Borough's Website at www.RiverdaleNJ.gov and click on Mayor's Photo Albums on the left hand side of the home page. There are nearly 120 albums on line. Also, every issue of the Riverdale News and Events are online going back to the initial issue in October 2005. On the homepage's left column click on "Newsletter, Etc."

Girl Scouts, Friends of the Library



The first grader's in **Daisy Troop #658**, are the youngest volunteers that ever helped with the **Friends of the Riverdale Public Library's Annual Book Sale**, in it's many years of existence.

This year the Friend's Book Sale will be held at the Riverdale Senior Community Center on Friday, March 23, from 4-8 p.m, Saturday, March 24, from 10-4 p.m., and Sunday, March 25, from 12-3 p.m.

The Friend's Book Sale is a major fundraiser for the Riverdale Public Library. Every year the Friend's president, Steve Frast, coordinates volunteers who help with the sorting of donated books, and help at the actual sale.

If you are in volunteering or becoming a member of the Friend's organization, please call the library at [973-835-5044](tel:973-835-5044). New members of the Friends of the Riverdale Public Library are always welcomed.

(l-r) Sophia Lewis, Alyssa Fox and Naomi Fox.

Summary of NJ Idling Requirements for Motor Vehicles

NJAC 7:27-14,15

All vehicles may idle for three minutes with the following exceptions:

- ◆ May idle for up to 15 consecutive minutes when the vehicle has been stopped for 3 or more hours and **ONLY** if the temperature is < 25°F
- ◆ Buses may idle while actively discharging or picking up passengers for 15 consecutive minutes in a 60 minute period.
- ◆ As of May1, 2008, no idling is allowed in a parking space with available electrification technology.

Three minute idling limit does NOT apply to:

- ◆ Motor vehicles stopped in traffic
- ◆ Motor vehicles whose primary power source is utilized in whole or in part for necessary and prescribed mechanical operations such as refrigeration units for perishable loads, hydraulic lifts, "cherry pickers", or similar equipment.
- ◆ Motor vehicles waiting to be examined by state or federal motor vehicle inspectors or motor vehicles while they are being repaired.
- ◆ Vehicles that are actively performing emergency services, such as fire, police, snow removal, and utility vehicles.
- ◆ Operation of auxiliary or alternate power systems for cabin comfort.

Penalties: For commercial vehicle and property owner, \$250 for first violation, \$500 for second violation, \$1,000 for third and each subsequent violation.

For further questions, call NJDEP (609) 292-7953



Hull strawberries easily using a straw



Pack a travel size bottle of Baby Powder in your beach bag. Then at the end of the day, all you have to do is rub the baby powder on the skin. Simple as that! The sand will rub right off. AMAZING stuff! It leaves my babies nice and soft! AND most importantly...sand-free!

**WHEN IT'S TIME TO BUY OR SELL ALWAYS REMEMBER
YOUR RIVERDALE REAL ESTATE AGENT (& Riverdale Resident)**



TINA CALI
AWARD WINNING AGENT
973-493-1477 – CELL

**TINA'S PAST 30 DAYS
PRODUCTIVITY**
4 Hillcrest, Riverdale – U/CONTRACT!
8107 Sanctuary, Riverdale U/CONTRACT!
8308 Warrens Wanaque – U/CONTRACT!
334 Pine, Pompton Lakes –U/CONTRACT!
330 Pine, Pompton Lakes- U/CONTRACT!
29 Ridge Pl, Wayne – SOLD!

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**APT. RENTAL
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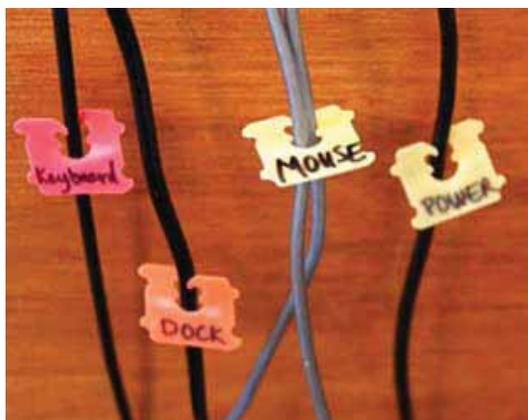


**RIVERDALE
Comm'l/Res'l
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Colonial
\$299,900**

*Spring is
around the
corner.. This is
the time to get
your home on
the market!
Call me
Today! Buyers
are buying!*



BILL PAYING. Keep track of when bills are to be paid by noting due dates on a monthly or yearly calendar. • One way to keep track of bills is to fill a three-ring notebook with pocket folders. Each month place all bills and receipts in designated pockets (car, insurance, house payments, utilities, medical) and write the check number on the bill it was written for. You can also note interest paid, all income, and payments on the pocket folders so that at the end of the year at tax time you have all the information handy. After you have paid your taxes, you can tie up the notebook, clearly marked with what is inside and the year on it, and store it in a safe place. • Make photocopies of all your credit cards. Put one copy in a safe place, such as a safety deposit box, keep one at home, and take one with you when you travel for quick reference in case you lose your wallet or have it stolen. **AIR CONDITIONING.** Since air conditioning utility costs can be 50% of your utility bill in the summer, you should choose your air-conditioning system wisely. Buy neither too big nor too small a system. The Department of Energy says to calculate the size air conditioner you need is: Find out the square footage of the room to be cooled. An air conditioner usually needs 20 Btu for each square foot of living space. Multiply the room's square footage by 20 Btu and you get the size of the unit you need. Stay within 5% of this capacity. (Ex. If a room is 20 feet long by 15 feet wide, calculate 20 x 15 x 20 (Btu) = 6,000. You would need an air conditioner with a 6,000 Btu capacity.)



**Bread tags make
the
perfect-sized
cord labels.**

RIVERDALE



Madeline Rizzo - 90th

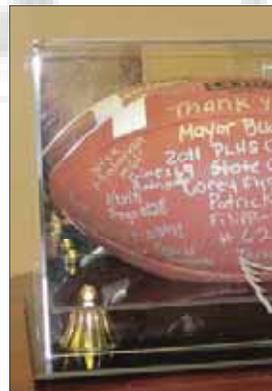


Madeline Rizzo celebrated her 90th birthday on February 23. On hand were members of her family at the Senior Club meeting on Monday, February 20. Her children brought a sheet cake for the club members in celebration.

Red Cross Ready



Red Cross Ready night at the Riverdale Fire House.
See story on p. 17



Nick Malanga, senior Championship Football football signed by the Mayor in appreciation presented to the team after

Stu
pres
hall

DAILY NEWS

School Happenings

Air Force

Mail Delivery



Students from Mrs. Zemaitis school class took to the streets delivering "mail".



Founder's Day Award



Shawn Dougherty was presented the PTA Founder's Day Award.



Airman Bryan Norton graduated Lackland Air Force Base in San Antonio, Texas on February 10. He is now in tech school at Sheppard Air Force Base in Wichita Falls, Texas, studying HVAC. We are so proud of you, Bryan! All our love and support, Grandma and Grandpa, Dad, Karen, Christopher, Sophia and Michael.

Super Heroes



Sixth grade students dressed up as super heroes and acted like the literary and grammar concepts they represented.



On the Pompton Lakes Team presented this members of the team to the n for the certificates er their victory.

HAPPY 100TH ANNIVERSARY GIRL SCOUTS!



To all the girls who are, or were, Girl Scouts, this is an incredibly special time. March 12 was the actual birthday of Girl Scouts in the United States and

thousands of girls from across Northern New Jersey - including lots of girls from Pompton Lakes and Riverdale - celebrated the day by proudly wearing their uniforms to school and spent the evening at various Candlelight Ceremonies throughout the area.

The Candlelight Ceremonies showcased both the history of Girl Scouts and the fun and exciting experiences the girls currently in GS have had just this year alone. And as a warm up to those events, the Lakedale troops participated in their annual Girl Scout Saturday in early March. Each year an older girl troop creates a program for other troops during which they visit stations and learn about a particular topic. By the end of the day the girls have all earned an entire badge.

This year, Junior Troop 231 planned a terrific day entitled Celebrating Girl Scouts. Dressed as career woman, Troop 231's girls taught everyone about the history and traditions of GS including a station where the girls created a fantastic banner that will be carried in the Memorial parade! We are all looking forward to many other special events in and around Pompton Lakes and Riverdale celebrating this anniversary.

The busy girls of Junior Troop 1105 learned how to recycle firsthand by creating beautiful artesian paper from junk mail, were led in an actors' workshop at the Smiling Rhino Theater, and learned important lessons in First Aid at a session at the Pompton Lake Riverdale First Aid Squad. They are proud that they have now completed the requirements for their First Aid Badge.

For the first time in many years Lakedale Girl Scouts had the opportunity to celebrate World Thinking Day right here in town! On February 22, Girl Scouts in the US take time to think about and learn about Girl Scouts in other countries. Together Daisy Troop 94888 and Brownie Troop 94283 planned a wonderful evening for everyone to learn about Ireland and Irish Girl Guides (Girl Scouts outside of America).

There was Irish Step Dancing, Irish food (Yum!) and even an opportunity to learn about badges earned by Irish Girl Guides. This year Ireland, next year THE WORLD!

Did you miss ordering Girl Scout Cookies? Visit the girls of Junior Troop 1105 at the A&P in Pompton Lakes on March 24 and 25 between 10am-2pm to buy some. And don't forget, you can buy boxes that will be sent to our military men and women in the Armed Forces! And thank you to everyone who has bought them already. Our sales are up by 10% and it's all because of you!






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BOROUGH OF RIVERDALE: *All Plugged In*

There are several electronic venues available to Riverdale to keep in touch with the latest and most necessary information in the event of an emergency.



RIVERDALE EMERGENCY HOTLINE 973-835-3719

Activated only during an emergency, this dedicated phone line is available to report emergency situations and to inquire about services available to residents needing help. *Life-threatening emergencies should always be reported directly to the Police Department at 973-835-0034, or by dialing 911.*



RIVERDALE REVERSE 911

This proactive service sends out notifications of emergency road closures, important information regarding emergencies, and upcoming events and services available regarding urgent situations.

Sign up for this valuable service on the Riverdale Website www.riverdalenj.gov



RIVERDALE FACEBOOK PAGE

In addition to regular postings on events and activities within the Borough, during an emergency situation, the Office of Emergency Management will post needed information regarding shelter services, road closures, and information regarding measures to be taken to ensure resident safety.

<https://www.facebook.com/RiverdaleNewJersey>



THE RIVERDALE WEBSITE

Learn all about emergency closures, Riverdale events, interesting historical information, and gain access to all Council Meeting minutes to stay informed of resolutions and ordinances proposed and passed for the Borough. All Borough departments and contact information can be found on the website, as well as information regarding the new on-line payment of property taxes, water and sewer bills, animal licenses, and recreation fees.

www.riverdalenj.gov



RIVERDALE OFFICE OF EMERGENCY MANAGEMENT

The Riverdale Office of Emergency Management has trained volunteers who have assisted in recent emergencies, and are prepared to continue to assist the Fire and Police Departments..



THE MORRIS COUNTY OEM WEBSITE

This valuable County-based site presents current storm conditions, tips on storm preparedness and remedies, as well as information on pet care and safety during storms.

www.morrisoem.org

MCUrgent: A SHARED EMERGENCY INFORMATION NETWORK

MCUrgent is used for emergencies where the impact crosses municipal boundaries in Morris County.

MCUrgent messages are intended to be specific.



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Get MCUrgent via text message:
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40404 for text messages



Brilliant space-saver: install a tension rod to hang your spray bottles.



Gutter garden: Create a window-box veggie patch using guttering.



Bake cupcakes directly in ice-cream cones – so much more fun and easier for kids to eat.

Riverdale Food Pantry

What It Does

The Riverdale Food Pantry provides supplementary food and non-food household products to Riverdale residents that have demonstrated need. Assistance is provided in a confidential manner.

The Pantry is located on the lower level of the Riverdale Senior Community Center.

Food Pantry Items

- ✓ Canned Foods: vegetables, fruits, meats, soups, fish
- ✓ Individual snacks and juice items
- ✓ Canned/package meals
- ✓ Cereals, hot and cold
- ✓ Condiments
- ✓ Pasta and pasta sauce
- ✓ Packaged one-dish meals
- ✓ Packaged potatoes, rice, lentils, peas
- ✓ Crackers and cookies

- ✓ Kitchen and laundry detergents
- ✓ Paper products: towels, tissue, napkins



Items with expired dates are not accepted.

- ✓ Local supermarket gift cards (A&P, Pathmark, Shop-Rite) as well as cash donations are accepted.
- ✓ Frozen turkeys and canned hams are accepted and distributed at specific times.

Support for the Pantry is provided by residents, organizations and local business. Donations may be left at the Borough Hall or at the Riverdale Senior Community Center, Loy Avenue.

Mr. Peter Bankuti, Sr. wishes to thank all of his Riverdale Friends for their continued support throughout the year. Mr. Bankuti is totally reliant on *Ensure* for his nourishment. Mr. Bankuti, of course, continues to depend on your support for his nutritional needs. If you are able, please bring your bottles of Ensure Nutrition to the Municipal Building (Chocolate or Vanilla. He can't use Strawberry flavor.)



New Fees for Dog and Cat Licenses!

Attention:

Dogs & Cats!

The Riverdale Board of Health recently adopted an ordinance revising the licensing fees for dogs and cats effective immediately.

Dog - spayed or neutered	\$15.00
Dog - NOT spayed or neutered	\$20.00
Cat - neutered	\$10.00
Cat - NOT neutered	\$15.00

Late charges are added as of March 1, 2012. Late fees are \$10 for the month of March and an additional \$5 for every month after March.



Re-use a wet-wipes container to store plastic bags.



SIXTH GRADE LANGUAGE ARTS SUPER HEROES

Sixth-grade students dressed up as superheroes and acted like the literary and grammar concepts they represented. Superheroes included The Alliterator, Idiom Princess, The Prepositionator, The Transitionizer, Undefined (indefinite pronouns), Metaphor Cowgirl, and The Powerful Personification Peacock. Students presented short skits during which they had to speak using their “concepts”. Leagues were formed that formed sentences employing the various concepts.

Parent Workshops Offered Our school is pleased to provide the following workshops for parents, funded through NCLB:

- ◆ **Kindergarten Rocks!** For parents of Kindergarteners and soon to be kindergarteners on Monday, March 12 @ 7:30 PM.
- ◆ **TouchMath.** For parents AND children grades K-3 on Tuesday, March 27 @ 7 PM.
- ◆ **An Organized Student=A Successful Student and a Less Stressed Parent!** For parents AND students grades 5-8 on Tuesday, April 3 @ 7:00 PM.

All workshops will take place in the school library. If interested, please contact Mrs. Mennonna in the main office at 973-839-1300 or rmennonna@rpsnj.org to secure a spot!

Students from Mrs. Zemaitis preschool took to the hallways recently, delivering “mail” that they had addressed and postmarked themselves. This activity promoted a variety of skills as students explored the career of postal service.

Shawn Dougherty PTA Founder’s Day Award Recipient. Mr. Shawn Dougherty was presented an Honorary Lifetime Membership to the PTA, as Riverdale’s Founder’s Day recipient. Mr. Dougherty was recognized for his spirit of volunteerism throughout the school and general community, embracing the spirit of the PTA. Congratulations, Mr. Dougherty!

Riverdale’s Board of Education Chooses to Maintain Annual Election for School. Under recently passed legislation, school districts were provided with the opportunity to move the annual school election to November. If moved, school budgets that were

within the state “cap” would not require voter approval. Additionally, if moved, the election would remain in November for at least four years. The Board felt strongly about preserving the rights of the voters and maintaining a non-partisan election. The Board still seeks to keep the proposed budget at or under “cap” and will closely monitor the new law’s impact on the budgeting process for future years.

Second Marking Period Honors

Dr. Wyks, Superintendent, Mr. Keith Cortright, Principal, and the staff of Riverdale School are proud to announce those students who attained *Superintendent’s List*, *High Honors* and *Honors* during the second marking period for the school year 2011-2012.



Superintendent’s List

- Grade 8: **Oliviatt Galletta, Dennis Schuck, Jr., Harlee York**
Grade 7: **Amanda Ekkers, Kevin Jablonski, Hallie Mansoor, Ayla Markowski**
Grade 6: **Sean Bastian, Thomas Dougherty, Amanda Edwards, Brenden Kane, Michael Magyar**
Grade 5: **Kristen Edwards, Alekya Gadiraju, John Tanis, Benjamin Morales, Julia Phillip, Lily Trowse**

High Honors

- Grade 8: **Neelav Patel, Kaitlyn Sautner, Cassidy Tibbetts, Cruise Turner**
Grade 5: **Natalie Jablonski**

Honors

- Grade 8: **Mary Dougherty, Christopher Hester, Andrew Holl, Nicole Merendino, Steven Papadopoulos**
Grade 7: **Emily Clinton, Christine Holl, Kristian Neuschwanter, Thomas Morales, Yuti Gandhi**
Grade 6: **Trevor Bell, Jason Dubrovich, Hailey Enrique, Amanda Gosson, David Mateo, Brandon Miller, Ryan Thomson, Mohammed Saleh**
Grade 5: **Ryan Chu, Mandi Giunta, Jessica Knapp, Dhruv Patel, Ashley Osterhoudt, Faith Sutter**

RIVERDALE IS ALL PLUGGED IN FOR EMERGENCY PREPAREDNESS

On Tuesday, February 21st, the Riverdale Office of Emergency Management (OEM) and the Riverdale Volunteer Fire Department hosted an event for residents to help prepare for emergencies. Sarita and Ted Wilson, volunteers from the American Red Cross, presented a program that outlined the roles and services available through the Red Cross, and talked about the emergency shelter training that will occur in Riverdale for CERT members and other volunteers. This training will enable the volunteers of Riverdale to establish, equip, and staff the Community Center as a true shelter if and when needed.



Following the presentation, more than 65 residents attending the event were able to interact with members of all of our departments that have a role in serving the Borough in the event of an emergency. Many residents registered for the Reverse 9-1-1 and

learned about how this valuable service provides immediate notifications of emergencies within the Borough.

Members from the Police, Fire Department and the Ladies Auxiliary, First Aid Squad, as well as from the Community Center, the Food Bank, the Riverdale Baptist Church, the Riverdale DPW, the CERT group, the Seniors Citizens Club, and our new Social Media services were represented and presented their roles and answered questions from the residents.

The OEM and the Fire Department are planning a series of resident-ready events in the future, and will be communicating information on the Spring event shortly. Residents are urged to request specific topics for these events by contacting Mayor William Budesheim or Fire Chief Dan Sturm.

Go the Borough website to register your cell phones or land lines through cablevision. www.RiverdaleNJ.gov

Wisdom of our Fathers

Words of Wisdom given us by our Founding Fathers. Words our government should follow today. Enjoy. Ponder.



“It is when people forget God that tyrants forge their chains.” *Patrick Henry*

“I place economy among the first and most important virtues, and public debt as the greatest of dangers to be feared. To preserve our independence, we must not let our rulers load us with perpetual debt. If we run into such debts, we must be taxed in our meat and drink, in our necessities and in our comforts, in our labor and in our amusements. If we can prevent government from wasting the labor of the people, under the pretense of caring for them, they will be happy.” *Thomas Jefferson*

"The jaws of power are always open to devour, and her arm is always stretched out, if possible, to destroy the freedom of thinking, speaking, and writing." *John Adams*

"Remember, democracy never lasts long. It soon wastes, exhausts, and murders itself." *John Adams*

Why We Say...

Hair of the dog that bit you (drink the whatever gave you the hangover) - This phrase comes from the old myth that if you got bit by a dog, and took a clump of that dog's hair and rubbed it on the wound, it would kill all the bacteria in the cut and help it heal faster.

Hat trick (Accomplishment of three successes or wins) - originated from the English game of Cricket. The term originally referred to a bowler retiring three consecutive batsman with three consecutive balls. This is roughly equivalent to a pitcher in baseball striking out three consecutive batters using only three pitches to each. This was considered quite an accomplishment and was traditionally rewarded with a hat.

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CARECYCLE is a respected family owned company that has been in the recycled clothing business for over 40 years. We are fully insured, and our pledge of pride guarantees your satisfaction with our programs.

Textile and clothing recycling provides numerous environmental and economic benefits for our planet. Not only does it prevent post-consumer textile waste from entering the waste stream (the total flow of solid waste from homes, businesses, institutions, and manufacturing plants that are recycled, burned, or disposed of in landfills, or segments thereof such as the “residential waste stream” or the “recyclable waste stream”), recycling efforts do not create any new hazardous waste or harmful by-products. Clothing recycling is one of the most efficient recycling industries. Nearly 100% of used textiles are recyclable.



The collection containers are next to the Municipal Building.

We accept clean, gently worn clothing, used clean clothing, including shoes and sneakers to support sustainable living and support the environment. We do not accept any household items.

CARECYCLE is Proud to Have Raised Hundreds of Thousands of Dollars for Various Organizations!



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

CALENDULA The Calendula plant received its name from the ancient Romans. They noted that the plants bloomed on the first day or “calends” of every month and named *Calendula*. The Romans used this herb to treat scorpion bites. Naturally, Calendula supports the skin and connective tissues. It can be used internally as well as applied topically.

- Calendula is said to be similar to Witch Hazel and is considered to be one of the best antiseptics, due to its content of natural iodine.
- Calendula is used as a local application for healing of all types of skin irritations and injuries.
- Many consider Calendula to be the best tissue healer for wounds and skin irritations.
- Old herbal doctors believed that constant applications of Calendula would help or even prevent gangrene or tetanus.
- Calendula in a tea can be used as a nasal wash or gargle as it is soothing to tender mucous membranes. According to one homeopathic text, Calendula helps to heal, because it causes a local irritation which draws numerous white blood cells which reduce infection and promotes healing.
- It is effective for healing membranes inside the body aiding such conditions as the colon, stomach, liver, gum diseases and healing after operations.
- Calendula promotes mending and healing of cuts or wounds when a poultice is applied.
- It is most commonly applied externally as an ointment or oil, usually for injuries, burns, bruises and varicose veins.



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).

The Riverdale Fire Department Auxiliary-Membership Drive!

The Auxiliary is a support unit to the Fire Department. We assist the Fire Department by bringing food, water, etc. to the firefighters when needed at an incident. Members also participate in fundraising events to not only support the Fire Department, but to support other worthy causes such as the St. Barnabas Burn Foundation and the Grace Peine Memorial Scholarship, which is given to a graduating high school senior each year who is a Riverdale resident.



We meet once a month, so if you are 18 and have an hour or two a month to spare and would like to become part of this fun and worthy organization, call Meg at 973-248-9273 or Marge at 973-835-5851 to join us.

NEWSPAPER WEEDS AWAY! When you start to put your plants into the soil, first work the nutrients in the soil. Wet old newspapers. Put thick layers around the plants overlapping as you go, then cover with large layer of mulch and forget about weeds. Weeds will get through some gardening plastic; they will not get through wet newspapers!



For more info, go online: <http://www.seasonsgardendesign.com/Article-EliminateWeeds.html>

Riverdale Photography Club
Meets on the 4th Monday each month at the
Library from 6:45 to 7:45 PM
www.RiverdalePhotoClub.weebly.com



New director of the club is **Steven Otte**, a professional photographer. Club open to all, residents and non-residents.



Credit Card Payments

Welcome to Riverdale Borough's Pay On Line Service

- Property Taxes
- Water and Sewer Bills
- Court Fees
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- Recreational Programs
- Exercise Classes

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- ◆ Dog & Cat Licenses
- ◆ Recreation Programs
- ◆ Exercise Classes
- ◆ Community Center
- ◆ Glenburn Estate

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



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Paige DeJesus, London Bound

In what will surely be a most memorable trip, Riverdale elementary second-grader, **Paige DeJesus**, of 30 Hillside Avenue, will go to London this summer during the Olympic Games, dancing with her team from Stagelite Centre of Performing Arts.

Paige has been dancing since she was three years old and spends about 15 hours per week in the dance studio. She competes in jazz and tap, but her favorite is acrobatics, for which she performs a solo. She has been competing for the last two years and her dance team has won many national awards.

Cookie Maly, director of Stagelite Centre, accepted an invitation to perform in the London 2012 International of the American Alliance of Performing Arts Educators. The 12 girls will dance in Greenwich, England, just walking distance from the Olympic Equestrian competition and at the APPAE All UK Festival at Warwick Castle, the historic seat of the English House of the White Roses.



To raise money to send the girls to London, the dance team is running several fundraisers. On Sunday, March 25, a pancake breakfast at Applebee's on Route 23 in Butler will run from 8:00 to 10:15 AM. Tickets cost \$10. The meal includes pancakes, scrambled eggs, sausage and a beverage. Please call Jenn at **201-390-5181** or email her at jkgiggles73@optonline.net.

On April 30, the dance committee will be hosting a golf outing at Black Bear Country Club in Franklin. For more information, including prize donations, please either call Rob DeJesus at **973-570-8234** or email him at rdj21004@yahoo.com.

**Paige, Riverdale is very proud of you!
Good luck in London!
Safe trip!**

Not Loud Enough?



Pump up the volume by placing your iPhone or iPod in a bowl – the concave shape amplifies the music.

Peppers with 3 bumps on the bottom are sweeter and better for eating.

Peppers with 4 bumps on the bottom are firmer and better for cooking.



Riverdale Health Department



**973
835-5700
Ext 127**

The Health Department has **Zostavax (shingles vaccine)** available for \$200. This vaccine is recommended for people 60 and older to prevent shingles.

The Health Department has **Gardasil** vaccine available at no charge. This vaccine is recommended for males and females, 9 to 26 years old, to prevent Human Papilloma Virus.

The Health Department offers a Child Health Conference bimonthly. This program provides immunizations and wellness physicals for uninsured and under insured children. The cost for this childcare is \$10 per visit. The next CHC is scheduled for March 12. Appointments are required.

Male cancer screening will be offered in April - details to follow.



America's Cup World Series, the world's premier yacht race and a magnet for the world's top sailors, will take place in Naples, Italy in the spring of 2012 and 2013.

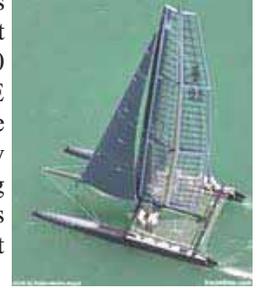
The AC World Series features tight, short race courses designed to deliver close racing for the fans on shore. The innovative regatta format includes a mix of speed trials, head-to-head match racing, and all-out fleet racing. These events provide the fans the only opportunity to see all of the America's Cup competitors racing together. The first event in Naples occurs April 7-15,

2012 and the second event is in May 11-29, 2013. The champion of the 2012-2013 AC World Series season will be crowned in Naples, after which the teams will move to San Francisco for the Louis Vuitton Cup and the America's Cup Finals.

At the Naples events, sailors will compete in state-of-the-art AC45 wing-sailed catamarans. The AC45 is the official boat of the AC World Series and the forerunner to the next generation of America's Cup boats. While capable of closing speeds over 35 mph, the AC45 remains nimble enough to handle the tight, tactical race courses. The April event will be the first time these high-tech boats will be raced in Italy.

The AC45 was designed by the ORACLE Racing design and engineering team, which developed the catamaran on

behalf of the America's Cup community. A high-tech, grand prix race boat, it's powered by a wing that towers over 20 meters above the deck and has already demonstrated excellent performance in winds from 5 to 30 knots in early sea trials. ORACLE Racing skipper Jimmy Spithill, the test pilot, described the boat this way after just one sail, "The wing is big and the boat powers up quickly. It's easy to sail and maneuverability is not a problem."



The challenge was to design a boat that not only met the racing and performance criteria, but also fits inside a 40-foot container, which is the shipping method for the America's Cup World Series.

"The boat was designed for all-around performance so it can be sailed under a wide range of conditions," said Ian Burns, ORACLE Racing design coordinator. "Plus it's a regatta boat, meant for lots of racing, so quick assembly and disassembly was a must to accommodate an active competition schedule."

The race village will be in Bagnoli, a seaside district of Naples. Hotel San Francesco al Monte, a former 16th century monastery and now a beautiful four star hotel, has special packages available for the event. To learn more, visit www.sanfrancescoalmonite.it.

Submitted by Carolyn Masone

www.essenceofitaly.net

Chocolate Lovers of the World, Rejoice!

The Health Benefits of Cocoa

- Blood Clots:** Cocoa's flavonoids make blood platelets slightly less sticky. This is good since stickier platelets contribute to blood clots, which increase the risk of heart attack and stroke.
- Blood Pressure:** Some lucky folks participating in research that had them eating dark chocolate every day confirmed what's been seen in Kuna Islanders: lower blood pressure.
- Brain Health:** Flavonoids in cocoa also increase blood flow to the brain, which is important for clear thinking. Studies show that people who regularly eat chocolate have more blood flowing through their brains in both the short term and long term.
- Cholesterol:** Flavonoids from cocoa lower the bad kind of cholesterol, LDL, while upping the good HDL cholesterol.
- Gut Health:** In a healthy belly, good bacteria far outnumber the bad guys. Although chocolate doesn't supply good bacteria directly to your gut (like yogurt does), it serves as a food source for the friendly bugs and, in this way, boosts levels of good gut bacteria. People drinking flavonoid-rich cocoa have larger colonies of beneficial bacteria, as well as fewer harmful microbes that cause diarrhea and constipation, compared to people who drink a "fake" cocoa with low flavonoid levels.
- Skin Health:** Nibbling on dark chocolate each day protects the skin since cocoa's flavonoids disarm damaging UV rays.
- Stress:** Dark chocolate in your daily diet is even good for mental health. Eating 1.5 oz each day keeps stress hormones such as cortisol lower in people diagnosed with anxiety.

Choose the Best Bar

What's the best chocolate bar that will taste great while providing a health boost?

- ◆ The darker the better: Choose a chocolate with a higher percentage of cocoa, such as 70% to 80%.
- ◆ Check the ingredient list: The first ingredient should be cocoa solids, cocoa mass or chocolate liquor - not sugar.
- ◆ Avoid filled chocolates; they have fewer cocoa flavonoids.
- ◆ Skip white chocolate; it doesn't have any flavonoids at all.
- ◆ Try making hot chocolate with unsweetened cocoa, water or nonfat milk, add a little sugar instead of the sugary prepared mixes.
- ◆ Eat dark chocolate instead of, not in addition to, other sweet or fatty treats.

Finding the Flavonoids. Many commercial chocolate confections don't retain enough flavonoids, and add too much fat and sugar to rank as a health food. Here's a chart from the MOST to Least .

1. Cocoa powder and cocoa supplements
2. Baking chocolate
3. Dark chocolate
4. Baking chips
5. Milk chocolate
6. Chocolate syrup



Taken from "Wellbella" magazine.



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