

April 2012

Riverdale News & Events

Vol. 7 No. 7 *A Monthly published by the Riverdale Mayor and Council*

www.RiverdaleNJ.gov

Clean Communities Project



Girl Scout Troops 84, 4283, 323 and Cub Scout Pack 88 and Boy Scout Troop 288 spent the morning of Saturday, March 24 cleaning litter and debris out of the Glenburn Estate and Appelt Park as part of Riverdale's Clean Communities Program. Thanks to all the scouts and their leaders for helping to Riverdale clean!

What's Inside:

Announcements	Page 2
Senior Citizens	Page 2
Library News	Page 3
Community Ctr	Page 7
Fire Dept. News	Page 8
Recreation	Page 9
School News	Page 17-20
Natural Health	Page 23
Girl Scouts	Page 26
Essence of Italy	Page 27

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.



Happy Birthday to **Seamus Adam Hamilton**, who celebrated his 1st Birthday on March 31. We love you, Mommy and Daddy.



Happy 6th Birthday, **Morgan Hanna**, on April 27! We hope you have a magical year. Love you bunches and bunches, Dad, Mom, Madison & Jingles!

Happy 22nd Birthday, **Anthony Budesheim**, on April 19. Love from all the family!

Happy Birthday, **George Szabo**, on March 31. Love, Diane, Nicole, Tara, Bryan and Justin.

OH BOY!! Another teenager on the road!! Happy 17th Birthday to **R.J. Miller** on April 24! Safe Driving Sweetheart - We love you very much! Love, Mom, Ron, Kevin, Matthew, Kevin T. and the dogs!!

Happy 9th Birthday to **Kaylee Lotterman** on April 23!! Lots of love from Mom, Dad, Nicole, Cody (woof!), Grandma Helen & rest of the family!

Happy 13th Birthday, **Emily Clinton**, on April 23. Love, Mom, Dad & Kyle.



Congratulations and a very Happy 21st Birthday to **Chris Venza** on April 28. Welcome to manhood! Love, Dad.

Happy Birthday, **Eleanor Flynn**, on April 11. Love from all the family.

Happy 12th Birthday, **Joan Mickens**, on April 19. We love you, Mom, Dad, Brittany, Frankie and Mark.

Happy Birthday, **Cindy Gancher**, on April 19. We love you, Chris, Veronica, Matthew and Joanne.

Happy April Police Birthdays to **Dispatcher James Nolan** (7th), **Ptl. Rob DiGirolamo** (10th), **Sgt. Greg Bogert** (15th)



Riverdale Seniors

March 5 saw the first meeting of the month was opened by **President Loretta Lippens**, who welcomed everyone. The tables looked lovely, with green and white table cloths and centerpieces for St Patrick's Day. There were 59 members in attendance. Trip chairperson **Barbara Stillwagon** discussed upcoming trips and was accepting reservations. **Gerry Mahler** gave a report on the library. **Lorriane Moody** was taking care of payments for the upcoming Saint Patrick's luncheon at the Regency. Barbara Stillwagon, trip coordinator gave a



report on the Mt. Airy trip, which was a success. Police Chief Kevin Smith spoke to us, about upcoming events. Tasty refreshments were served and conversation enjoyed.

The second meeting of the month on March 19 was opened by President Lippens, and she welcomed back

Secretary **Jean McMichael**, from her great vacation. There were 50 members present. President Lippens announced that tax collector Mary Ann Murphy will be our speaker at the next meeting. Gerry Mahler reported on the upcoming library book sale. President Lippens announced an upcoming Shingles Vaccine Clinic, available at the Pequannock health Clinic. An appointment must be made. A good time was had by all at the St. Patrick's Day luncheon at the Regency recently. Lorriane Moody took care of this and did a great job as usual. Until next time, have a Happy Easter!

Presented by Marion Davis



A stroke of genius happened when I was trying to figure out the best way to organize our cans. I grabbed a magazine holder that was previously used for our cookbooks and recipes, tilted it on its back. It's the PERFECT size to hold our little cans of veggies! The two little stoppers are bobby pins I flattened and spray painted white!

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

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 Apr. 2nd and run through the week of May 28th, 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 or Fri, 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, Apr. 11 (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, Apr. 25 (4th Wed each month) from 4:00–5:00 pm**

Friday Matinee — Bring the family to see Dreamwork's HOP starring the voice talents of Russell Brand, James Marsden, and Kaley Cuoco. **Fri, Apr. 13 from 1:30–3:00 pm**



Scavenger Hunt — Children grades 3-5 are welcome to follow the clues to find fun prizes hidden throughout the library! **Wed, Apr. 18 from 4:00-5:00 pm**

Teddy Bear Hunt — Children ages 2 through 2nd Grade are welcome to search the children's room for our hidden teddies! **Sat, Apr. 21 from 1:00-2:00 pm.**

TEEN PROGRAMS Grades 6 and up

Teen Advisory Board (TAB) — **Thurs, Apr. 5 (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 Movie Night — Join us **Wed, Apr. 4 from 5:30–7:45 pm** Hang with friends and watch the feature of the month. This month's feature is *Stardust*. *Parents please be aware this film is rated PG-13.*

Teen Book Discussion Group — Join us **Wed, Apr. 18 from 6:00–7:00 pm** for pizza as we discuss *A Mango Shaped Space* by Wendy Mass.

Teen Knitting Night — Hang out with friends and learn these fun and simple techniques. **Wed, Apr. 25 from 6:00-7:00pm.**



Science is Cool — Easy but exciting science experiments to impress your friends! **Thurs, Apr. 26 from 4:00-5:00 pm.**



HOURS

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

Dream Interpretation

Jefferson Harman from *These Days Production, LTD* will provide an evening of insight to your dreams. Join us on **Wednesday, April 11 from 6:00 - 7:30 p.m.**



Plant Your Garden

Saturday, April 14 from 1:00 - 2:00 p.m. Learn the most recent information about what to plant to make your garden the talk of the neighborhood!



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!

April 16 — Wedding in December by Anita Shreve

eBook Lesson

Monday, April 30 from 6:30 - 7:30 p.m. Learn how to download books to your ereader.



What's Your Ancestry?

Join us for a historical power point presentation and panel discussion on **Thursday, May 3 from 6:00 - 7:30 p.m.** to celebrate the addition of our new database, "The Library Edition of Ancestry.com." Our panelists include Riverdale's town historian, a genealogy researcher, and a local historian from the surrounding areas. Learn about the history of this area, with the people and places, and how it became the town we know today.



A big **Thank You** to the Volunteers, of all ages, who helped make the Friends of the Riverdale Library Book Sale such a success.



We Couldn't Have Done it Without You!



~March Highlights~

The library was visited by local royalty for a Knights & Princess royal ball.



Our teens competed for glory in our Hunger Games competition. The Odds were in favor of District One!

MONTHLY

Photography Club — April 23
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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Join Riverdale Recreation on a trip to Citifield to see the



Tuesday, July 3

Game time is 7:10 pm FIREWORKS after the game!

Tickets: \$60

Price includes: Seat in the *Pepsi Porch* section having a great view of the game and fireworks, plus an \$18 stadium voucher to be spent anywhere in the stadium, and bus ride to and from the stadium.

For tickets call Debbie King at 862-228-1213 or email RiverdaleRec@gmail.com

DEADLINE TO PURCHASE TICKETS IS MAY 15, 2012



Dr. Joseph J. Young
Chiropractic Physician

7 Newark-Pompton Tpke
Riverdale, NJ 07457
Office: 973-831-1100
Fax: 973-831-6622

www.cornerstonespine.com

"Building the Foundation to A Healthy Spine"

- Chiropractic Manipulation
- Pro-Adjuster Technique
- Spinal Decompression (IDD Therapy)
- Physical Therapy
- Massage Therapy
- Manipulation Under Anesthesia (MUA)

Pompton Lakes-Riverdale First Aid Squad

Teddy Bear Emergency and Open House

Pompton Lakes Riverdale First Aid Squad
700 Ramapo Avenue, Pompton Lakes

Sunday, April 22 from 10:00 am to 2:00 pm

Ages 3 and up



This program is intended to familiarize children with the Squad, our equipment and what we do. Our goal is to ease some fears, should a child or their family member ever need an ambulance.

The event will include several stations, including: Check-in, Ambulance Tour, 9-1-1, Backboarding and of course patient care, where all of the Teddies and other loved ones will be treated. Upon completion of the event, every participant will receive a certificate from "Rescue Rabbit"!



facebook

Follow our Facebook page for timely postings on events and activities within the Borough. In the event of an emergency situation the Office of Emergency Management will post needed information for residents including shelter services, road closures and other important measures to be taken to ensure resident safety.

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

EMMAUS FOR VETERANS

Vets Helping Vets

Park Avenue Club

April 20, 2012 - \$125

- Cold Display Stations
- Tuscan Bruschetta
- Italian Antipasto Display
- Mediterranean Tapas Display
- Dinner Service
- Appetizer, Salad
- Signature Duet Entrée
- Dessert Duet, Wine and Beer

Our organization will be conducting its first fundraiser on April 20 at the Park Avenue Club in Madison, NJ. It will be a Comedy Act and a 50's Dance with music by *Inharmony*. We will try to raise \$20,000 to buy a piece of property for the Perone Family who has been plagued by Agent Orange contamination. All of the proceeds will go to the family. By selling 250 tickets at \$125 each we can raise about half the money needed to purchase the property. The construction team is ready to build. For more information call **Riverdale resident Thomas Frodella at 973-908-VETS (8387)**.

Inharmony music

Comedy Show

Featuring:

- Ralph "Dafunnyman" Gabriel
- Hector Luis
- Lisa Harmon
- Luke Thayer

MISSION STATEMENT & GOALS

Our goal and mission is to assist and instruct homeless veterans in gaining control over their lives and circumstances while aiding them in becoming satisfied, productive members of society.

Veterans will work with experienced tradesmen via on the job training to learn plumbing, carpentry, masonry and electrical skills. Some of the training will include repairing and/or building homes for disabled veterans and their families.

These veterans will live and train on the premises. They will attend classes with Morris County Vo-Tech instructors and licensed tradesmen. They will learn construction arts and proper construction codes. The vets will be provided the various tools of the trade.

There will be certified counselors available along with doctors and nurses to provide counseling and medical assistance for those in need. Also, spiritual guidance will be available to those who are interested.

Every Friday will be *Freedom Day* when there will be various trips and events planned. This is so the veterans may relax and enjoy the surroundings of life around them and re-acclimate themselves to society.

Some of these events will include Coast Guard trips on the Hudson River, bus trips, movies, hiking and other relaxing fun events. This will keep them active and enable them to enjoy the quality of life they so deserve.

When our participants leave this program they will receive tools for their selected trade, as well as a donated car, two thousand dollars to rent an apartment and job placement and mentoring for the rest of their lives.

Did You Know?

- ◆ Thomas Edison wanted to put a large phonograph in the mouth of the Statue of Liberty to give it a voice that could be heard all over New York Harbor.
- ◆ Earthworms do not have eyes or ears.
- ◆ Babies up to seven months old can breathe and swallow at the same time.
- ◆ Toads do not have teeth.
- ◆ Three men who killed Sir Edmund Berry were hanged for the murder in 1911 at London's Greenberry Hill. Their last names were Green, Berry and Hill.
- ◆ Jaguars are afraid of dogs.
- ◆ In 1944 Fidel Castro was voted Cuba's best schoolboy athlete. A left-handed pitcher, Castro was later given a tryout by the Washington Senators, but was turned down by the baseball club.

TAYLOR JEWELRY



It seems whatever way I pack my jewelry, it's always a mess when I get to my destination. Until now! Stop necklaces from forming knots by undoing the clasp, threading a straw through and re-clasping. So clever!

Feeding Station



**Got an empty kitchen shelf?
Feeling handy?
Cut holes in the bottom shelf and
countersink dog food bowls for a
cute and out-of-the-way dog
feeding station.**



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

ART KIDS RULE!

Introducing a NEW After School Art Program

For Kids Ages 7 - 12

THURSDAYS, April 26, May 3, May 10, May 17, and May 24

2nd & 3rd Grade 4:00pm

4th & 5th Grade 5:00pm

Cost - \$50/per student (Incl's 5 week program & supply)

(Look for a Flyer to come home in the Riverdale School Backpacks or you can pick-up a Flyer at the Riverdale Community Center Foyer for the Registration Form)

Check out Art Kids Rule Website, [www..ArtKidsRule.Org](http://www.ArtKidsRule.Org)

To Sign-Up, call or e-mail (please sign-up in advance so there is a confirmed Class Size prior to the Program):

(973) 706-6471 Comm Ctr (Leave Message)

Or

(201) 248-3455 Art Kids Rule Phone

Riverdalecommunitycenter@Gmail.com



Arts Kids Rule is an interactive art program that will show the kids what it takes to be an artist. Kids will create paintings, drawings, collages, sculptures and much, much more!

SENIOR ART

Classes Begin Friday, April 20

Instructor - Pam Bagot

10:00am - 12:00pm

FREE

Come in for an enjoyable morning of painting & drawing skills. No experience needed to participate!



KIDS SEWING WORKSHOP

SEW AMERICAN DOLL CLOTHES!

THURSDAYS, April 19, 26 & May 3

Instructor - Vivian of So You Sewing

3:30pm - 5:00pm

Recommended for 2nd Grade thru Middle School Students

\$ 15.00/Student (Payable at 1st Class - Cash or Check)

:Call or E-Mail to Sign-Up:

(973) 706-6471 Office

Riverdalecommunitycenter@Gmail.com

EXERCISE!

Monday's

Zumba Toning

7:30pm, \$ 6

Tuesday's

Zumba

10:00am & 7:30pm, \$ 6

Thursday's

Zumba

6:00pm, \$ 6

Saturday's

KettleBell

9:00am, \$ 7

KIDS DANCE

Friday's

NEW Session Starts April 20

NEW TIMES!

\$ 10/Student

Instructor - Miss LIVIA

5:00pm

Tap & Ballet

(Tots to Kindergarten)

6:00pm

Be a Pop Star!

NEW Dance & Singing

(1st Grade thru Middle School)

Come in on the 1st day of Class to

Sign-Up!

Questions:

(973) 706-6471 Office

Riverdalecommunitycenter@Gmail.com

BOB ROSS TECHNIQUE OIL PAINTING CLASS

Thursday, April 12, 6:00pm

Instructor - Bob DiBenedetto
\$ 35 Per Person/Incl ALL Supply)

Scene: Garden with White Trellis & Cascading Flowers

Call or E-Mail to Sign-Up

(973) 706-6471 Comm Ctr Office

Riverdalecommunitycenter@Gmail.com



TOT'S MUSIC

Friday's, 10:00am

Come In & participate in a FUN & Interactive Class!



Spring Flooding: Risks and Protection

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What You Should Know. While spring brings the promise of warm weather and longer days, it also brings a variety of conditions that can include heavy rains, severe weather, and rapid snowmelt that can increase your flood risk. Don't be caught off guard. Get the facts. Know the risks. Take action to protect yourself, your family, your business and your finances - before a weather event occurs and it's too late.

Spring Flood Risks

Spring Thaw. Warmer temperatures and resulting snow melt can produce large amounts of runoff in a short period of time, as each cubic foot of compacted snow contains gallons of water. During the early spring, frozen land prevents melting snow or rainfall from seeping into the ground. The water then runs off the surface and flows into lakes, streams, and rivers, causing excess water to spill over their banks. Add seasonal storms to the mix, and the result is often severe spring flooding.

Spring Rains. Spring storms can bring several inches of precipitation in just hours or can stall out over an area for days. These heavy rains can lead to severe flooding by over-saturating the ground, overflowing storm drains, or causing rivers to spill over their banks and levees.

Flash Flooding. A flash flood is a rapid flooding of low-lying areas in less than six hours, which is caused by intense rainfall from a thunderstorm or several thunderstorms. Flash floods can also occur when there are drought-like conditions.

Know Your Risk

Everyone is at risk for spring flooding, yet many remain unprotected. Just a few inches of water can cause tens of thousands of dollars in damage. Between 2006 and 2010, the average flood claim was nearly \$34,000. That's more than many survivors can afford to pay out of pocket for damages due to flooding, and without flood insurance, many must cover the costs to repair or rebuild on their own. Consider your risk and the consequences of a flood event, and make the choice to protect yourself.

Be Flood Smart - Reduce Your Risk

A flood does not have to be a catastrophic event to bring high out-of-pocket costs, and you don't have to live in a high risk flood area to suffer flood damage. Around twenty percent of flood insurance claims occur in moderate-to-low-risk zones. Property owners should remember:

- ◆ **The time to prepare is now.** Visit ready.gov/floods for more on family preparedness for flood and other emergencies. There are a number of steps individuals and families can take to better prepare themselves for flooding and reduce their risks. Remember to have a family evacuation plan, put an emergency kit together, and keep important papers and valuables in a safe, dry place. Gather supplies in case of a storm, strengthen your home against damage, and review your insurance.

◆ **Only flood insurance covers flood damage.** Most standard homeowner policies do not cover flood damage. Remember: it typically takes 30 days for a new flood insurance policy to go into effect. Visit floodsmart.gov or call 1-800-427-2419 to learn more about individual flood risk, explore coverage options and to find an agent in your area.



Before a Flood.

- ◆ **Practice your family emergency plan.** Plan and practice flood evacuation routes from home, work and school that are on higher ground.
- ◆ **Conduct a thorough home inventory.** Thorough documentation of your belongings will help you file your flood insurance claim. For more information, visit <http://ready.gov/insurance-vital-records>.

During a Flood.

- ◆ **Go to higher ground.** Get out of areas subject to flooding, including dips, low spots, washes, etc.
- ◆ **Avoid areas already flooded,** especially when water flows fast. Do not attempt to cross flowing streams. Just six inches of moving water can knock you off your feet.
- ◆ **Never drive through flooded roadways.** Roadbeds may be washed out under flood waters and just two feet of moving water can sweep an SUV off the road.

After a Flood.

- ◆ **Check for damage.** Check for structural damage before re-entering your home. If you suspect damage to water, gas, electric, or sewer lines, contact authorities.
- ◆ **Remove wet contents immediately.** Wet carpeting, furniture, bedding and any other items holding moisture can develop mold within 24 to 48 hours. Clean and disinfect everything touched by floodwaters.
- ◆ **Plan before you repair.** Contact the Building Department to get more information on building codes.
- ◆ **File your flood insurance claim.** Be sure to provide: the name of your insurance company, your policy number, and contact information. Take photos of any water in the house and damaged personal property. Make a detailed list of all damaged or lost items.

Prepared by FEMA

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 news!

RECREATION NEWS

2012 Summer Recreation

2nd Payment of \$125.00

due Monday, April 16

RIVERDALE



6:30 - 8:00 PM @ the Community Center

OR



You can pay online via Credit Card...go to the Borough Website
(www.riverdalenj.gov) and click on "credit card payments"

RECREATION

Questions?? Call or email Krista Osborne 973-835-1234 or RiverdaleRec@gmail.com

2012 Summer Recreation Counselor Applications

Now accepting applications for Summer Rec Counselors. You must be 16 years old to apply.

Applications are available at the Borough Hall during business hours. Applications are due by April 30, 2012 and will not be accepted after this date.

Questions?? Call or email Krista Osborne at 973-835-1234 or Riverdalerec@gmail.com



Summer Math Tutoring Group

Back by popular demand, we are offering affordable small group tutoring sessions that are intended to prepare your child for the upcoming school year and keep his/her skills sharp during the summer. The summer math tutoring program will also focus on improving basic skills. Children will be grouped according to grade level to ensure all students' needs are met.



Dates: June 25th – July 20th

Time: 3:15pm – 4:15pm

Cost: \$40 per child a week (two sessions) or \$140 per child for the month (8 sessions)

Location: Riverdale Community Center

Instructors: Nicole Szabo, Tara Szabo, and Lauren Giordano

TO SIGN UP: Registration packets can be picked up at the Community Center or the Borough Hall - please fill out and return with payment to the Borough Hall by Friday, June 8th.

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."



Homemade Ice Cream

Since 1958

www.curlysiccream.com

Our Menu

Homemade Ice Cream

Nonfat Frozen Yogurt

No Fat No Sugar Ice Cream

Homemade Italian Ice

Novelty Desserts

Homemade Gelato (Hasbrouck Heights)

Ice Cream Cakes for Every Occasion

All menu items are made fresh on the premises

Place Your Order for Easter Cakes Today!

Bunnies or Chocolate Covered Eggs

(Vanilla & Chocolate Ice Cream with Fudge and Crunch)

Gift Certificates available for all your special Easter baskets!

Save \$2.00 off any 8" or larger cake

One coupon per cake. Not valid with other offers

Expires 4/30/12

**30 Rt.23 North
Riverdale, NJ
973-839-0198**

**459 Rt. 17 South
Hasbrouck Heights, NJ
201-426-0487**



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

 <p>RE/MAX Legend 36 Preakness Shopping Ctr Wayne, NJ 07470 973-686-0404 ext. 111 973-493-1477 – Cell www.TinaCaliRealtor.com NOBODY SELLS MORE HOMES THAN RE/MAX</p>	 <p>THE ENCLAVE - RIVERDALE! STONELEIGH - RIVERDALE! I HAVE A BUYER FOR ENCLAVE & STONELEIGH! DO YOU WANT TO SELL? THIS IS YOUR CHANCE. CALL ME.</p>	 <p>TINA CALI AWARD WINNING AGENT 973-493-1477 – CELL</p>	
 <p>ROCK CREEK RIVERDALE! 3 Bdrm, 2 ½ Bth Fin. Bsmt, culdesac Crestwood – 1980 s.f. \$396,000</p>	 <p>ROCK CREEK RIVERDALE! 2 Bdrm, 2 ½ Bth Den/3rd Bdrm Rosewood – 1540 s.f. \$365,000</p>	 <p>APT. RENTAL 3 Bdrm 1 Bth Above liquor store Rte 23 /Kinnelon \$1400/mth</p>	 <p>RIVERDALE Comm 1/Res 1 3 Bdrm 2 Bth Colonial \$299,900</p> <p><i>Spring is Here! This is the time to get your home on the market! Call me Today! Buyers are buying & Homes are selling!</i></p>



HERB GARDEN. If you want to get the most pleasure from an herb garden, plant the herbs where they can be touched, picked or brushed by people walking past them, because herbs don't release their fragrances until they are brushed or bruised. To get the best flavor from herbs, cut them just before they flower, when their oils are at peak. When cutting for storage, the best time to cut them is at mid-morning on a sunny day. Store them by freezing, drying, or in oil or vinegar. Use the oil and vinegar as pre-seasoned cooking ingredients. **WATERING PLANTS.** Your garden needs its watering early in the morning so that leaves will dry quickly in the sun. When leaves stay wet all night after evening watering, spore and fungus diseases may get established. Because many plant diseases are encouraged by wet leaves, it's better to water toward the soil instead of at the leaves. However, don't cause a deluge that washes the soil away from the plant; water gently. If you don't want to stand direct the hose to a specific area in your flower bed or to water certain shrubs or trees, bend a coat hanger into a V to hold the hose; you can poke the straightened-out hook end of the hanger into the ground. When you water plants, soak the soil thoroughly when watering. A light sprinkling can cause the roots to come to the surface and then get baked to death by the sun. The idea is to get roots to go down deep where they won't be subjected to summer heat. **WATERING YOUR PLANTS.** If you own a freshwater fish tank, instead of throwing out the water when cleaning, use it to water the plants. It's a great fertilizer.



Pequannock River Coalition Our willow nursery at the Glenburn Estate is finally ready for the first harvest. To collect the materials we need for planting sites from West Milford to Pompton Lakes we are scheduling a 2-hour work session there. This will be from 10AM to Noon on Sunday, April 22. The work is easy, but can be time-consuming. Please lend a hand! Volunteers will receive tools and work gloves. We need you.

Riverdale Ready - Spring Storms

Tuesday, April 10 at 7:00 PM
Riverdale Firehouse on Post Lane
A Second in a Series

- ◆ Prepare for Flooding
- ◆ Prevent Drowning
- ◆ CPR
- ◆ Stay Safe



Join us at the RAC for our annual



Silent Auction

FUNDRAISER

Saturday, May 12, 2012
6 TO 9 PM

Bid on Magnificent Vacations
in • Paris • Provence • Jackson Hole,
Golf Outings and Great Works of ART!

\$10 suggested donation
at the door

Support the
Riverdale Art Center,
a registered
501(c)(3) non-profit



RIVERDALE ART CENTER
SALON N° 5
5 Mathews Ave., Riverdale, NJ 07457
www.riverdaleartcenter.org
973-513-9250

Pompton Lakes/Riverdale Little League 2012 Baseball/Softball Seasons getting underway!

Saturday, April 14 at 12 Noon the annual parade starts at Pompton Lakes High School parking lot and continues on to Joe Grill Complex.



Don't miss out on the Opening Day Ceremony!"

Upholstery Stain Removal

For upholstery stain removal, whip it good! Apartment Therapy says, "Fill a container with half dish detergent, half water, and use a hand mixer to whip it up. Use a rag to rub the froth into the spot, and then rinse with water."




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Grand Opening of the Glenburn



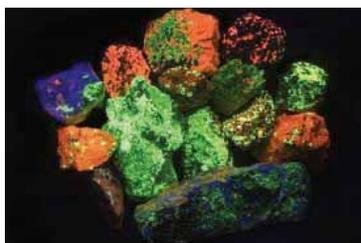
Dedication Ceremony
Saturday, May 5 at 10:00 AM

Tours of the House and Barn
10:30 - 2:30 on Saturday, May 5
1:00 - 4:00 PM on Sunday, May 6



The North Jersey Mineralogical Society Proudly Presents Our Annual

SPRINGTIME OUTDOOR ROCK, GEM & MINERAL SHOW & SWAP



On Sunday, May 20 from 9:00 AM to 5:00 PM (rain or shine)
The Glenburn Estate, 211 Hamburg Turnpike, Riverdale
FREE Admission. Refreshments will be sold.

New!! UV Fluorescent Mineral Display and Sale in the Glenburn Barn!

A fun outdoor sale and swap for anyone interested in Rocks, Gems, Minerals, Fossils, the Earth Sciences and Geology. See and learn about different rocks, minerals and fossils found here in New Jersey and around the world. See fluorescent minerals found right here in New Jersey. Also see crafts and jewelry that can be made from different rocks and minerals. An interesting and fun day out for all!!

Dealer/Seller space available at \$10 per table. www.nojms.webs.com
Show info contact: Jeff Wilson 973-293-7911 or Ron Schulz 973-713-9665



Healthy Strides

Annual Healthy Strides Program Launches in all five towns - Riverdale, Pequannock, Bloomingdale, Kinnelon, Florham Park. This is a 60 Day Challenge to Better Health.

All residents are encouraged to participate in the annual Healthy Strides program, designed to motivate people to exercise more as the weather gets warmer.

There is no charge to sign up for the program. Each participant will receive a free pedometer, and will begin counting their steps starting from April 24 until June 19. Walkers are encouraged to log their steps daily, at the end of the program; a review of the log sheets will determine one overall winner from the 5 towns. This winner will receive a \$100 gift card; the winner in every other town will win a \$50 gift card!

For every 2000 steps you take (one mile), you will log one point.

This program will also consist of weekly email encouragements, exercise tips and health information. Please sign up; **just small steps can lead to a lifetime of health and physical activity.**

Registration will be ongoing starting from Tuesday, April 10, until the start date of April 24. Please pick up your pedometer and information sheets; you have until the start date. To register, or for more information, please call 973-835-5700 x115, or visit the Pequannock Health Department, 530 Newark Pompton Turnpike, Pompton Plains.

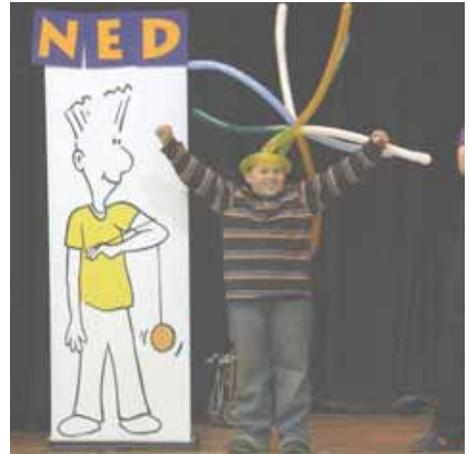


RIVERDALE

Girl Scouts

Our School

Over 150 Girl Scouts celebrated Lakedale's annual Girl Scout Saturday where they learned about the history and traditions of Girl Scouts.



Fifth grader, **Matt Richards**, is pictured at the NED (Never give up, Encourage others, Do your best) character education assembly, sponsored by the PTA.



The girls of Junior Troop 231 led the flag ceremony to open GS Saturday.



Brownie Troop 94283 especially enjoyed decorating jumbo Trefoil shaped cookies at Girl Scout Saturday using the original recipe from the very first GS Cookie Sales. Delicious!



Ayla Markowski – Riverdale spelling champion, pictured with her language arts teacher, Ms. Michele Miller.



Display at the Community Center created by the Lakedale Girl Scouts



Girl Scouts getting their supplies for the Clean Communities Program at the Glenburn



DAILY NEWS

Cub Scouts

Book Sale



"The families and leaders of the Riverdale/Pompton Lakes **Cub Scout Pack 88** would like to thank all of the people who donated to the annual *Scouting for Food* drive. This year the scouts collected 156 bags of groceries which will go to help needy families in our community. This would not have been possible without the generosity of the residents of both Riverdale and Pompton Lakes."



Hundreds of people came to the Friends of the Riverdale Library Book Sale and thousands of dollars were raised to assist in the many programs enjoyed by the residents of Riverdale patronizing our Library. Thanks, Friends!!



Joe Soto and Charlie Sheridan leading their Cub Pack in the Clean Communities Program at the Glenburn.

Dr. Oz: The Art of Eating Fruit

We all think eating fruit means just buying fruit, cutting it up and popping it into our mouths. It's not that easy. It's important to know how and when to eat fruit. What's the correct way to eat fruit?

IT MEANS NOT EATING FRUIT AFTER A MEAL! FRUIT SHOULD BE EATEN ON AN EMPTY STOMACH.

Eating fruit like that plays a major role in detoxifying your system, supplying you with a great deal of energy for weight loss and other life activities.

FRUIT IS THE MOST IMPORTANT FOOD.

Let's say you eat two slices of bread, then a slice of fruit. The slice of fruit is ready to go straight through the stomach into the intestines, but it's prevented from doing so.

In the meantime, the whole meal rots and ferments, and turns to acid. The minute the fruit comes into contact with the food in the stomach, and digestive juices, the entire mass of food begins to spoil.

Eat your fruit on an empty stomach, or before your meal! You've heard people complain: Every time I eat watermelon I burp, when I eat durian my stomach bloats, when I eat a banana I feel like running to the toilet, etc. This will not happen if you eat the fruit on an empty stomach. Fruit mixes with the putrefying other food and produces gas. Hence, you bloat!

There's no such thing as some fruits, like orange and lemon are acidic, because all fruit becomes alkaline in our body, according to Dr. Herbert Shelton who did research on this matter. If you have mastered the correct way of eating fruit, you have the Secret of Beauty, Longevity, Health, Energy, Happiness and normal weight.

When you need to drink fruit juice drink only fresh fruit juice, NOT the concentrated juice from the cans. Don't drink juice that has been heated. Don't eat cooked fruit; you don't get the nutrients at all. You get only the taste. Cooking destroys all of the vitamins.

Eating a whole fruit is better than drinking the juice. If you should drink the juice, drink it mouthful by mouthful slowly, because you must let it mix with your saliva before swallowing it. You can go on a 3-day fruit-fast to cleanse your body. Eat fruit and drink fruit juice for just 3 days, and you will be surprised when your friends say how radiant you look!

KIWI: Tiny but mighty, and a good source of potassium, magnesium, vitamin E and fiber. Its vitamin C content is twice that of an orange!

AN APPLE a day keeps the doctor away? Although an apple has a low vitamin C content, it has antioxidants and flavonoids which enhances the activity of vitamin C, thereby helping to lower the risk of colon cancer, heart attack and stroke.

STRAWBERRY: Protective Fruit. Strawberries have the highest total antioxidant power among major fruits and protect the body from cancer-causing, blood vessel-clogging free radicals.

EATING 2 - 4 ORANGES a day may help keep colds away, lower cholesterol, prevent and dissolve kidney stones, and reduce the risk of colon cancer.

WATERMELON: Coolest thirst quencher. Composed of 92% water, it is also packed with a giant dose of glutathione, which helps boost our immune system. Also a key source of lycopene, the cancer-fighting oxidant. Also found in watermelon: Vitamin C and Potassium.

GUAVA & PAPAYA: Top awards for vitamin C. They are the clear winners for their high vitamin C content. Guava is also rich in fiber, which helps prevent constipation. Papaya is rich in carotene, good for your eyes.



Drinking Cold water after a meal = Cancer!

Can you believe this? For those who like to drink cold water, this applies to you. It's nice to have a cold drink after a meal, however, the cold water will solidify the oily stuff that you've just consumed, which slows digestion. Once this 'sludge' reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the intestine. Very soon, this will turn into fats and lead to cancer. It is best to drink hot soup or warm water after a meal.

www.doctoroz.com

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.

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



Other Items Needed

- ✓ 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. He 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.)



Riverdale Public



School District

The annual Riverdale **School Election** will take place on **Tuesday, April 17, 2012** between the hours of **2:00 PM. and 9:00 PM.** Polling is located at the **Riverdale Senior Community Center** on Loy Avenue.

The 2012-2013 school budget provides a quality educational program for Riverdale's youngsters, while remaining fiscally conservative in a difficult economic time.

The critical areas considered during the budget development process are as follows:

- Increasing one part-time teacher to full time to accommodate enrollment growth (15% growth in 11-12, highest growth rate in Morris County) and program needs
- Improving academic programs through staff training and technology integration
- Including the programs and services necessary to provide a "Thorough and Efficient Education"
- Maintaining hazardous route busing
- Providing services designated in student IEP's (Individualized Educational Plans)
- Meeting our tuition obligations (Pompton Lakes High School & out of district)
- Maintaining extracurricular/athletic programs
- Addressing pressing facility needs (roof, HWH boilers)
- Providing for state mandated programs (Harassment, Intimidation & Bullying, etc.)
- Providing for the *final payment* of \$325,638.00 on the building referendum previously voted upon

We continue to seek economies via shared services with the borough as well as local districts and participate in a number of consortiums for purchased services. Additionally, the district continues to apply for grants available through local businesses and state and federal opportunities. Staff members contribute an additional 2.5% of the benefit costs, in addition to the mandated health benefits contribution, beginning July 1, 2012.

The proposed 2012-2013 General Fund operating budget is \$7,211,767.00. This budget will result in a tax levy increase of \$69,737.00 which represents 1.1% increase over the current year tax levy. The proposed tax levy falls \$329,201.00 below the district's allowable CAP figure.

The tax impact on the average assessed home (\$330,000.00) is \$49.50 annually.

Voters also will be electing three trustees to serve three year terms on the board of education.

A MESSAGE FROM MR. SHAWN DOUGHERTY, BOARD PRESIDENT:

Dear Fellow Residents and Taxpayers of Riverdale:

The Board of Education, administration and faculty have worked collectively to develop the 2012-2013 proposed school district budget which preserves and improves upon existing programs, providing the support necessary to continue offering high quality educational opportunities for our children in a fiscally responsible manner. The proposed budget will make available the programs, books, resources, supplies, and services necessary to provide our students with an educational experience that promotes the high level of student performance that we all demand, and that our children deserve.

It is equally important to note that the Board of Education, the Mayor and the Borough Council continue to work cooperatively, to plan and share information, services and resources. We move forward with a shared sense of enthusiasm as we approach the future of our growing school and community.

Please remember to vote in the annual School Board Election, to be held on Tuesday, April 17, 2012. Polls will be open from 2:00 PM to 9:00 PM at the Senior Community Center.

Best Regards,



Shawn E. Dougherty
President, Riverdale Board of Education

.....

The school election ballot will read:

Resolved that there should be raised for the General Fund \$6,562,424.00 for the ensuing school year (2012-2013).

YES

NO

Members of the Board of Education

Full Three Year Terms
(vote for three)

Kelly NORRIS

Richard OSTERHOUDT

June L. CARELLI



Superintendent Betty Ann Wyks

Preschool opening remains for September

Two available openings remain for the morning preschool 3 year old class. To be eligible, youngsters must be 3 years of age on or before Oct. 1, 2012 and toilet trained. There is a waiting list for the four year old class. Tuition is a modest \$2750 for the half day program, which follows the school calendar.

For further information, please contact the school office.

Drama Performance is set for April 19th

Rehearsals are underway for the annual drama production, co-directed by teachers Kristen Caufield and Kristen Fagan. The production for this year is *Into the Woods*. Close to 100 students are involved in this activity annually. Watch for further details as the date approaches.

Budget

Given the option to maintain an April election, whereby voters have the opportunity to vote on the school election or move the vote to November, Riverdale's Board of Education has determined that it will maintain the April election date. A move to the November date would eliminate the voters' ability to vote on the budget, if within the state determined "cap". The public hearing on the proposed 2012-13 school budget took place on March 26, 2012 at the Board of Education meeting.

The Diamond Awaits

Practices for softball and baseball are underway. The season officially begins for the Rams on April 18, when we are scheduled to play Boonton. Let's go Rams!

Science Fair

Students in grades 6 through 8 (and some eager fifth graders) proudly displayed their projects at our annual Science Fair, held this year on March 29th. Those of you who were able to attend had the opportunity to visit with some of our budding young scientists, who explained their work. The theme of this year's science fair was Exploring Inner and Outer Space.

Read Across America

Read Across America was celebrated in Riverdale School this year with many guest readers, from our local community, along with some familiar faces from our past. Pictured is retired teacher Mrs. Kathy Dubbels, who returned to her former classroom to read to Mrs. Majowicz's second graders. A special thank you to all who joined us on that day and to our library media specialist, Mrs. Batory, who facilitated the event.



Riverdale School Student Finalist in State Spelling Bee

Seventh grader Ayla Markowski was a finalist in the North Jersey Spelling Bee. The final round, with 32 remaining contestants took place at Bergen Community College. Although Ayla did not emerge victorious, we remain proud of her efforts and aptitude for spelling. The bee ended with a "cake boss" cake and a guest appearance.

School Calendar Changes for 2011-2012

Attention parents/guardians: Please take note of the following changes to the school calendar for the current year, due to return of emergency giveback days.

Monday, April 16	SCHOOL CLOSED
Monday, June 4	SCHOOL CLOSED
Wednesday, June 20	LAST STUDENT DAY 12:40 Dismissal, Graduation
Thursday, June 21	Last staff day

Should an unforeseen emergency take place, the calendar would need to be revised, to reflect the same.

Parent Workshop Series

The following parent and parent/child workshops remain for the school year. Please call the school, or visit the website for additional information:

April 3 @ 7 pm – An Organized Student = A Successful Student... and a Less Stressed Parent! (Grades 5-8 and parents)

April 25 @ 6:30 pm - Family Math Game Night (grades 2-3 and parents)

May 15 @ 7 pm - Social Networking- Tips for Parents (parents of students in grades 5-8)

Student Work Displayed at Rockaway Mall

Please be sure to drop by Rockaway Mall between April 16-21 to visit our student display of work as part of the PRIDE in Education event.

Important Dates

- April 4.....BOE meeting 7:30 p.m.
- April 5.....End of 3rd marking period
- April 6.....April 16 – School Closed
- April 17.....School election 2-9 p.m.
- April 18.....Dress rehearsal drama production 1:15 p.m.
- April 19.....Drama production
- April 20.....New Jersey Day – 4th grade
Report cards
- April 25.....Family Math Fun night
- April 27.....PTA Bingo night

This four page Riverdale School insert was made possible through the generosity of the Riverdale Quarry. This means of presenting the budget summary, which normally is mailed to the residents, saved the Riverdale taxpayers over \$800.



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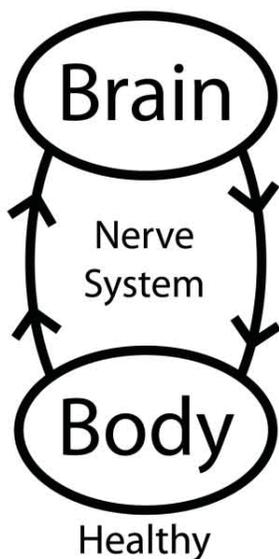
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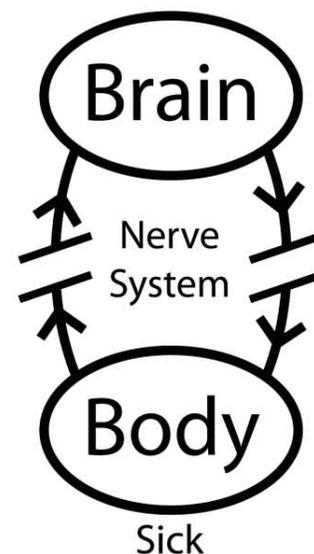
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Simple Truth



- Your brain runs your entire body.
- Your nerve system carries messages from your brain to your body, controlling every function and all healing.
- Your nerve system also carries messages from your body back to your brain, monitoring every organ and function.
- A disturbance in nerve communication in either direction can cause your body to malfunction.



- Malfunction can show up as any one of hundreds of symptoms or conditions. Some common examples are:

migraine, common headaches, arthritis, sinusitis, asthma, high blood pressure, heart disease, tingling, numbness, carpal tunnel, digestive disorders, GERD, allergies, colitis, ED, infertility, ear infections, and many more.

- Your spinal bones may misalign with each other just slightly. When that happens they often DO NOT hurt, yet they can squeeze nerves, interfering with the flow of messages between your brain and your body.
- This is called a subluxation (sub-lucks-ā-shun).
- You typically cannot feel subluxations, yet they may result in malfunction almost anywhere in your body.
- Medication often only masks symptoms.
- Medication often has dangerous "side effects."
- Gently re-aligning spinal bones can relieve nerve interference, allowing your brain to run your body more correctly again, often resulting in greater health.
- Is nerve interference the true root cause of your condition?
- Find out. Call (973) 835-5773.

Dr. Gary Stewart, 43 Newark Pompton Tpke., Riverdale, NJ 07457
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Wisdom of our Fathers

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



"In matters of style, swim with the current; in matters of principle, stand like a rock." *Thomas Jefferson*

"It will be of little avail to the people that the laws are made by men of their own choice if the laws be so voluminous that they cannot be read, or so incoherent that they cannot be understood." *James Madison*

"It does not take a majority to prevail....but rather an irate, tireless minority, keen on setting brushfires of freedom in the minds of men." *Samuel Adams*

"My reading of history convinces me that most bad government results from too much government." *Thomas Jefferson*

"Firearms are second only to the Constitution in importance; they are the peoples' liberty's teeth." *George Washington*

Why We Say...

Back handed compliment (a complement that also insults) - Back-handed is synonymous with left-handed. The left side of the body has always been deemed sinister. Hence, back-handed means round-about, indirect or devious.

High on the hog (extravagantly) - The best meat is on the upper portion of the pig. Rich people have always been afforded this luxury while the servants, slaves and poor have always had to eat pig's feet, cracklings, etc.—low on the hog.

Square meal (a nutritious meal) - British war ships in the 1700s did not have the best of living conditions. A sailor's breakfast and lunch were sparse meals consisting of little more than bread and a beverage. But the third meal of the day included meat and was served on a square tray. Hence a "square meal" was the most substantial meal served.

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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.

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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

KELP Kelp is a plant of the sea and is harvested off the coast of many of the oceans of the world, in places such as California, Norway and many others. As a product of the ocean, it contains many of the numerous elements that the oceans contain. Since the seas are water, they can dissolve into solutions the many elemental products that the land under the seas contain and thus, transmit these elements to the many plants that grow in the seas.



Kelp is one of those plants that is readily available and useable to mankind for many purposes and nutrition is one of them. Among the many elements in Kelp are the minerals to include iodine, bromine, alginic acid, alginates and their organic salts, especially sodium alginate. These effect such organs as the thyroid gland which has very vital functions to perform on the body in the way of controls over many important functions, such as the endocrine system.

Japanese studies show a direct relationship between the ingestion of the Algin contained in Kelp and the prevention of breast cancer and have concluded that Algin is responsible. This is both a mechanical (due to the fiber content of Kelp) and biochemical action to enhance immune system function. It is reasoned that the alginates effect the T-cells.

Kelp provides its treasured iodine, which is needed by the thyroid to healthfully function. Due to its unique ingredients acquired from the rich supply of nutrients from the sea, Kelp has the buffering ability to neutralize wastes from the body fluids to be more easily discharged from the body.

Kelp also helps soothe an irritated throat and mucous membranes. Kelp's action soothes coughs, dissolves firm masses, such as tumors, treats enlarged thyroids, lymph node enlargement, swollen and painful testes and reduces edema, all of which can be caused by the malfunction of the thyroid gland.

- Iodine is important for thyroid disorders, whether underactive or overactive and obesity.
- Iodine feeds the thyroid which controls metabolism. For this reason, Kelp has been used for a long time in weight loss formulas.
- Sodium alginate is known to reduce strontium absorption (radiation).
- Kelp is effective as a diet aid, thyroid stimulant and glandular balancer.
- Kelp aids in a cleansing regimen, since it can bind radioactive strontium, barium, and cadmium in the gastrointestinal tract, preventing their absorption into the body.
- It contains all of the minerals and vitamins and the high nutritive qualities of iodine and cell salts considered vital to health, in a concentrated form necessary to life, thus it stimulates the metabolism, strengthening the body system and could well be used by everyone.
- Kelp would be especially useful for the ailing and convalescent patient and during pregnancy.
- It promotes the healthy growth of hair, skin and nails, it helps to balance the effects of stress, guards against sickness, aids digestion and respiration and generally promotes a healthy functioning balanced system.
- Uric acid contributes to rheumatic pain and Kelp has those elements that help handle uric acid and eliminate it from the body system. Acidity and lack of essential nutrients for nerves and their insulating sheaths leads to inflammation an neuritis.
- Kelp also supplies hypotensive and serum cholesterol lowering principles which have a sparing effect on cardiac and neural tissues saving them from unnecessary stress and prolonging their effective lifetime, increasing their efficiency.

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. (Ecclus 38:5-7).

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.



Borough of Riverdale now accepting Credit Card Payments for:

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

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973.835.8850

PEACE OUT GIRL SCOUT!

What a busy month March was! Celebrating the 100th anniversary of Girl Scouts was an incredible experience for all the girls of Lakedale. The month started off with our traditional Girl Scout Saturday. Lead by Junior Troop 231, the girls saw Girl Scout uniforms from years ago and learned about the songs and crafts that have been a part of Girl Scouting for 100 years. And they even got to design their own Girl Scout uniform of the future! Next, Girl Scout Sunday's worship service was held at Pompton Reformed Church on March 11. Not only were the girls able to honor GS, but they showed their appreciation to PRC for their continued support of Girl Scouts through the years. And on the actual 100th birthday, March 12, many of the girls joined with girls from across northern New Jersey to have a Candlelight Ceremony. Before the ceremony, they got to watch a 15 minute long, black and white silent film that was made in the 1920's as a commercial for Girl Scouts. This rare footage showed the beginnings of what they are all a part of today. This film made a wonderful evening even more special.

only did the girls deliver all the yummy cookies last month that all of you bought, but many of them spent hours outside of the A&P, ShopRite and many other locations selling even more cookies. Thank you again for your support. Without cookie sales, the girls would not be able to do many of the activities they do.

Senior Troop 285 ran a fantastic Sock Hop. Dressed in Fifties outfits, the girls had a blast Rockin' Around the Clock! And soon Troop 285 will host the super-fun "Pig Races!" Troops are invited to dress up their adorable, mechanical pigs – and themselves - in a theme and then race them against the other troops. We're sure you'll hear the cheering no matter where you are in town that night!



Lastly, look out for registration information for next year. If you are already a Girl Scout, contact your leader about reregistering. If you want to register for next year, look for the information in this newsletter or a flyer coming home through school. Or you can contact Paulette Brauch at 973-390-5066, letuna1@hotmail.com.

And of course what would Girl Scouts be without GS Cookies! Not



girl scouts
of northern
new jersey

IT'S TIME TO REGISTER FOR THE BEST ORGANIZATION AROUND! GIRL SCOUTS!!**



K-1st
Age 5 - 7



2nd - 3rd
Age 7 - 9



4th - 5th
Age 9 - 11



6th - 8th
Age 11 - 14



9th - 10th
Age 14 - 16



11th - 12th
Age 16 - 17

Tuesday, May 22 and Wednesday, May 23

7pm - 9pm

Girl Scout Service Center, 95 Newark Pompton Turnpike, Riverdale, NJ

**** Are you a NEW enrollee** to the Girl Scout Organization? This registration is for you! Come register in to register OR just to learn more of what GIRL SCOUTS is all about.

**** Are you ALREADY a Girl Scout?** Your Troop Leader will be registering existing members. See your troop leader for further information.

For more information, please contact:
Paulette Brauch at 973-390-5066 or letuna1@hotmail.com

Be a Volunteer!

Help us bring Girl Scouting to ALL girls! Free training is provided!





Napoli Sotteranea Underneath the historic center of Naples lies the skeleton of another city, Napoli Sotteranea, 2400 years old and marked with the passage of time. The two cities, above and below, have been inextricably linked throughout history. Both cities are made of the same

yellow tuft stone. Each city is easily accessed from the other, and each one has protected the other at different points in history. You might say that each city makes the other one possible, viable and alive.

So how did this all begin? The area in and around Naples is geothermal, and pressure over centuries created tuft stone out of compacted volcanic ash. When the ancient Greeks founded the city in the 8th century B.C.E., they dug underground into the stone creating cisterns to hold the rain. Over time, they added a series of canals, well shafts and tunnels to distribute the water. The Romans later greatly expanded and improved this water system. It remained in use until as recently as 1885, when an epidemic of cholera forced Naples to replace it.

The underground came to the rescue of its sunlit counterpart when the bombardment of WWII forced hundreds of citizens to relocate beneath Naples. Although it was not an ideal environment in which to live, it saved many lives. Neapolitans brought what belongings they could; some furniture, bedding, clothing. The lack of sunlight and musty air forced some of the weak and elderly to make an

impossible choice: return above ground and risk survival amid the bombing, or remain underground where their ability to breathe was severely affected.

World War II was a dark period in Naples' history, and its memory is kept alive in Napoli Sotteranea. Metal renderings of soldiers in gasmasks, holding weapons and crouching amid tanks remain in the underground, remnants of a former art exhibition commemorating the events. Metal bed frames and tricycles, long forgotten traces of the lives of WWII refugees, are grouped together for emotional effect. And it is emotional, believe me.



After the war, much of the rubble left from the Naples bombardment was bulldozed into the underground. After about 20 years of excavation and reclamation, much of the underground is now available for tours and interesting uses. Currently, a tracking system can be found there that monitors worldwide seismic shifts. It's not just science, though. Musical concerts and art exhibitions are also hosted in the underground. I can only imagine what a Halloween "Haunted Underground" might look like.

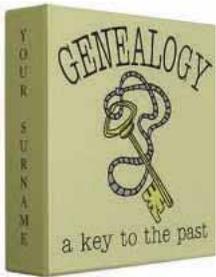
To learn more and schedule an unforgettable tour, visit NapoliSotteranea.org.

Submitted by Carolyn Masone

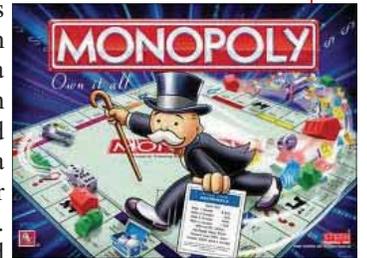
www.essenceofitaly.net

What's your Ancestry? The Riverdale Public Library will present an historical power point presentation along with a panel discussion on **Thursday, May 3 from 6:30 - 7:30 PM** to kick off it's new database, *The Library Edition of Ancestry.com*. Among the panelists are Riverdale Historian, Ruth Pasquariello, Genealogical researcher, Karen Day, and Russell Hannah of the Kinnelon Historical Commission and Butler Museum. Learn about the fascinating

history of the buildings, the people and the town of Riverdale, plus the surrounding areas. Sign up or call the library at 973-835-5044 for this exciting new program.



Fun Fundraiser! Put the **fun** back into "fundraiser" and participate in the Riverdale Library's **Board Game Night**. Join us at the Library for an after hours program on Saturday, May 19 from 6:30 to 8:30 PM. There will be a \$5.00 per family entrance fee and an evening full of fun activities and games to follow. Test your trivia knowledge, or spin the dial for various board game adventures. Refreshments will be served and plenty of door prizes available. Sign up online www.riverdalelibrary.org or call 973-835-5044.



Riverdale Health Department

Adult Vision Screening, Tuesday, April 17 from 4 - 6 PM
Pequannock Senior Center, 530 Newark Pompton Turnpike, Pompton Plains
Fee: \$10.00

Male Cancer Screening, Wednesday, April 25 from 6 - 8 PM
Kiel Elementary School, 115 Kiel Avenue, Kinnelon
Fee: \$65.00



Zostavax [shingles] Vaccine is available through the Health Department. Cost \$200.
For more information or to make an appointment, contact Nurses at 973-835-5700 ext 127.

Riverdale News & Events
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*Sincerely,
Dr.'s. Glenn & Christine Foss*

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**Call For A
FREE
Consultation
973.616.4555**