

February 2013

Volume 8 Number 2

Riverdale News & Events

In this Issue

- Recreation Page 3
- Community Center Page 6
- Announcements Page 8
- Rob Errera Page 9
- Bill Lango Page 10
- Woman's Club Page 15
- Riverdale History Page 15
- School News Page 20
- Library Page 22
- Natural Health Page 27

William Budesheim, Editor
Lori Clinton, Assistant Editor

Article Contributors

Rob Errera
William Lango

To submit stories and
photos please email to :
Mayor@riverdaleNJ.gov



Gary Mastrangelo is sworn in as a new Councilman. Accompanying him were his daughters, Danielle and Jamie, and his wife Jean.



Paul Carelli was being sworn in for a new term as Councilman. Holding the Bible is his wife, June.



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Riverdale Seniors



The first meeting of the Riverdale Seniors was held on January 9, conducted by **President Loretta Lippens**. There were 56 members present. We all enjoyed a New Year's Toast. Birthday babies were sung to. We were informed that our Riverdale Newsletter has been restarted.

Irene Moehring thanked people for

donations to the food bank. Our St. Patrick's Day luncheon is upcoming at the Regency. Payment and reservations go to **Lorraine Moody**. Following the meeting we enjoyed a pizza party.

The second meeting of the Riverdale Seniors was held with 51 members present. We celebrated the 40th Anniversary of the Club with a beautiful cake and a lovely oral tribute given by **Elaine Peacock**. She read the names of all deceased members of the group since the beginning. Lorraine Moody reported on our upcoming St. Patrick's Day

luncheon. A \$10 payment is due. **Trip Chairperson Barbara Stillwagon** reported for the trip committee. A trip to Mt. Airy Lodge is upcoming, also a trip to Hunterdon Hills Playhouse, and one to the Grad Chalet in July. A big trip will be to Sight and Sound to see "Noah". Check with Barbara.

Our love and prayers are with our dear president Loretta Lippens, who is in rehab with a broken hip. We miss you and love you, Loretta. **HURRY BACK!!**

Submitted by Marion Davis.

Six Super Spices

A couple of sprinkles a day can keep the doctor away.



DRIED RED PEPPER

The compound capsaicin puts the heat in chiles. It may lower the risk of skin and colon cancers; studies show it also helps people eat fewer calories. Try hot pepper on pizza or in pasta.



NUTMEG

Contains antibacterial compounds that may help fight listeria, E. coli and salmonella, according to research. Try nutmeg in soups or chicken dishes or on sweet potatoes.



CUMIN

A potent anti-inflammatory and antioxidant that may help stop tumor growth. Try cumin in tacos, or use it as a rub on meats.



TURMERIC

Contains an active component called curcumin, which may stop cancer from spreading and help prevent type 2 diabetes. Try turmeric in soups, stews or curry dishes.



CINNAMON

Just ¼ to ½ teaspoon daily lowers blood sugar, LDL (bad) cholesterol and triglycerides in people with type 2 diabetes. Try cinnamon sprinkled on oatmeal or applesauce.



GINGER

Can stop nausea and may also relieve heartburn and bloating. Try adding a few slices of fresh ginger to stir-fries or salad dressings.

MAYRA CAVAZOS' NEWEST LUNCH OBSESSION!

Utterly brilliant. Not only does SALAD IN A JAR save space in your fridge, it also reduces food waste and gets non-salad eaters to mow down daily.

THE ARRANGEMENT:

- BOTTOM to TOP**
 Dressing
 Shredded carrots
 Cherry tomatoes
 Sunflower seeds
 Hard boiled eggs
 Baby spinach



DIRECTIONS:

- 1) Arrange ingredients in a large mason jar
- 2) Store in fridge for up to a week
- 3) When ready to eat: shake jar, place on a plate, and eat!

You can make any arrangement you want...you can add red onion, cucumbers, radishes or peppers. Always remember to put the dressing at the bottom and the lettuce at the top—a MUST.

****NOTE**** If you're making a few salads at a time for the week, you MUST remember to vacuum seal the Mason Jars. They must be vacuum sealed to remain fresh and crisp.

Visit us on the

Borough of Riverdale Facebook Page

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



Pantry

Beautiful! Free standing kitchen pantry cabinet with four sliding wicker baskets, two solid oak drawers and herb racks. Recycled TV armoire.

RECREATION NEWS

riverdalerec@gmail.com



"LIKE" us
at Riverdale Recreation



Breakfast with the Easter Bunny

**Saturday, March 30
9:30—11:00 a.m.**

Riverdale Community Center
Cost: \$5.00 Adult, \$3.00 Child

Email riverdalerec@gmail.com for ticket info.
Ticket deadline March 10th



Easter Egg Hunt

**Saturday, March 30
11:00 a.m. sharp**

Riverdale Community Center

Open to Riverdale children ages 2 thru 11.
Bring your own basket!

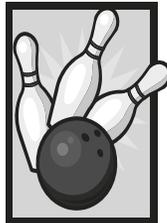
Adult Crazy Bowl

Saturday, March 23, 8:00 p.m.
Holiday Bowl, Oakland

\$30 per person includes
2 games of bowling,
hot & cold buffet,
soda/coffee and prizes!

To sign up contact
Anne Marie (973) 616-5225,
Kari (973) 839-8580
or email riverdalerec@gmail.com

Deadline to sign-up March 1st



INDOOR FIELD HOCKEY CLINIC

Thursdays, March 14-April 18, 7:00-8:30 p.m.
Lakeside Gym in Pompton Lakes
Open to 2nd thru 8th grade students
\$70.00

Please call Krista Osborne (973) 835-1234
or email riverdalerec@gmail.com to sign up.

INDOOR SOFTBALL CLINIC

Tuesdays, March 12-April 9, 7:00-8:30 p.m.
Pompton Lakes High School Gym
Open to 1st thru 8th grade students.
\$60.00

Please call Krista Osborne (973) 835-1234
or email riverdalerec@gmail.com to sign up.

NEW YEAR, NEW YOU... with Riverdale Rec & Golds Gym!



STEP EXPRESS-Saturdays 9:30a.m.-10:00a.m. Begins February 2, Cost \$10.00

ZUMBA-Saturday 10:00a.m.-11:00a.m. Begins February 2, Cost \$20.00

CARDIO COMBAT BOXING-Sundays 9:30-10:30a.m. Begins February 3, Cost \$20.00

Please bring boxing gloves for the punching bag!

TONING-BOXING-BOOT-CAMP-Tuesday & Thursday 5:30 p.m.-6:30p.m. Begins February 5, Cost \$30.00

CARDIO MIX-Wednesdays 10:30 a.m.-11:30a.m. Begins February 6, Cost \$20.00

YOGA-Wednesdays 6:30-7:30 p.m. Begins February 6, Cost \$20.00 Please bring a towel and a yoga mat.

SPINNING-(hurry! limited number of sign ups) begins Mondays 9:30-10:15a.m. starting February 5
OR Thursdays 6:00-6:45p.m. starting February 8. Cost \$25.00/ea. or both for \$45.00

***Must sign up in advance by calling or emailing Krista Osborne (Rec Dir) at 973-835-1234
or 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."



Pequannock Valley Rotary

A Photography Exhibition

to support The Pequannock Valley Rotary Club's Save a Life Fund & The Riverdale Art Center

OPENING RECEPTION

**March 1, 2013
6 TO 9 PM**

Opening Reception Tickets \$15. each
Wine & Hors D'oeuvres
March 1, 2013 • 6 to 9 pm

For tickets and on-line entry form go to:
www.pequannockvalleyrotary.org
or www.riverdaleartcenter.org

Exhibition Dates: March 1 from 6 to 9 pm
March 2 from 12 to 4 pm



RIVERDALE ART CENTER

SALON N° 5

5 Mathews Ave., Riverdale, NJ 07457

My mother's tip. When the mayonnaise jar is almost empty and you just can't get that last little bit, sprinkle a few drops of vinegar inside, add flavorful herbs and shake well. You'll have enough salad dressing for one salad.



Maximize your morning cup. Instead of throwing out used coffee grounds, leave half in the filter, then add half of the freshly ground coffee for a second pot.



Girl Scouts are ROCKIN' this time of year! After running our first ever Fall Festival in October at Hershfield Park, the girls celebrated the holidays in lots of ways including caroling at various nursing homes and having their own troop holiday parties before taking a short break until after the New Year. This rest was needed to gear up for our yearly Girl Scout Cookie Sale!

Thank you to everyone who purchased cookies and keep an eye out for troops who continue to sell cookies around town and at local stores in the area. At the end of February, we are gearing up for our annual Girl Scout Saturday. This year Junior Troop 1105, with help from Junior Troop 1029, will run this event – "Health Planet, Healthy U" - for over 100 girls of all ages.

In March, the girls will celebrate Girls Scout Sunday, the anniversary of the beginning of Girl Scouting in the United States, at Christ Church in Pompton Lakes. Later that month we will gather again for World Thinking Day and learn about Girl Scouting around the world. Each troop will research a different country that has Girl Guides (the international version of Girl Scouts) and teach the other troops about that country. Countries represented will include India, Argentina, France, Greece, Sweden and Italy as well as many more.

Individual troops are also keeping busy on their own. This month Cadette Troop 70323 will run a workshop for Daisys, Brownies and Juniors on how we make ART in our daily lives and last month Daisy Troop 94886 visited Lincoln Park Saving Bank and was given a wonderful tour by the bank manager. Cadette Troop 70323 will also be having a yard sale in late April to raise money for their trip to Europe in 2014. If anyone has anything they would like to donate, please email us at jill@crosscountryinstall.com.

Lots more to come this spring! Peace out, Girl Scout!



The Birds 50th Anniversary - Released in 1963. STORYLINE: A wealthy San Francisco socialite pursues a potential boyfriend to a small Northern California town that slowly takes a turn for the bizarre when birds of all kinds suddenly begin to attack people there in increasing numbers and with increasing viciousness.

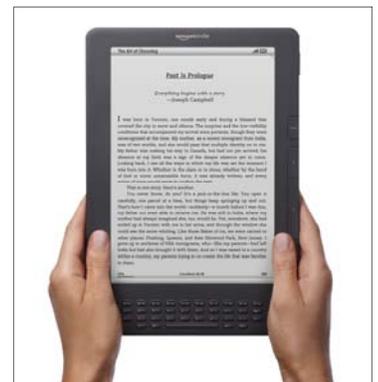
- ◆ There is no musical score for the film except for the sounds created on the mixtrautonium, an early electronic musical instrument, by Oskar Sala, and the children singing in the school.
- ◆ Alfred Hitchcock saw Tippi Hedren in a 1962 commercial aired during the Today show and put her under contract. In the commercial for a diet drink, she is seen walking down a street and a man whistles at her slim, attractive figure, and she turns her head with an acknowledging smile. In the opening scene of the film, the same thing happens as she walks toward the bird shop. This was an inside joke by Hitchcock.
- ◆ Tippi Hedren's daughter Melanie Griffith was given a present by Alfred Hitchcock during the filming: a doll that looked exactly like Hedren, eerily so. The creepiness was compounded by the ornate wooden box it came in, which the young girl took to be a coffin.
- ◆ The automobile driven by Tippi Hedren is an Aston Martin DB2/4 drop-head coupe.
- ◆ The movie features 370 effects shots. The final shot is a composite of 32 separately filmed elements.
- ◆ The famous poster art for the film where a woman is pictured screaming is not Tippi Hedren but is in fact

Jessica Tandy taken from the scene where the birds come down the chimney.

- ◆ When the film was aired on NBC-TV in the USA on 6 January 1968, it became the highest rated film shown on television up to that time. The record held until Love Story overtook it on 1 October 1972.
- ◆ Rod Taylor claims that the seagulls were fed a mixture of wheat and whiskey. It was the only way to get them to stand around so much.
- ◆ The sound of reel-to-reel tape being run backward and forward was used to help create the frightening bird squawking sounds in the film.
- ◆ The classic scene in which Tippi Hedren watches birds attacking the townsfolk was filmed in the studio from a phone booth. When Melanie opens the phone-booth door, a bird trainer had trained gulls that were taught to fly at it. Surviving photos of the shooting of the scene were published in the book "Hitchcock at Work" by Bill Krohn.
- ◆ Cast member Doodles Weaver was the uncle of actress Sigourney Weaver, who worked with Veronica Cartwright in Alien, and with Tippi Hedren's daughter, Melanie Griffith, in Working Girl.
- ◆ One of the little girls at Cathy's birthday party (at the very end of the 'attack' scene, she was standing alongside another girl...holding her cheek) was played by Suzanne Cupito. She later changed to her stage name, Morgan Brittany. 'Dallas' fans may remember her as Pamela Ewing's evil half-sister, Katherine Wentworth.
- ◆ The scene where Tippi Hedren is ravaged by birds near the end of the movie took a week to shoot. The birds were attached to her clothes by long nylon threads so they could not get away.
- ◆ Near the end of the film, when Mitch carries Melanie down the stairs, it is actually Tippi Hedren's stand-in being carried by Rod Taylor. Hedren was in the hospital recovering from exhaustion after a week of shooting the scene where Melanie is trapped in the upstairs room with the birds.
- ◆ In the end, when Melanie is carried outside, Mitch opens a door. There was no door used in filming, and it was all done with light effects to make it look as if Mitch opened the front door.
- ◆ The climactic scene, in which Tippi Hedren's character is attacked in the bedroom, took seven days to shoot. Hedren said, "[It was] the worst week of my life." The physical and emotional tolls of filming this scene were so strong on her that production was shut down for a week afterward.
- ◆ When the children are running down the street from the schoolhouse, extra footage was shot back on the Universal sound stages to make the scene more terrifying. A few of the children were brought back and put in front of a process screen on a treadmill. They would run in front of the screen on the treadmill with the Bodega Bay footage behind them while a combination of real and fake crows were attacking them. There were three rows of children and when the treadmill was brought up to speed it ran very fast. On a couple of occasions during the shoot, a number of the children in the front fell and caused the children in back to fall as well. It was a very difficult scene to shoot and took a number of days to get it right. The birds used were hand puppets, mechanical and a couple were trained live birds.
- ◆ There were no ending credits. And in the opening credits the title "THE BIRDS" was slowly pecked a way by the passing crows.

The Latest at the Riverdale Library

What's new at the Riverdale Public Library? Riverdale residents can now check out E-readers, like kindles, Nooks and Sony Readers. Each E-reader device have E-book bestsellers already downloaded. You are borrowing the device and the two (2) E-book bestsellers or more on each device. You will sign a contract for each unit that is borrowed. Please stop by the library and start reading an E-book right away!



COMMUNITY CENTER KIDS

Exercise, Exercise, Exercise

KIDS CARDIO BOXING

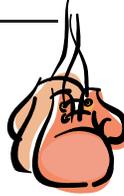
EVERY THURSDAY, 4:00pm (1 Hour)

\$6/Student (for Boys & Girls)
(Payment due at Class/Cash or Check)

8 Week Session Begins Thursday, January 31
thru March 21.

However, don't hesitate to join-in anytime.

*Interval training with basic boxing drills
using Focus Mitts & Active Games.*



TOTS MUSIC

New Class Time!!

Fridays 9:30am (1 Hour)

\$9/Child (\$7 - 2nd Child)

ADVANCE SIGN-UP REQUESTED
(Now Required to Maintain Class Size)

Call (973) 706-6471 Community Center Office
or email jcarelli@riverdaleborough.com

KIDS JUMP & JIVE

EVERY Tuesday, 4:00pm (30 min)

8 Week Session Begins Tuesday, January 29
thru March 19.

However, don't hesitate to join-in anytime.

Suggested for ages 4-14

\$6/Student (Boys & Girls)

Payment due at class/Cash or Check

*Movin' & Groovin' Activity to
Kid-Safe Popular Music!*

KIDS FUN N' GAMES

EVERY Tuesday, 4:30pm (30 min)

8 Week Session Begins Tuesday, January 29
thru March 19.

However, don't hesitate to join-in anytime.

Suggested for ages 4-14

\$6/Student (Boys & Girls)

Payment due at class/Cash or Check

Play Active Group Games!

*\$4/Student if taking both JUMP & JIVE
and FUN N' GAMES*

Questions: email jcarelli@riverdaleborough.com

Glenburn Events



TOP OF THE LINE DOG TRAINING

Mondays, 6:00pm

The Glenburn Estate BARN

\$155/7 Week Program

1st Class - Pet Owner Workshop
6 Weeks - Pet & Owner Basic Training

Taught by - Norma Overlock
Certified Dog Behaviorist

www.normasdogtraining.com

MUST SIGN-UP IN ADVANCE

(201) 337-6179 - Norma

NEW At The GLENBURN ESTATE HOUSE

PILOXING EXERCISE

Monday - Feb 4 8:00pm

(Every Monday after this date)

\$7 Advance Sign-Up Or \$10 Drop-In

To Sign-Up:

E-mail - jcarelli@riverdaleborough.com

Or Call (973) 706-6471

Piloxing is the latest Exercise Trend!

A barefoot combination of Pilates & Boxing.
Burns fat, sculpts muscle and is an excellent core
interval workout.

GLENBURN ESTATE NOW OFFERS A MONTHLY ACTIVITY FLYER

Flyer is available for Pick-Up at the:
Riverdale Borough Hall *Front Doors Vestibule*,
Riverdale Library & Riverdale Community Center Foyer
OR Can Be E-Mailed to you Monthly.
Sign-Up to receive via E-Mail to:
jcarelli@riverdaleborough.com or
(973) 706-6471 Leave Message

YOGA AT GLENBURN ESTATE HOUSE

Thursdays, 7:30pm

Bring Yoga Mat & Refreshment

\$8/Class

Walk-In's Always Welcome

Mondays -
Zumba Toning, 7:30pm \$6/class

Tuesdays -
Rise & Shine Bootcamp, 5:30am
\$6/class (advance sign-up) or \$8 (drop in)
Zumba Gold 10:00am \$6/class
Zumba 7:30pm \$6/class

Wednesdays -
Zumba Sentao & Toning, 7:30pm \$6/class

Adults
Exercise, Exercise, Exercise

Thursdays -
Rise & Shine Bootcamp, 5:30am
\$6/class (advance sign-up) or \$8 (drop in)
Zumba, 7:00pm \$6/class

Saturdays -
KettleBell Fitness, 9:00am \$7/class



Buggy Bootcamp

Wednesday – Feb 6 11:00am
(Every Wednesday after this date)
\$8 Advance Sign-Up / \$10 Drop-In

To Sign-Up :

email - jcarelli@riverdaleborough.com
Or Call (973) 706-6471 Community Center

Try a NEW Stroller Fitness Class that includes
Bootcamp, a Piloxing Class & Jogging Group!

Every class ends with Parachute time for babies & toddlers.

BOB ROSS TECHNIQUE OIL PAINTING

Saturday - February 16, 11:00am
Scene - Lighthouse with Sunset
\$45/Per Person (includes ALL supplies)

Thursday - March 7, 6:00pm
Scene - Spring Brook with Flowering
Bushes & Flowers
\$35/Per Person (includes ALL supplies)

Payment Due at Class (Cash or Check)
MUST SIGN-UP IN ADVANCE
Call (973) 706-6471 (Leave Message)
Or email jcarelli@riverdaleborough.com

SEWING CLASSES

Wednesdays
\$10/Per Student (Includes ALL Supplies)
Come in the day of class to participate!
4:00pm - 5:30pm

February 1
Make a Valentines Day Card
Sew on paper!

February 13
Heart Shaped Pillow

February 27
Embroider a Pillowcase

March 6
Sew a Cube
Like Magic! A Three Dimensional Project!

March 13
St. Patricks Day Clover Leafs

March 20
Easter Eggs in Felt

FRIDAY NIGHT FROLICS
3RD, 4TH & 5TH GRADE STUDENTS

Friday - March 1, 6:30pm - 8:00pm
\$5/Admission/Student
Includes snacks, refreshments, music & games!
Come out for a fun night with your classmates!
Listen to your favorite music,
play WIPEOUT & MINUTE TO WIN IT games
with prizes to winners.

WINTER WIPEOUT
ALL MIDDLE SCHOOL STUDENTS

Friday - March 8, 7:00pm - 9:00pm
\$5/Admission/Student
Includes snacks, refreshments, music & games!
We're playing Minute to Win It & Wipeout!
Prizes to Winners!

RIVERDALE FOOD PANTRY

Items ALWAYS Needed.
Drop-off @ Borough Hall

SIGN UP TO RECEIVE COMMUNITY CENTER MONTHLY ACTIVITY FLYER

Flyer is available for Pick-Up at the:Riverdale Borough Hall *Front Doors Vestibule*, Riverdale Library & Community Center Foyer
OR E-Mailed Monthly. Sign-Up via E-Mail to: jcarelli@riverdaleborough.com or (973) 706-6471 Leave Message

Announcements

Happy 14th Birthday **Joseph Soto** on February 17th. We love you! Love, Dad, Mom, Tyler, Ryan, and Matthew.



Happy Birthday to **Adam Budesheim** on February 5. Love, Tori, Caroline, Elizabeth, Stephen and the rest of the family.

Happy Birthday, **Gregory Budesheim**, on February 27. Love, Lisa, Jack, Emma, Sara, Alex and the rest of the family.

Wishing **James & Julia Regeling** a very Happy 7th Birthday!! We love you to the moon & back! Love, Mommy, Daddy, Princey & Ruby! XOXO



Happy February Police Birthdays to **Ptl. Chuch Quant** (3rd) and **Sgt. Glenn Danzo** (10th)

Prevent Damage and Expenses from Frozen Pipes in Your Home

As winter rears its ugly head and we face frigid temperatures in New Jersey, the water pipes in your home are at risk of freezing. Frozen pipes can cause serious damage to your home and your wallet. Here are some quick and easy tips to prevent the headache of frozen pipes.



- Keep your thermostat set to the same temperature throughout the day and night. You may incur a higher heating bill, but you will be preventing a more costly repair job.
- If you are heading out of town, set the temperature in your home to no lower than 65° F.
- Open cabinets in your kitchen and bathroom to allow warmer air to circulate around the plumbing. Be mindful of any cleaners or chemicals you'll want to move out of the reach of children.
- Let cold water drip from your faucets. Even a trickle will help prevent freezing.
- If you have water supply lines in your garage, keep the garage doors closed.

Read more on how to [Prevent Damage from Freezing Temperatures](#) from the Insurance Institute of Business & Home Safety and [Preventing and Thawing Frozen Pipes](#) from the Red Cross.

The Auxiliary of the Riverdale Volunteer Fire Department will sponsor a town-wide garage/yard sale Sept. 28. You'll be able to set up either on your own property or, if that isn't an option, we'll have a large community space where you can sell your stuff. The Auxiliary will supply advertising, maps and information. So start cleaning out the attics and closets. Make some money and support the charitable efforts of the Auxiliary!! Look for more information in the spring!!!!



Petrichor



The way it smells outside after rain.

CLEAN THE GRILL

This cleanup trick works while you sleep! Lay a barbecue grill rack on the lawn overnight-the dew will combine with the enzymes in the grass to loosen any burned-on grease. Try it with messy oven racks too!



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.**



Rob's Reflections By Rob Errera

Riverdale resident and award-winning columnist, Rob Errera, will be contributing a monthly column for the reading pleasure of our residents.

I love newsletters!

I'm not talking about those dreadful "email newsletters" that clog up your inbox. I'm talking about old school newsletters that someone wrote, designed, and pasted up on their kitchen table. Sure, they can look amateurish, but they're quirky, weird, and contain information you can't find anywhere else.

Newsletters are labors of love; you can practically see the editor's sweat and passion dripping off every blurry page. It's not something done for money. I've never heard of anyone striking it rich as a newsletter publisher. (I suppose you could argue that the Weird NJ guys have done okay for themselves, but I wouldn't exactly call them media moguls.)

The Riverdale News newsletter is certainly a labor of love for borough Mayor William Budesheim. Budesheim had an uncanny knack for showing up everywhere with his trusty camera, from bagel store openings, to senior citizen picnics, to Cub Scout campouts. The first time my wife met Mayor Budesheim—at the grand opening of Bubbles & Bones Dog Grooming and Bakery—she mistook him for a photographer from *Suburban Trends*.

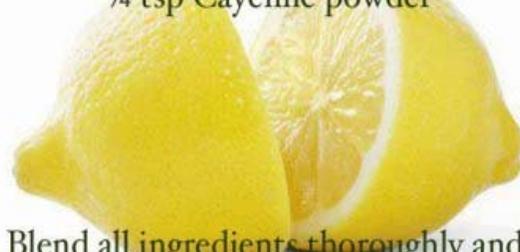
I'm grateful to Mayor Budesheim, and Associate Editor Lori Clinton, for the chance to write for The Riverdale News. Riverdale is a great community, and I look forward to connecting with my neighbors in these pages.

So, until next issue—Smile for the Budesheim!

Riverdale resident **Rob Errera** is an award-winning syndicated columnist and the author of *Autism Dad: Adventures In Raising An Autistic Son*. He blogs at roberrera.com and Twitter/Tweets @haikubob.

Natures Flu Shots

Juice of 6 fresh lemons
1 bulb Garlic
2 tsp. Ginger powder
2 Tbsp. Honey
3 cups Pineapple juice
¼ tsp Cayenne powder



Blend all ingredients thoroughly and store in a glass jar. Take 1 cup 4 times a day until the symptoms are resolved.

DAVE SOMMERS TRUE HEALTH AND HEALING



Plastic Hangar Cookbook Holder



PHOTO TIPS: OUTDOOR PORTRAITS THAT SHINE

One of the great hidden features on digital cameras is the fill flash or flash on mode. By taking control of the flash so it goes on when *you* want it to, not when the camera deems it appropriate, you've just taken an important step toward capturing great outdoor portraits.

In flash on mode, the camera exposes for the background first, then adds just enough flash to illuminate your portrait subject. The result is a professional looking picture where everything in the composition looks good. Wedding photographers have been using this technique for years.

After you get the hang of using the flash outdoors, try a couple variations on this theme by positioning the subject so the sun illuminates the hair from the side or the back, often referred to as rim lighting. Another good technique is to put the model in the shade under a tree, then use the flash to illuminate the subject. This keeps the model comfortable and cool with no squinty eyes from the harsh sun, and this often results in a more relaxed looking portrait.



Remember, though, that most built-in camera flashes only have a range of 10 feet (or even less!), so make sure you don't stand too far away when using fill flash outdoors.

By placing the subjects in the open shade beneath a tree and turning on the fill flash, both the boys and the background are properly exposed. (Canon PowerShot G2, 1/250th at f-4, flash on)

Three of the Best of Riverdale's Finest

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I recently came across this photo taken some time in the late 1970's showing Hank Morrow, Billy DeStefano and Harry Ressler. Harry served as Chief of the Riverdale Police Department longer than any other (24 years). February 18 will mark the second anniversary of Harry's passing. Hank passed away January 8, 2007; Billy on June 26, 2011. They will always be fondly remembered and will continue to be representative of an era gone by. Rest in peace and may God bless.

February in The Garden

by Bill Lango

Riverdale resident Bill Lango will be contributing monthly articles on the subjects of gardening and antiques & collectibles for our enjoyment.

By the time February rolls around most of us are somewhat acclimated to the cold weather. We've become winter hardy now, because we're past the coldest part of the winter--the third week in January. Some of us, myself included, opt to wear a light jacket now instead of a heavy coat on sunny days. To be sure, February's increasing daylight hours and ever so slightly moderating temperatures are primary factors that boost our energy level.

Longer days and moderating temperatures also contribute to a slight, yet recognizable, boost in the energy level in some of our early blooming garden life. Looking over some of the past

entries in my garden journal, I wrote on February 7th, 2008, "A group of multicolor crocus has pushed up through the damp mulch on the warm sunny-side of the house".

My entry for Saturday, February 23, 2008, reads, "Saw the first Robin Red Breast of the season while driving on I-287 in Riverdale".

On the next day I wrote, "Green Tulip foliage is gently poking up through wet leaves and mulch, in the front lawn's center island."

So with February already here, I'm looking forward to March and more early blooms in my garden.

Remember, gardening is fun and great exercise too!



The *Riverdale News and Events* is published on the first day of each month. We are interested in all the good news that is happening around town and in your families. We welcome all such announcements, including birthdays, anniversaries, graduations, and any other special occasions you may want to share with your neighbors. The deadline for all insertions is the 3rd Wednesday of each month, which may be extended in certain circumstances. Please email your copy and photos to mayor@riverdalenj.gov and riverdalemayor@gmail.com. Photos should be in JPEG or TIFF formats and at least 1MB in size.

Driving in Snow and Ice

- ◆ Snow falling from vehicles is a hazard. Completely remove all snow and ice from entire car, especially from headlights, the hood, windows and the roof—It is the law in New Jersey.
- ◆ Always wear your seat belt and buckle the children into child safety seats.
- ◆ Turn on your headlights. Use low beams when driving in snow.
- ◆ Use main roads or arteries when possible.
- ◆ Slow down! Give yourself plenty of time to get to your destination. Adjust your speed for visibility, traffic and road conditions.
- ◆ Remain calm. Nervous, jerky movements and quick turns, lane changes or abrupt speed changes can cause skidding.
- ◆ Increase following distance. In winter weather, travel at least eight to ten seconds behind the car in front of you.
- ◆ When driving, test the road conditions from time to time by applying the brakes to determine stopping distance. Only brake when you are traveling in a straight line.



- ◆ Watch for slow or stopped traffic ahead of you and begin braking well in advance. Again, only brake when traveling in a straight line.
- ◆ Bridges, ramps, overpasses and roads freeze before road surfaces freeze.
- ◆ Beware of “black ice.” it appears to be water, but it is ice.
- ◆ Slow down before exiting the highway. Exit ramps often have icy patches, sharp curves and stalled or stopped vehicles
- ◆ On a multi-lane road, stay in the lane that has been cleared most recently.
- ◆ Avoid changing lanes because you could lose control when driving over snow and ice between lanes.
- ◆ Do not tailgate snowplows or other snow removal equipment—stay at least two car lengths behind. Never cut between a caravan of plows or sanders clearing the highway.
- ◆ If you lose control of the vehicle, try steering toward the shoulder or into a snow bank, rather than into another car.
- ◆ Do not use cruise control when driving in inclement weather.



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

CLEAN UP AFTER YOUR DOG

Borough Code Chapter 173A: No person owning, harboring, keeping or in charge of any dog shall cause, suffer or allow such dog to soil, defile, defecate on or commit any nuisance on any common thoroughfare, sidewalk, passageway, bypath, play area, park or any place where people congregate or walk or upon any public property whatsoever or upon any private property without the permission of the owner of said property.

The person who owns, harbors, keeps or is in charge of such dog shall immediately remove all feces deposited by such dog by any sanitary method.

Board of Health Reminder

Dog and Cat Licenses are due no later than Thursday, February 28 in order to avoid a late fee.

FREE RABIES Clinic
Saturday
February 16 at the
Bloomington Senior Center
101 Hamburg Turnpike
Rear Parking Lot
11:00 AM to 1:00 PM



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.



Ice & Snow - Remove It Before You Go

Remember to remove all ice and snow from your vehicle before driving, especially from the hood, windows and roof. It's the law in New Jersey! Motorists who fail to do so face fines of \$25 to \$75 for each offense, regardless of whether the ice and snow is dislodged from the vehicle. If flying ice or snow causes property damage or injury to others, motorists face fines of \$200 to \$1,000 for each offense.



Enjoy a short stack for a tall cause

You're Invited to an Applebee's
Flapjack Fundraiser Breakfast
to support the
**POMPTON LAKES - RIVERDALE
FIRST AID SQUAD**

Applebee's
1200 Route 23, Butler

Meal includes:
Pancakes, sausage, scrambled eggs and a
beverage (coffee, juice, soda or tea)

Tickets: \$10
February 9 from 8:00 am to 10:00 am

Please call or email for tickets.
973-981-6782 Cadisimino@yahoo.com

2013 100-day Weight-Loss Challenge

Open to Residents of Bloomingdale, Florham Park, Kinnelon
Pequannock and Riverdale*



*participants must be Residents 18 or over.

PRIZES

The overall top winner will receive a
\$100 gift card.
Additional winners (one per town) will
receive a
\$50 gift card.

**Kick Start Your New Year's
Resolution with us!**

**2012 Winner had a 13.05% weight loss!
Total weight loss among all participants was 262.2
pounds!



www.peqtwp.org/health

The Health Department is
sponsoring a multi-town
contest February 4th to May
14th to see which participants
can lose the most pounds and
inches in 100 days!

[Appointments required](#)

[Please contact Christie](#)

[973.835.5700 ext 115 or](tel:973.835.5700)

cnavea@peqtwp.org

- There will be weekly email updates, tips & recipes
- Weigh-in & Weigh-outs, will have blood pressure assessed along with height & waist measurements.
- FREE fitness vouchers will be offered
- Participate at your own pace

Sign-Up TODAY, Initial weigh-ins to be conducted
in each town:

**Riverdale Senior
Community Center
Monday, February 4
4:00 to 6:00 pm**

Check Out My Natural Health Tonic

By Matt Jabs



Apple Cider Vinegar, Honey and Vitamin C are ancient healers and a powerful combination for treating colds, flu, arthritis, indigestion, obesity, eczema and a host of other ailments.

I drink this tonic at the first sign of a cold/flu/whatever, and I haven't been sick in years.

**1 Tbsp raw Honey
1 Tbsp raw Apple Cider Vinegar
1 tsp Vitamin C Powder
12-16 ounces pure water**

Combine all ingredients in a glass and stir with vigor until its all combined. Drink down quickly.

<http://mattjabs.com/natural-health-tonic>

Influential Women

Amelia Earhart

July 24, 1897 - disappeared July 2, 1937



One of the most famous pilots in history, Amelia was born in 1897 in Atchison, Kansas. She saw her first air show in the winter of 1920 and was inspired to fly, and by the next December she had earned her pilot's license. Her short aviation career is full of flight records including being the first woman to fly solo across both the Atlantic and Pacific Oceans. These records launched Amelia into the spotlight and she used her fame to become an advocate of both women's rights and commercial aviation. In 1937 she set out in an attempt to become the first woman to circumnavigate the globe. After accomplishing more than two thirds of the distance, her plane disappeared into the South Pacific and neither her nor her navigator Fred Noonan or her plane has ever been seen again.

"Were we directed from Washington when to sow, and when to reap we should soon want bread"

~
Thomas Jefferson
WWW.THEFEDERALISTPAPERS.ORG

Did You Know?

- ◆ *TV Guide's* first edition in 1953 featured Lucille Ball and her newborn son, Desi Arnaz IV, on the cover.
- ◆ *Time's* first Man of the Year was Charles A. Lindbergh, in 1927.
- ◆ Mia Farrow was the cover feature of *People* magazine's first issue in 1974.
- ◆ John Travolta was the first man to appear on the cover of *McCall's* magazine in July 1978.
- ◆ It took Noah Webster twenty years to put together his first dictionary, *The American*.
- ◆ The average person swallows 295 times while eating a meal.
- ◆ Ancient Egyptians shaved off their eyebrows to mourn the death of their cats.

Repurpose Old Fencing

Shop flea markets and architectural salvage stores to find objects you can repurpose for distinctive storage. This piece of wrought-iron garden fencing stands on its end on the counter and holds dish towels and cooking tools.

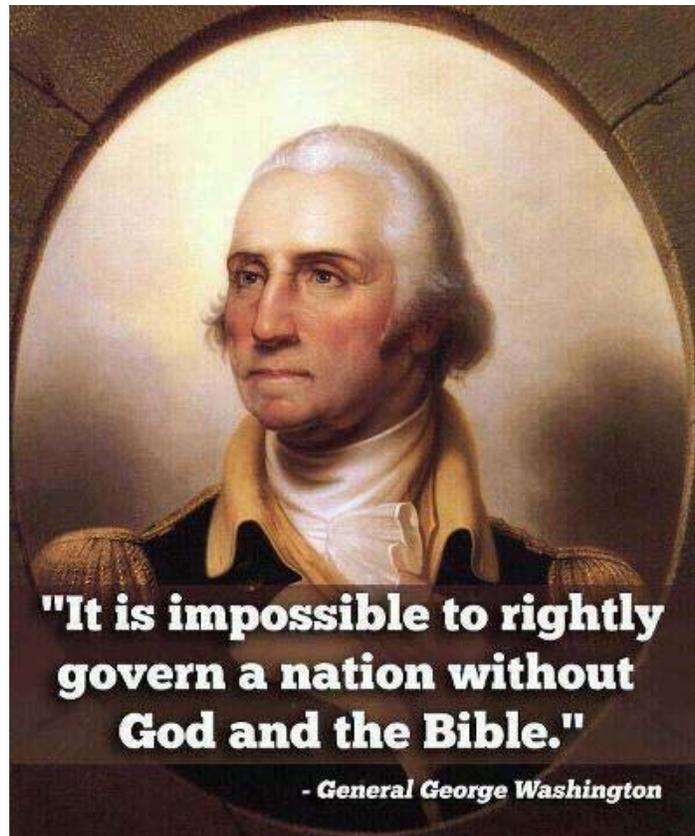


Beside it, cast-iron tub legs serve as bookends to keep cookbooks upright.



Garden Variety

Hang a garden trellis on your wall and start growing your kitchen storage. Outfit the trellis with hooks for hanging pots and tools, as well as baskets for holding smaller utensils and cookbooks.



President George Washington

February 22, 1732 - December 14, 1799

HAPPY BIRTHDAY, MR. PRESIDENT



FOOD PANTRY

The Pantry is supported with your donations. Item needed are:

- Canned vegetables and soups
- Boxed potatoes and rice
- Cereal - hot and cold
- Pasta and pasta sauces
- Kids snacks, juices, mac 'n cheese
- Crackers and cookies
- Canned meat and tuna fish
- Paper products - napkins, towels, toilet tissue

Drop off donations at the Riverdale Borough Hall, 91 Newark Pompton Tpk

FOOD PANTRYVOLUNTEERS WELCOMED

*One day for 2 hours every month
Tuesday or Saturday mornings*

Call Food Pantry 973.835.4969 - #6

Food Marketing Translations

- 1) **No Sugar Added**
Instead, we have included a variety of sweet tasting carcinogenic chemicals.
- 2) **Artificial Flavoring**
A horrible mix of chemicals that will trick your brain into thinking you are eating something healthy.
- 3) **Natural Flavoring**
A tiny drop of lemon or something added to the chemical crap listed in item two.
- 4) **Low Fat**
Instead of fat, we have added a chemical cocktail that is worse than fat ever was.
- 5) **An essential source of vitamins and minerals**
We have added a salad of unavailable vitamins and minerals to hide the rest of the garbage that we are feeding you and your children.

When you buy bread in the grocery store, have you ever wondered which is the freshest? Many people "squeeze" for freshness or softness. Did you know that bread is delivered fresh to the stores five days a week? Monday, Tuesday, Thursday, Friday and Saturday.

Each day has a different color twist tie.

- Monday = Blue
- Tuesday = Green
- Thursday = Red
- Friday = White
- Saturday = Yellow

Remember the colors of the twist tie, they go alphabetically by color - Blue-Green-Red-White-Yellow, Monday through Saturday, skipping Wednesdays.



Kitty Litter: To keep cat litter fresh smelling, mix baby powder in with the litter.

Phosphenes



The lights you see when you close your eyes and press your hands to them.

Dysania



The state of finding it hard to get out of the bed in the morning.

IF YOU'RE PREPPING A LOT OF CORN USE AN ELECTRIC KNIFE TO REMOVE THE KERNELS



YOU CAN ALSO USE A BUNDT CAKE PAN TO COLLECT THE CORN AND HELP HOLD THE COB AS YOU CUT



Riverdale Woman's Club

The Riverdale Woman's Club is hosting the *Second Annual Scrapbook Crop Fundraiser* on Saturday, February 9 from 10 AM to 10 PM at the Riverdale Community Center.

- ◆ Lunch, Dinner and Snacks included.
- ◆ Close to My Heart and Stampin Up vendors.
- ◆ Door prizes and more
- ◆ Cost is \$45.
- ◆ Pay by January 15 and you pay only \$40! Checks payable to the Riverdale Woman's Club

Call Jenny Walenta for information or to reserve your spot **973-650-8860**.

Be sure to get your reservation in early as this is always a sell out!

For membership information please contact Jean at 973-835-3269 or any club member.



The next meeting will be held on Wednesday, February 13 at the Community Center at 7:30. All women are invited to attend to learn about the Club and meet the members. Refreshments will be served.



Congratulations to Gabrielle Revis

on being named Pompton Lakes High School's "National Girls and Women in Sports" honoree.

New Jersey will again join the Nation in celebrating the many achievements of girls and women in sport, particularly throughout our state. The state-wide celebration for National Girls and Women in Sport Day took place on January 27 at Seton Hall University. The program will include a state-wide awards luncheon, where outstanding high school and college/university female athletes will be presented with special awards from the National Association for Girls and Women in Sport. After lunch the students will be attending the Seton Hall Women's Basketball game against Rutgers University. Gabi feels proud to represent her high school and is excited to attend the luncheon and the game.

History of Riverdale

A Monthly Serial — Part I

The first natives in these parts were Indians. The Leni-Lenape nation occupied most of North Jersey. There were many tribes within the Leni-Lenape nation. Among them were the Ramapos who later broke away from the Leni-Lenape nation. There were the Wanaques, pronounced Wa-na-ki, just as it was written by cartographer, Robert Erskin, as it appears in his maps which are displayed in Ringwood Manor. There were the Packanacs, the Pequannocks and the Pomptons. The Riverdale area was occupied by the Pompton tribe. Many arrowheads have been found in this area.

Following the Indians, about the middle of the 18th century, the Dutch, who had originally settled in Bergen and Paulus Hook (now Jersey City) settled in this area. Aaron Schuyler, Nicholas Bayard, and Anthony Brockholst purchased land from the Leni-Lenape Indians in 1695. This territory extended from the Passaic River to the south, Pequannock on the north, and to the foothills to the east and west. Schuyler and Brockholst in 1696 purchased from the proprietors of the East Jersey area, titleholders of the soil by a grant from King Charles IV, 1500 acres. Anticipating a dispute between East and West Jersey, a deed had been obtained from the West Jersey proprietors covering the same property purchased from the Indians. Later they conveyed 1/3 interest to Nicholas Bayard and by 1750 the Indians disappeared from Morris County. By 1753 Morris County was established and was named in honor of Col. Lewis Morris, the

governor of New Jersey. Some of the descendents remain here and we recognize some of their names like Schuyler, Doremus, Mandeville, Slingerland, Terhune, Hopper, Decker, DeBow, DeGraw and many others. After the English took possession of Jersey, English names began to appear. During the American Revolution, when Washington came through the area, his aide, Col. Colfax courted and later married Hester Schuyler, the granddaughter of Aaron Schuyler, a prominent Dutch settler here, and so life had become integrated.

Most of the people who lived in this area were farmers, though some worked in the locally owned copper mines of which there were quite a few. There were also iron mines which employed some of the local residents.

With the coming of the railroad in 1870, the population increased and a new 2-room school was built in 1904. The original 1856 school was auctioned off to Melvin Brown who moved it to the site of the present dentist office of Dr. Sheehan on the corner of Cedar Street and Newark Pompton Turnpike. In 1908 more school-room was needed and an additional room was added on the back of the school. In 1922, still more rooms were added on the east, or front, making five rooms in all. We mention the above school history because it played an important role in the formation of the Borough of Riverdale.

To be continued next month.

RIVERDALE

Re-Organization Meeting



Pastor Timothy Flynn (2nd from left) was appointed as Chaplain to the Riverdale Police Department. Rev. Flynn is Pastor of the Riverdale Baptist Church. On hand are Councilman Joseph Falkoski and Pastor Flynn's wife, Kristen, and their three daughters.



The Mayor and Council made a special presentation to Larry Feld, who stepped down as President of the Riverdale Library Board of Trustees after ten years of service.



Assemblyman Scott Rumana attended Riverdale's 2013 Reorganization Meeting. Here he congratulates new Councilman Gary Mastrangelo.



Planning Board Chairman Al Heimel congratulates Board Attorney John Barbarula. On November 8, 2012, John was recognized for his thirty years of service to the Board. He is the longest reigning Planning Board Attorney in the State of New Jersey. Congratulations, John, and thank you for your dedicated service to the Borough.

Service

Councilman Gary Mastrangelo with DPW worker Neil DeBonte worked on closing an access to the library being used by unlicensed cats. The job came out purrrfectly!



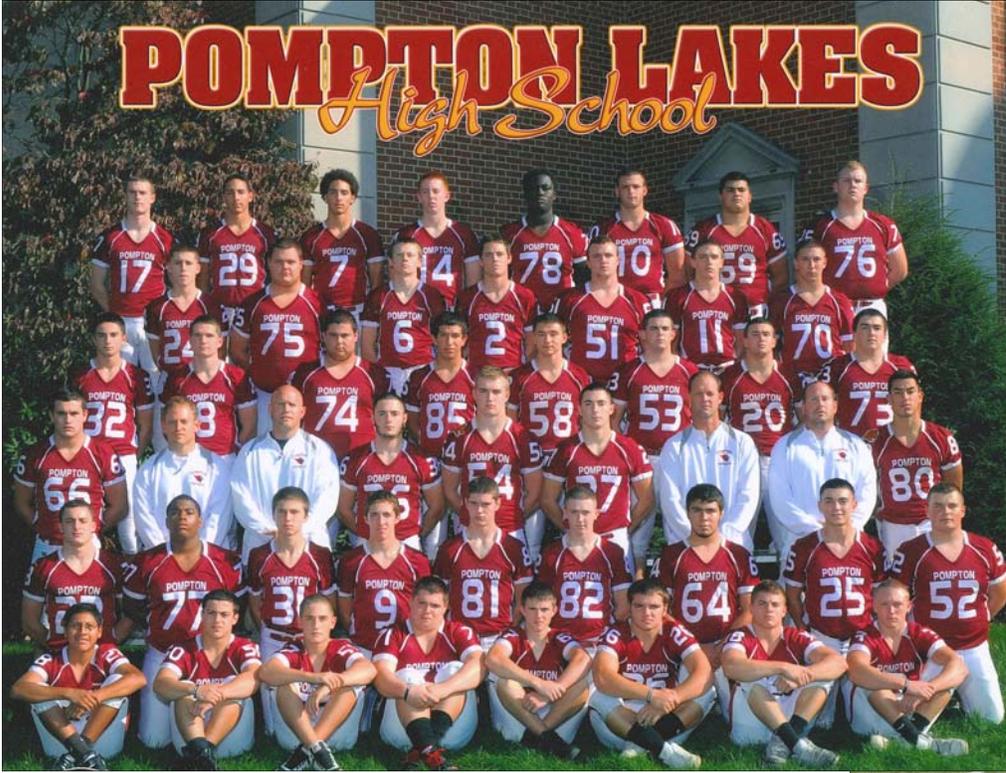
Chair Lift

Facility Director June Carelli receives instructions on the operation and maintenance of the new chair lift recently installed in the Community Center with funds acquired through a Community Development Grant. The lift for wheelchair bound and handicapped visitors to the Center will allow easy access to the lower level.



DAILY NEWS

CHAMPS!



Congratulations to the Pompton Lakes Varsity Football Team for their second consecutive State Championship with a 12-0 record.

At the Riverdale Council Meeting on Monday, February 4, the team will be presented with individual certificates of achievement for their successful season.



Honor Roll



Superintendent List recipients were also recognized at a recent Board meeting. Pictured below are :

Front Row: Alekya Gadiraju (gr.6), Noelle Vacca (gr.5), Marisa Messina (gr.5), Veronica Bastian (gr. 5)

Back Row:

Board President, Mr. Shawn Dougherty, Jason Dubrovich (gr.7), Sean Bastian (gr.7), Kristian Neuschwanter (gr. 8), Christine Holl (gr. 8), James Kimberlin (gr.5) and Superintendent, Dr. Betty Ann Wyks

50th Anniversary



Weight Watchers recently celebrated its 50th Anniversary. To celebrate, the Riverdale office held a party at their location in Riverdale Square.

Share the Love



Donate Pet Supplies to Four Legged Friends Affected by Storm Sandy

Visit our website for Valentine's Adoption Events

February 14th - 17th

**Drop off to Mike's Feed Farm
90 Hamburg Turnpike, Riverdale
(973) 839-7747 ♥ www.mikesfeedfarm.com**

**M
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Storm Sandy Wish List

- ♥ dog food ♥ dog treats ♥ toys ♥ vari kennels ♥ crates ♥
- ♥ cat food & treats ♥ cat litter ♥ litter pans ♥ marrow bones ♥
- ♥ leashes ♥ collars ♥ rawhides ♥ beds ♥ blankets & towels ♥
- ♥ dog coats ♥ wee wee pads ♥ small animal food & supplies ♥
- ♥ gift cards ♥ monetary donations for rescues & shelters ♥



House for Sale 42 Newark Pompton Turnpike

- 1956 square feet, Single Family
- Master BR with WIC, master bath
- Newly designed kitchen, new appliances
- Large living room, wood burning heat-o-lator fireplace
- Family room leading to 2.5 car garage
- City water and sewer
- Central air, 2 zone baseboard heating
- Huge butler's pantry & laundry room
- 3 Bedrooms, 2 Baths
- Asking \$475,000

Todd Urban at toddurban@me.com





**Riverdale PTA's Tricky
Tray Fundraiser
"Luck of the Irish"
March 7, 2013
The Grand Chalet, Wayne, NJ**

Prizes include:

2013 American Girl Doll of the Year

Getaway at Manhattan Hotel (overnight stay/\$100 dining certificate)

Disney Themed Basket (including 4 1-day Park Hopper tickets)

Signed Sports Memorabilia

Theater Tickets

Dining Gift Certificates

\$45 per person

(includes dinner, coffee/tea, dessert and a value pack of raffle tickets)

To get your tickets complete order form below.

For more info call Kelly Norris **973-616-6311** or **kellynorris5253@yahoo.com**

RIVERDALE SCHOOL PTA TRICKY TRAY TICKET ORDER FORM

Name _____ Phone Number _____

Address _____

_____ Email address _____

of tickets _____ x \$45.00/each = \$ _____ (seating in tables of 10)

Please make checks payable to **Riverdale School PTA**

Mail ticket request and payment to Riverdale School

Attn: PTA Tricky Tray
52 Newark Pompton Turnpike
Riverdale, NJ 07457

Geography and Spelling Bee

Each year all middle school students participate in a Geography Bee sponsored by the National Geographic Society. In

social studies class, Ms. Conn conducts the preliminary rounds. One student from each class, who accumulates the greatest number of points during these preliminary rounds, advances to the final round. David Mateo, a seventh grade student, outlasted the five other competitors and won the school level bee. Soon, he will take a qualifying test

for the state level. In March, we will find out if he scores high enough to move on to the next level. Congratulations and good luck, David! We are all so proud of your accomplishment.

Also in January, the middle school students competed in the Spelling Bee. Ms. Miller and Mrs. Radomski conducted preliminary rounds in their classrooms that produced one winner for each class. These classroom winners then competed against one another in front of the entire middle school. The overall winner was David Mateo again! He outlasted all the other competitors and will move on to the next round. Congratulations to David and all the other competitors for a job well done!

Frederick Douglass: The Starry Road to Freedom

Students in grades K-8 were treated to a performance called *The Starry Road to Freedom* sponsored by the Riverdale PTA. Three separate performances (K-2, 3-5, and 6-8) were held and consisted of a one-man show based on the life and writings of Frederick Douglass. Students enjoyed learning about the influence of this famous American.

Correction from last Newsletter: Our apologies to fifth grader Charles Sheridan who earned a spot on the Honor Roll for the first marking period. His name was inadvertently left off the listing. Keep up the good work Charles!!!



IN CELEBRATION OF ACADEMIC SUCCESS

Fifth graders **Philip Latora** and **Benjamin Hentz**, are shown with Ms. Soucy at a recent Board of Education meeting, celebrating their attainment of High Honor Roll for the first marking period.



REGISTRATION FOR KINDERGARTEN AND PRE-KINDERGARTEN

Just a reminder, if you have a child who meets the criteria and would like to register him/her for our September classes, please download a registration form from our website www.rpsnj.org and stop by the main office with your residency proofs. The preschool lottery will take place at the March 13 Board of Education meeting. Should you have any questions, please call Ms. Santangelo in the main office 973-839-1300.

FEBRUARY DATES:

- Feb. 5 – 7** PTA Book Fair
- Feb. 6** - End of second marking period
- Feb. 6** – Board of Ed. Workshop Mtg.
- Feb. 7** - PTA Founder's Day 7 pm
- Feb 8** - Student Council Dance
- Feb 14** – Report Cards distributed
- Feb 15, 18 and 19** – School Closed
- Feb. 22** – NJHS Movie afternoon
- Feb. 27** – Board of Ed. meeting

SAVE THE DATES!!

School wide Family Literacy Celebration – Tuesday April 16th.
7pm- 8:30pm
Watch for details in an upcoming issue!!!!

A **Kindergarten Tea**, hosted by the PTA, for next year's incoming Kindergarteners and their parent/guardian is scheduled for May 29th. If you have registered your child for Kindergarten you will receive notification prior to the event!

AUTO REPAIR: Spark Plugs

Spark plug wires are one of the more neglected parts of most engines. It's not that they don't go bad, but most people don't replace their plug wires until one of them is so bad it's causing their engine to run badly. Did you know that one of the major causes of Check Engine Lights is a bad plug wire? A faulty spark plug wire can cause an engine misfire, which will trigger the light and cost you a trip to the repair shop to turn it off. I recommend new spark plug wires every 30,000 miles or so. They can last much longer, but when they go bad you'll spend much more time and money on the repair than you would have on the prevention.

The point is this: Spark plug wires are easy insurance against a breakdown. Take the time to replace them and you'll be doing yourself a favor. Do the job while you install new spark plugs and you're really saving time.



From the Desk of *Fire Marshall Ralph Porrino*

COOKING SAFETY

Does a grown-up always stay in the kitchen when food is cooking on the stove?

Are stove tops and counters clean and uncluttered?

Are there pot holders within easy reach of the stove?

Are pot handles turned inward so they can't be bumped?

Are curtains and other things that can burn well away from the stove?

Is there a "kid-free" zone of three feet around the stove when grown-ups are cooking?

HEATING SAFETY

Are portable space heaters always turned off when adults leave the room or go to sleep?

If space heaters are used in your home, are they at least three feet away from anything else that can burn, including people, furniture and pets?

Does your fireplace have a sturdy screen to catch sparks?

Has your chimney been inspected and cleaned during the past year?

Has your furnace been serviced by a professional in the past year?

Are propane tanks and other fuels stored outside your home?

ELECTRICAL SAFETY

Are extension cords used safely? (Are they not under carpets or across doorways?)

Are electrical cords in good condition, without cracks or frayed areas? (A grown-up should unplug lamps and appliances before inspecting the cords.)

Are kitchen appliances - such as the coffee-maker, toaster oven, and microwave - plugged into separate receptacle outlets?

SMOKE ALARMS

Does your home have smoke alarms on every level, including the basement, and outside sleeping area?

Are the batteries working in all your smoke alarms? (A grown-up should help by pushing the test button to find out.)

Are all the exits in your home clear of furniture, toys and clutter?

Does your family have a home fire escape plan that includes two exits, usually a door and a window, from each room?

Has your family picked a safe place to meet outside after you exit your home?

Home Fire Safety Checklist

Do a home fire safety inspection

Cold Weather Alert

Freezing Temperatures are Upon Us

Steven Marcus, MD, Executive and Medical Director,
Bruce Ruck, Pharm.D., Director, Drug Information and Professional Education
New Jersey Poison Information and Education System (NJPIES)

HYPOTHERMIA, a body temperature of less than or equal to 95°F, kills many Americans every year. Infants, children, and the elderly are at greatest risk for hypothermia. Signs and symptoms of hypothermia may include:

- Numbness
- Fatigue
- Poor Coordination
- Slurred Speech
- Impaired mental state
- Blueness or puffiness of the skin
- Difficulty concentrating
- Death

Recommendations:

- Stay warm and dress appropriately! For prolonged exposure to cold, wear insulated or layered clothing that does not retain moisture. Wear a head cover!
- Avoid over-exertion and excessive sweating in the cold.
- Warm beverages can help increase the body temperature
- Avoid drinking alcohol, especially in cold temperatures.
- Some medications may increase your risk. Check with your doctor, pharmacist or call the Poison Control Center

CARBON MONOXIDE is a clear and odorless poisonous gas. Unintentional carbon monoxide poisoning is common during severe weather conditions. Signs and symptoms of carbon monoxide poisoning may include:

- Headaches
- Sleepiness
- Fatigue
- Confusion and irritability
- Nausea
- Vomiting
- Irregular heartbeat
- Impaired vision and coordination
- Death

Recommendations:

- Never use gasoline powered equipment/generators or tools and/or kerosene heaters inside the house or in enclosed spaces.
- DO NOT leave the car running inside the garage with the garage door closed.
- DO NOT use charcoal or propane grills inside the home. Do NOT heat the house/apartment with the stove!
- Clear any snow accumulation from all outside dryer and heating vents. Install Carbon Monoxide detectors in homes and check them periodically to make sure they are working properly.

If you believe you or someone you know is suffering from hypothermia or carbon monoxide poisoning, call 911 immediately. If you have any questions call the NJ Poison Experts at 1-800-222-1222.



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!

For all programs as of January 2013, registration begins Dec. 17 for Riverdale residents; sign up for out of town residents begins Jan. 2.

INFANT & PRE-SCHOOL PROGRAMS

Fall programs run from the week of January 14 through the week of March 5.

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 Tues, 10:15–11:00 am or 1:30–2:15 pm

CHILDREN'S PROGRAMS

Puppy Pals — Dogs certified by Creature Comforts Pet Therapy come to the library to "listen" to children read. Bring your beginning reader, reluctant reader, or dog-lover for a session with a friendly listener. Children can read privately to a dog or participate in a group session. For children grades K-5. **Wed., Feb. 13 from 4:00-5:00 pm.**

Valentine's Day Party — Kids in grades K-5, make a special Valentine craft for a loved one and enjoy heartwarming stories, songs, games and sweets. **Thurs., Feb. 7, 4:00-5:00 pm.**

Family Movie — Come enjoy everyone's favorite ogre and his bride Princess Fiona in "Shrek Forever After" on **Sat., Feb. 16 1:00-3:00 p.m.**

Lego Lab — You bring your imagination and we'll supply the Legos! With the themes of cars and dogs, there's no stopping what you can make! For kids grades K-5. **Wed, Feb. 27 4:00 - 5:00 pm.**

TEEN PROGRAMS

Teen Book Discussion — Discuss the book of the month over pizza! Reading a book with a group is fun and may count as extra credit for school. February's book is *Going Bovine* by Libba Bray. **Wed., Feb. 20, 6:00-7:00 pm.**

Teen Movie Night — Join us on **Wed., Feb. 6, 5:30-7:45 pm** for popcorn and February's movie, "Valentine's Day" with Jessica Biel.

Teen Advisory Board (TAB) - Join us on **Thurs., Feb. 14, 5:00-6:00 pm.** to hang out with friends, help plan programs and choose materials for your library! May counts toward community service hours

HOURS

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

ADULT PROGRAMS

Jewelry Design — Join us on **Wed., Feb. 13, 5:30-6:30 pm** to make a memory bracelet for a Valentine's Day gift with Carol Heinz.

Friday Movie Matinee — Join us on **Fri., Feb. 15, 2:00-4:00 pm** for *Total Recall*. Rated PG-13. Refreshments will be served.

Fifty Plus Shades of Crock Pot Recipes — Join us on **Wed., Feb. 27, 6:30-7:30 pm** to watch, learn and taste recipes sure to tantalize your taste buds. Share a recipe of your own with others when you come!

COMPUTER CLASSES

Introduction to the PC Part I — Join us on **Wed., Feb. 20, 3:00-4:30 p.m.** This course is for the novice computer user. We'll practice using the mouse, navigating Windows, and visit the Internet.

Introduction to the PC Part II — You can use the Internet and some software packages, but are stumped by where things are, and how to move and organize files. Join us on **Sat., Feb. 23, 11:00-12:30 p.m.** to learn how.

Introduction to PowerPoint — Join us on **Sat., Mar. 2, 11:00-12:30 p.m.** to learn how to create a presentation with text, photos and animation.

Microsoft Word Part I — Learn the basics of Microsoft Word on **Tues., Mar. 5, 11:00-12:30 p.m.** Type, edit, and spell check text; save and print documents; set margins, page breaks, page numbers, and change from portrait to landscape.

Less Stress Workshop — Learn to have less stress in your life with this theatrical program on **Mon., Mar. 4, 6:30-7:30 p.m.**

Celtic Music with Ian Gallagher — Join us on **Thurs., Mar. 14, 6:30-7:30 p.m.** for an enjoyable Irish musical performance.

The Friends of the Library Annual Book Sale is back! Donations welcome at the library Jan. 19 - Mar 9. Books, DVDs, CDs & audio books in good condition only! No magazines, textbooks, condensed books or out-of-date encyclopedias, please. **Sale will be held at the Senior Community Center at 57 Loy Avenue on Fri., March 22, 4-8 pm, Sat., Mar. 23, 10 a.m.-4pm, & Sun., Mar. 24, 12-3 pm.**

MONTHLY

Photography Club— Meeting on Mon., Feb. 25, from 6:30-7:45 pm. All Photographers welcome! Learn! Share!

Job Hunters Workshop—Meeting on Fri., Feb. 8, from 3:00-4:00 pm. Learn about networking, resume writing and job hunting skills.

Gypsy Knitters — Thursdays, 4:00-8:00 pm. For experienced knitters. Bring a project and join in!

Adult Book Discussion Group — Join us on Mon., Feb. 25, from 6:30-8:00 p.m. to discuss *The End of Your Life Book Club* by Will Schwalbe.

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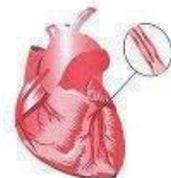
Lemon juice - 1 cup

Ginger Juice - 1 cup

Garlic Juice - 1 cup

Apple vinegar - 1 cup

Say No to Angioplasty



Mix all above and boil in light flame, when it become three cups, take it off and cool down. Now mix it with three cup of natural honey and keep it in a clean bottle.

How to take: Take one table spoon of this juice daily before breakfast. Your blockage from veins will disappears slowly.

Kindly share & pass this with your family, friends and relatives.

Cheap organizer. Use plastic ice-cube trays to hold earrings, bobby pins, or cufflinks in a drawer.

If you want to test baking powder for freshness, add a teaspoon to a glass of water. If it does not fizz, the baking powder is too old and should be tossed.

A New Feature

TEAS

Their Health Benefits and Uses.

Tea has been a favorite beverage worldwide for hundreds of years.....tea can treat a variety of ailments, and with this invaluable guide you can put the secrets of tea to work for you!

Taken from **20,000 Secrets of Tea: The Most Effective Ways to Benefit from Nature's Healing Herbs** by Victoria Zak

THYME *The Knockout Infection Fighter*



This European native flourishes in Mediterranean regions, and can be found in Spain, Asia Minor, Algeria and Tunis. It's a low-growing shrub from the mint family with tiny gray-green leaves, whorls of pink flowers and an invigorating balsam scent.

Bronchial Dilator. Thyme tea can be a valuable health treatment to strengthen your respiratory tract, and fight infections that may be lingering there. It opens your bronchial tubes for cleansing, expectorates phlegm, and it's a decongestant for your chest. Its powerful antiseptic action cleanses your respiratory tract of fungal, bacterial, microbial, and viral infections. It clears your head, throat, windpipe, bronchial tubes, and lungs. Begin by taking a mild tea once a day for a week, then gauge your progress. As you begin to feel less tightness in the chest, you can use the tea less frequently.

Infections-Colds, Flu, Viral. A cup of thyme tea can be the tonic you need to make a real breakthrough with an infection, septic condition, or to aid your recovery from disease. It's the most powerful antiseptic herb - antiviral, antifungal, antimicrobial, and antibiotic. There aren't many germs that can withstand that kind of clout. You can also use thyme to clean sickroom air by boiling the herb in an uncovered pot on your stove, letting thyme's antiseptic steam purify the air.

Skin Infections. Thyme tea is a four-star antiseptic for all skin infections, including parasitic skin problems and those that resist synthetic antibiotic treatment. When it is applied topically, thyme increases the blood flow to the area and purges the infection. Soak a cotton ball with thyme tea and press the liquid into areas on your skin that need cleansing and healing. Even if your infection is deep-seated, stay with the antiseptic wash until the condition is healed. Thyme is also used as a wash to kill ringworm.

Urinary Tract and Kidney Infections. If there's an unhealthy invader causing an infection in your urinary tract, thyme tea will wipe it out, even after other methods have failed. Its antiseptic action is particularly valuable to cleanse your kidneys.

Special Feature: Local Fungal Infections. Thyme tea can be used to treat a fungal infection onsite.

Athlete's Foot. Restore your feet with an antifungal foot soak. Prepare a potent cup of thyme tea with two tea bags (or two teaspoons of dried herbs). Add the warm tea to a bucket of water. Use a deep bucket to insure that the water covers your ankles to treat hardened ankle areas. Repeat until resolved.

Fingernail Fungus. Restore damaged nails by soaking your hands in thyme tea water, made from one tea bag (or one teaspoon of dried herbs). This is a useful monthly treatment for people who have routing manicures to prevent infections.

Mouth and Throat. Use thyme tea as a throat and mouth gargle to conquer fungal infections in the mouth, including thrush.

Nasal Cleanse. To fight infections, polyps, growths, and fungal allergies, use one thyme tea bag (or one spoonful of dried herbs) in a pot of boiling water as a steam inhalant for your sinuses.





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www.RiverdalePhotoClub.weebly.com

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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

PAU D' ARCO was valued by the ancient Incas who noted that when other flora disappeared in the hot and humid conditions of the Amazon jungle, it still remained. It has significant anti-fungal properties which is matched by its anti-viral action.

South American Indians brought the healing use of Pau D'Arco to the attention of the early Portuguese, to treat the disease called Schistosomiasis. The flatworm *Schistosoma mansoni*, the causative agent of the the common tropical disease (Schistomiasis), has been prevented from penetration into the body by the use of Pau D'Arco.

Pau D'Arco is an effective blood purifier and is successful against many blood toxicity conditions such as dermatitis, eczema and psoriasis. It is also a blood purifier and blood builder in leukemia and pernicious anemia and as a primary immune enhancer against viruses such as the flu, herpes and hepatitis. It has also been part of a treatment to eradicate environmentally produced allergies and asthma.

- ◆ Pau D'Arco is a protector for the liver and helps to neutralize poisons that involve the liver.
- ◆ Some hospitals in South America have used it on cancer patients with great success. Pau D'Arco seems to have the ability to stop the destructive process of cancer when taken with chemotherapy. Chemotherapy is known to destroy the liver and kidneys. Pau D'Arco has the ability to help stop the pain of cancer.
- ◆ Pau D'Arco is an anti-fungal agent discouraging *Candida Albicans* and Herpes Simplex and at the same time, strengthens the immune system.
- ◆ Pau D'Arco seems to have the ability to reduce tumors of all kinds by dissolving them. The Argentine government gives it free to all cancer and leukemia patients.
- ◆ Pau D'Arco has been used in cases of diabetes in lowering dependence on insulin injections.
- ◆ Pau D'Arco has a natural anodyne (pain-relieving) effect helping to relieve the pain of arthritis and cancer pain.
- ◆ It is credited with eliminating the pain caused by disease and then multiplying the numbers of red corpuscles.
- ◆ Pau D'Arco has helped many types of liver ailments including reducing aging spots.
- ◆ Pau D'Arco is used with Licorice by hypoglycemics.
- ◆ Pau D'Arco aids in blood purification, supplies anti-mutagenic properties, providing antibiotic, anti-viral and anti-fungal support in combating yeast infections and functions as an excellent disease preventive.
- ◆ One of the properties peculiar to Pau D'Arco is that it is high in iron, which makes it effective in aiding in the natural assimilation of nutrients. This encourages improved elimination through the intestinal tract.

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).

We are once again asking for book donations for the Book Sale this March.

Books can be donated to the
Riverdale Library
93 Newark Pompton Turnpike
973 835 5044

Monday, Wednesday, Thursday 10 - 8 ; Tuesday &
Friday 10 - 5 ; Saturday 10 - 4



Books must be in good condition and be usable for resale. No damaged books, torn, dirty, moldy or smelly books will be accepted. No magazines or VCR tapes.

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