

March 2013

# Riverdale News & Events

Volume 8 Number 3

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To submit stories and photos  
please email to:

[Mayor@riverdaleNJ.gov](mailto:Mayor@riverdaleNJ.gov)



## GIRL SCOUT SATURDAY



Top l-r: Marisa Messina, Noelle Vacca, Cathryn Skelly, Madison Hanna  
Lower l-r: Nicole Wirth, Jaclyn Wirth, Madison Skibicki, Heather Deboer

## Daylight Savings Time

Don't forget to set your clocks ahead one hour. Daylight Savings Time, also known as DST, begins at 2:00 a.m. on Sunday, March 10. While you will lose an hour of sleep, it won't get dark as early. It ends November 3.



## EMERGENCY PLATELETS NEEDED!

A pediatric oncology patient going through chemotherapy at St. Joseph's Hospital in Paterson is in urgent need of B or AB platelets. If you can help, please call 201-251-3733 to schedule your appointment!

# Riverdale Seniors

The first meeting of the Riverdale Seniors was held on February 4. **First Vice President Dorothy Bowersox** conducted the meeting, in the absence of **President Loretta Lippens**, who is recovering from hip surgery. **Chaplain Grace Chiesa** read an inspiring reading. **Marion Davis** led the group in singing "Let Me Call You Sweetheart", to celebrate Valentine's Day.



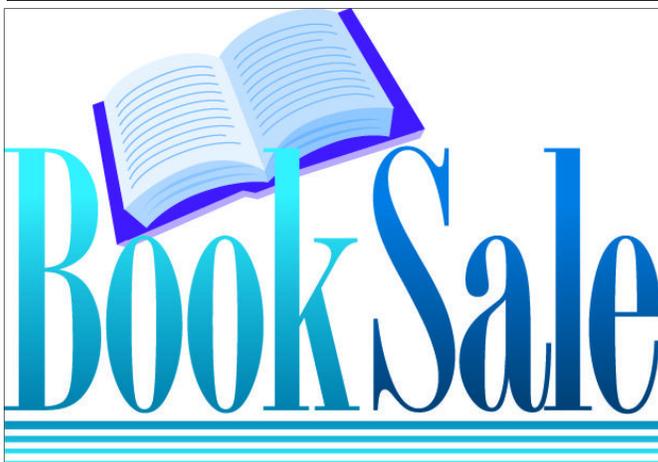
Secretary's report and **Treasurer Laura LaRosa** gave the treasurer's report. Birthday babies were sung to. **Second Vice President Irene Moehring** gave her report and assigned cakes for the next meeting. Vice President Dorothy read a nice little reading in honor of Valentine's Day. Trip committee chairperson **Barbara Stillwagon** reported on the upcoming trips, and payments were accepted. June Carelli informed us that the Senior Strides walking group will begin again in April.

Carol Heinz, from the library spoke to us and explained many things that you can do at the library and how to keep connected. Following the meeting, we enjoyed bagels, coffee and tea.

The second meeting of the month was held on February 18<sup>th</sup>. First Vice president Dorothy Bowersox conducted the meeting. Chaplain Grace Chiesa did a lovely reading. Marion Davis led the group in singing "God Bless America", in honor of President's Day. There were 53 members in attendance. **Lorraine Moody** reported on our upcoming St. Patrick's Day luncheon at the Regency. Good food and great company! Get your money in. Trip chairperson Barbara Stillwagon reported on upcoming trips to Hunterdon Hills, Sight and Sound, Mt. Airy Lodge and La Neve. **Mary Gambino** conducted the 50-50 drawing. Refreshments were served and bingo was played. Until next time, think Spring!!

Respectfully submitted by *Marion Davis*.

Secretary **Jean McMichael** read the



## The Friends of The Riverdale Public Library's Eleventh Annual Book Sale

Senior Community Center  
57 Loy Avenue

**Friday, March 22 from 4-8 pm**  
**Saturday, March 23 from 10-4 pm**  
**Sunday, March 24 from 12-3 pm**

**Donations are now being accepted until March 9**, for the Friends eleventh annual book sale and are accepted at the Riverdale Public Library, located at 93 Newark Pompton Tpke., in Riverdale, New Jersey. Donations may include CD's, DVD's, Audio books ( no cassettes please), paperback and hard cover fiction in good condition. Please no textbooks or magazines. **Volunteers are also needed to help with the Friend's Book Sale, To volunteer or for more information, please contact the Riverdale Public Library at 973-835-5044.**

### Visit us on the Borough of Riverdale Facebook Page

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



### Don't Throw It, Grow It!

Grow your own celery from your celery remains. Just chop off the base and plant. One week of growth shown in photo. Please share!



68 windowsill plants from kitchen scraps  
[book]:  
<http://amzn.to/TWz2tq>  
[kindle]:  
<http://goo.gl/dn4P7>

— with Fay Perrotte

# RECREATION NEWS



Follow us @RiverdaleRec

riverdalerec@gmail.com



"LIKE" us at Riverdale Recreation

RIVERDALE



## 2013 SUMMER REC REGISTRATION & DEPOSIT

Thursday, March 14 6:30 - 7:30 p.m. at the Community Center. \$125.00 per child to reserve your child's spot for the upcoming Rec Season. To pay online or for questions, please call Krista Osborne at 973-835-1234 or email [riverdalerec@gmail.com](mailto:riverdalerec@gmail.com). Summer Rec dates for 2013 will be

RECREATION July 1 - Aug. 2. Information packets will be available in March.

## 2013 SUMMER REC COUNSELOR APPLICATIONS

Will be accepted during March and April ONLY. Please pick up an application at the Borough Hall.

You must be 16 years old to apply. If you have any questions, please call Krista Osborne 973-835-1234.



### 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](mailto: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!

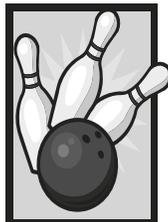
### Adult Crazy Bowl

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](mailto: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](mailto: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](mailto:riverdalerec@gmail.com) to sign up.

To see the photos of many of the events taking place around town, go the Borough's Website at [www.RiverdaleNJ.gov](http://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."

## PEACE OUT GIRL SCOUTS!



It's almost here! In just a week or so you will FINALLY be receiving all the Girl Scouts cookies you ordered! Thank you to everyone who supported our Girl Scouts and ordered cookies. We sold almost 25,000 boxes with 10% of them going to the servicemen and women overseas. If you didn't order any cookies or need more, stop

by the Pompton Queen Diner, ShopRite in Oakland or the A&P in Pompton Lakes on most weekends in March where troops will have additional boxes for sale.

And while waiting for your cookies to come in, we haven't been just sitting around! Last week we celebrated Girl Scout Saturday, a service unit tradition where many troops get together to earn a badge. This year Junior Troop 1105, with help from Junior Troop 1029, ran this amazing event – "Health Planet, Healthy U" - for girls of all ages. In March, the girls will celebrate Girl 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.

For parishioners of St. Mary's, please look for baked goods on sale after Mass on Sunday, March 10. Erika Fleming, who is working on her gold award, will be conducting a bake sale as a community service project for Girls Scouts in New Jersey that have been severely affected by Hurricane Sandy. All proceeds and donations will be given to the 6 Girl Scout councils that are struggling in New Jersey.

Individual troops are also keeping busy on their own. Last month Daisy Troop 94886 visited Lincoln Park Saving Bank and was given a wonderful tour by the bank manager. Cadette Troop 70323 will be having a yard sale in late April to raise money for their trip to Europe in 2014. Take advantage of this opportunity to clean out your basement, attic and closets! If anyone has anything they would like to donate, please email us at [jill@crosscountryinstall.com](mailto:jill@crosscountryinstall.com).

**REGISTRATION:** If you are interested in signing your daughter up for Girl Scouts, please email Paulette Brauch at [letuna1@hotmail.com](mailto:letuna1@hotmail.com) for information about upcoming registration dates and information meetings. Girl Scouts is open for girls in Kindergarten through 12th grade.

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



## Sticky Moist Ribs

By Linda Vogel, Riverdale Library

### Ingredients

- 2 (3-4 lbs) slabs pork spare ribs
- Salt
- Pepper
- 1 onion, sliced
- 1 (16 ounce) bottle barbecue sauce
- 1/2 cup of water

### Preparations:

- Cut ribs into serving portions.
- Sprinkle both sides with salt and pepper.
- Place ribs on a broiler pan and broil 12 minutes per side or until browned.
- Place sliced onion in crock pot.
- Place rib sections on top of onions. Pour a little barbecue sauce over each section as you place them in the crock pot and the rest of the bottle over all the ribs with 1/2 cup of water.
- Cover and cook on low for about 8 hours.



## Inside Israel: *Chicken Soup*

Golda Meir's recipe for Chicken Soup:

- Boil the chicken with parsley, celery, cut-up carrots, peeled onions, salt, pepper, a pinch of paprika, until the chicken is tender.
- If you like rice you may add it after straining the soup, bringing to boil for another quarter of an hour.
- Ms. Meir generally serves chicken soup with KNEIDLACH which she prepares as following:
- The Matzos are soaked in cold water until soft, than squeeze dry, crush with a fork and add fried onions and a little oil, some parsley, salt, paper, and two beaten eggs. Make into small balls, set aside before serving for one hour. Half an hour before serving, drop the ball into the boiling soup, and cook for about half an hour.



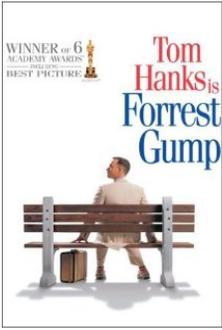
## Don't Forget the Food Pantry

With the upcoming holy season, please be generous with your



donations to the Riverdale Food Pantry so that our friends and neighbors will not go without. Please call for a list of the most urgent needs.

Thank you. 973-835-4060 x6



## Movie Trivia - Forrest Gump

- ◆ Bill Murray, John Travolta and Chevy Chase turned down the role of Forrest Gump. Travolta later admitted that passing on the role was a mistake.
- ◆ David Alan Grier, Ice Cube and Dave Chappelle turned down the role of Bubba. Chappelle thought the movie would bomb, and has since admitted to deeply regretting not taking the role.
- ◆ The Bayour le Batre hospital named after Forrest Gump is actually the University of South Carolina-Beaufort Performing Arts Center.
- ◆ The Vietnam scenes of the film were shot on what is now the Ocean Creek Golf Course on Fripp Island, SC.
- ◆ Gary Sinise's lower legs were wrapped in a special blue fabric that allowed them to be digitally removed later.
- ◆ Tom Hanks' younger brother, Jim Hanks, doubled for him in many of his numerous running scenes.
- ◆ On the day that Tom Hanks shot the football running scenes he had been suffering from influenza.
- ◆ The park bench that Tom Hanks sat on for much of the movie was located in historic Savannah, Georgia, at Chippewa Square. The fiberglass bench he sat on, since then has been removed and placed into a museum to avoid being destroyed by bad weather or possibly stolen. The church where the feather first falls was about 100 yards just down the street from the bench. To this day, the bench is held in the Savannah History Museum, Savannah, Georgia.
- ◆ The necklace worn by Lt. Dan is a rosary with a Saint Christopher medal, inscribed "Protect Us In Combat". It was worn in Vietnam by Gary Sinise's brother-in-law, Jack Treese, in 1967-68.
- ◆ Tom Hanks said that he would make the film only if all the events that took place were true to historical reality.
- ◆ The girl in the school bus with the red hair is Tom Hanks' daughter Elizabeth Hanks.
- ◆ The line, "My name is Forrest Gump. People call me Forrest Gump," was ad libbed by Tom Hanks while filming the scene and director Robert Zemeckis liked it so much that he decided to keep it in.
- ◆ With every translation of Forrest's age, one thing remains the same - in the first scene of each transition he wears a blue plaid shirt.
- ◆ All of the boat scenes, including the hurricane scene, were shot on location in the waters off the coast of South Carolina. A jet engine was used to generate the hurricane winds. The still/new reel shots of the trawlers on land are news shots of the aftermath of Hurricane Hugo in South Carolina 1989.
- ◆ The movie's line, "Mama always said life was like a box of chocolates. You never know what you're gonna get," was voted as the #40 movie quote by the American Film Institute (out of 100).
- ◆ In 2007, the American Film Institute ranked this as the #76 Greatest Movie of All Time.
- ◆ In the 1988 movie "Punchline", Sally Field plays a love interest for Tom Hanks' character; in this movie, released six years later, she plays his character's mother.
- ◆ During the ping-pong matches, there was no ball; it was entirely CGI, animated to meet the actors' paddles.
- ◆ Sally Field is only ten years older than Tom Hanks.
- ◆ It took only 66 days for the film to pass the \$250 million mark at the box office.
- ◆ Tom Hanks wasn't paid for the film. Instead he took percentage points which ultimately netted him in the region of \$40 million.
- ◆ Kurt Russell has said that he did the voice of Elvis Presley (uncredited) in the film.
- ◆ Gump's Medal of Honor ceremony uses the footage of the actual ceremony for Sammy L. Davis, who was awarded the Medal of Honor on November 19, 1968, by President Lyndon Johnson for his actions in Vietnam a year earlier. Tom Hanks head was superimposed on Davis' body.
- ◆ When Gump calls to report the Watergate burglary, the security guard answering the phone says, "Security, Frank Willis." He was the actual guard on duty during that night, and he was the person who discovered the break-in, on Saturday, June 17, 1972.
- ◆ Haley Joel Osment makes his film debut in this movie as Forrest Junior.
- ◆ The shrimp boat used in the film now resides in the moat surrounding the Planet Hollywood restaurant in Downtown Disney, at the Disneyworld Resort in Florida. Also, one of the ping-pong paddles used in the film is signed by Tom Hanks and hung up on one of the walls inside the restaurant.
- ◆ Many of the extras in the hippie scene were actors from the Maryland Renaissance Festival, since the casting director, Ellen Lewis, realized that would be a good source of performers with long hair.

## 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!



RD-2-RE-260 Y-H-ZC300  
 WEN-2-260 Y-H-ZC300  
 WEN-2-260 Y-H-ZC300

**TOTS MUSIC**  
**New Day added to Schedule!**  
 Mondays, 10:00am (1 Hour)  
 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](mailto:jcarelli@riverdaleborough.com)

**SEWING CLASSES**  
 Wednesdays  
 \$10/Per Student (Includes ALL Supplies)  
 Come in the day of class to participate!  
 4:00pm - 5:30pm  
March 6  
 Sew a Cube  
*Like Magic! A Three Dimensional Project!*  
March 13  
 St. Patricks Day Clover Leafs  
March 20  
 Easter Eggs in Felt

**RIVERDALE FOOD PANTRY**  
 Items ALWAYS Needed.  
 Drop-off @ Borough Hall (Front Offices)  
 Questions: Contact Riverdale Borough Hall  
 (973) 835-4060, Select 6

**BACK BY POPULAR DEMAND!!!**  
**FRIDAY NIGHT FROLICS**  
**3RD, 4TH & 5TH GRADE STUDENTS**  
 Friday - March 1, 6:30pm - 8:00pm  
 \$5/Admission-Student  
 Includes snacks, refreshments, music, games & prizes!  
*Come out for a fun night with your classmates!  
 Listen to your favorite music, and play  
 "New" WIPEOUT 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 & prizes!  
*We're playing WIPEOUT & MINUTE TO WIN IT  
 Games with Prizes to Winners!*

**KIDS SPRING DANCE**  
 1<sup>st</sup> Class Friday – April 12  
  
 TAP & BALLET  
 (Best for Age 3 – 5)  
 4:00pm (1 Hour)  
 POP STARS  
 (Best for Age 6 – 14)  
 5:00pm (1 Hour)  
 Come in 1<sup>st</sup> Day of Class to Sign-Up.  
 \$8.00/Per Student Per Class (10 Week Program)

# 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](http://www.normasdogtraining.com)  
**MUST SIGN-UP IN ADVANCE**  
 (201) 337-6179 - Norma

**YOGA AT GLENBURN ESTATE HOUSE**  
 Thursdays, 7:30pm  
 Bring Yoga Mat & Refreshment  
 \$8/Class  
 Walk-In's Always Welcome

**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](mailto:jcarelli@riverdaleborough.com) or  
 (973) 706-6471 Leave Message

# EXERCISE...EXERCISE...EXERCISE!!!

COMMUNITY CENTER EVENTS

**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

**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

**SENIORS WALKING CLUB**

Join us for a FUN & SOCIAL Morning with Light Stretching & a Neighborhood Walk.

*Everyone is Welcome!*

1<sup>st</sup> Day

Tuesday – April 9 (6-Weeks)

9:00am (1 Hour)

Free Program

Receive a Free T-Shirt, Giveaways & End-of-Program Breakfast (served on last day)!

Wear Sneakers & Comfortable Clothing



**KIDS CARDIO BOXING**

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

EVERY THURSDAY, 4:00pm (1 Hour)

Suggested for ages 8-14

\$6/Student (for Boys & Girls)

**Buggy Bootcamp**

Wednesdays Feb 6 11:00am (1 Hour)

\$8 Advance Sign-Up / \$10 Drop-In

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

Every class ends with Parachute time for babies & toddlers.

Please Sign-Up in Advance:

email - [jcarelli@riverdaleborough.com](mailto:jcarelli@riverdaleborough.com)

Or Call (973) 706-6471 Community Center Office

**KIDS JUMP & JIVE**

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

EVERY Tuesday, 4:00pm (30 min)

Suggested for ages 4-14

\$6/Student (Boys & Girls)

Payment due at class/Cash or Check

*\$4/student (each class) if taking both JUMP & JIVE and FUN N' GAMES*

Questions: email [jcarelli@riverdaleborough.com](mailto:jcarelli@riverdaleborough.com) or call (973) 706-6471 Community Center Office

**KIDS FUN N' GAMES**

*Play Active Group Games!*

EVERY Tuesday, 4:30pm (30 min)

Suggested for ages 4-14

\$6/Student (Boys & Girls)

Payment due at class/Cash or Check

## Adult Activities

**BOB ROSS TECHNIQUE OIL PAINTING**

Thursday - March 7, 6:00pm

Scene - Spring Brook with Flowering Bushes & Flowers

\$35/Per Person (includes ALL supplies)

Saturday - March 30, 11:00am

*Advanced Painters Class*  
Scene - Italian Villa

\$45/Per Person (includes ALL supplies)

Payment Due at Class (Cash or Check) MUST SIGN-UP IN ADVANCE

Call (973) 706-6471 Community Center Office (Leave Message) or [jcarelli@riverdaleborough.com](mailto:jcarelli@riverdaleborough.com)

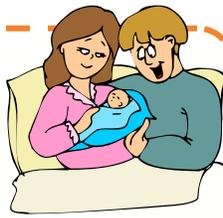


**"LIKE" us at Riverdale NJ Community Center**

**Receive a monthly Activity Flyer with the latest information at the Riverdale Community Center on your E-Mail!**

The activity flyer is also available for Pick-Up at the Riverdale Borough Hall *Front Doors Vestibule*, Riverdale Library & Community Center Foyer. Sign-Up via E-Mail to: [jcarelli@riverdaleborough.com](mailto:jcarelli@riverdaleborough.com) or (973) 706-6471 Leave Message

# Announcements



Happy 19th Birthday **Jessica DeGroot** on March 23. We love you, Mom, Dad, Joey, Jordan & Jason.

Happy Birthday to **Annemarie Budesheim** on March 4. Love, from the family.

Happy Birthday, **Nancy DiGiovanni** on March 25. Love, Barbara and Bill

Happy Birthday, **Eleanor Napoli** on March 29. Love Barbara and Bill.

Happy 15th Birthday to **Kevin Miller** on March 11. We love you very much! Love, Mom, Ron, R.J., Matthew and Kevin T.

Happy Birthday, **Paul Carelli**, on March 25. Love, June, Michael, Tommy, Samantha, and Treat & Magic, Too!

Happy Birthday, **Dennis Budesheim**, on March 20. Love, from the family.

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

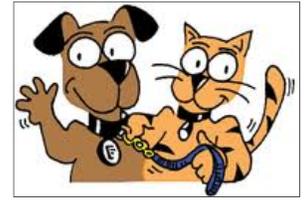
Happy Belated 17th Birthday to **Nicole Lotterman** - Congratulations and Safe Driving! Love ya lots, Mom, Dad, Kaylee, Cody (woof!) and the rest of the family.



Happy 4th Birthday, **Elizabeth Budesheim**, on March 25. Love, Mom, Dad, Caroline, Stephen and rest of the family.

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

# Local Animals in Need of Forever Homes



**Meet Honey!** Honey is a sweet and friendly 2 year old kitty found as a stray. She loves attention and affection and would do best in a home without dogs. Honey is up to date on all vetting and is waiting for the right family to come along and take her home!



**Meet Coco!** Coco is a laid back, affectionate 5 year old pup who was abandoned in a house by his owners. He is starving for attention and is a fun, mellow guy who loves to snuggle. Consider adopting Coco and giving him the forever home he so deserves.



*Each month we will be featuring a dog and a cat looking for a good home. Please contact Mike's Feed Farm for information 973-839-7747*

# Have a Happy and Blessed Easter

On behalf of the  
**Riverdale Baptist Church**

**Pastor Timothy Flynn**



## 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.**



# The Riverdale Rant

By Rob Errera



## Glenburn - Extreme Historic Makeover Turns Eyesore To Eye Candy

The Glenburn Estate is one of the borough's most prestigious public treasures, a living monument to our history and heritage.

It's hard to believe that a decade ago there was a plan to knock this historic home down, pave the lot over, and build a 24-hour pharmacy.

Simon H. Van Ness built the first house on the Glenburn property around 1816. In 1868, renowned artist George Linen purchased the property from Martin Van Ness, and named it 'Glenburn' after a place he loved in his native Scotland. Linen spent the rest of his life at the Glenburn Estate.

The historical value of the Glenburn was unrecognized by the end of the 1990s. It was simply 'the old Greco property,' run down and up for sale. My wife remembered Greco's apple orchard growing behind the main house in the 1970s (what was actually the front of the house back in George Linen's day). Her parents remembered the old general store located on the property back in the 1950s. We daydreamed of winning the lottery, buying the house, and restoring the place to its former glory. But our numbers didn't come in, so we bought the 'handyman special' across the street from the Glenburn instead.

By 2003, a developer wanted to buy the Glenburn property, level the house and barn, and build a strip mall on the site. The anchor store would have been a 24-hour Walgreens.

This plan was approved by the borough planning board. My wife and I spoke out against it at the meeting, admonishing the board at the time for putting tax ratables over preserving history.

Then there was a big policy shift. My impassioned plea had nothing to do with it. The make-up of the mayor and council changed, and those with an eye toward historic preservation were in charge.

In 2006, the Borough of Riverdale purchased the Glenburn Estate, using money it received from the New Jersey Green Acres Trust, The Morris Country Open Space Trust, and the Borough's own Open Space and Historic Preservation Trust Fund. Today, Riverdale Borough, together with the Riverdale Land Conservancy, oversees the restoration of the house and barn, and the preservation of the land itself.

The Glenburn is a great neighbor. The property has been transformed from an eyesore to eye candy, a striking and majestic fixture along the Hamburg Turnpike. It's been renovated far better than my wife and I could have done, even if we *had* won the Powerball. And it belongs to the public, so everyone can enjoy this historic treasure.

Good job, Riverdale! Now...what can we do about Slater's Mill?



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 [robererra.com](http://robererra.com) and Twitter/Tweets@haikubob.

### 4 Great Bedtime Snacks



### GREAT BEDTIME SNACKS!

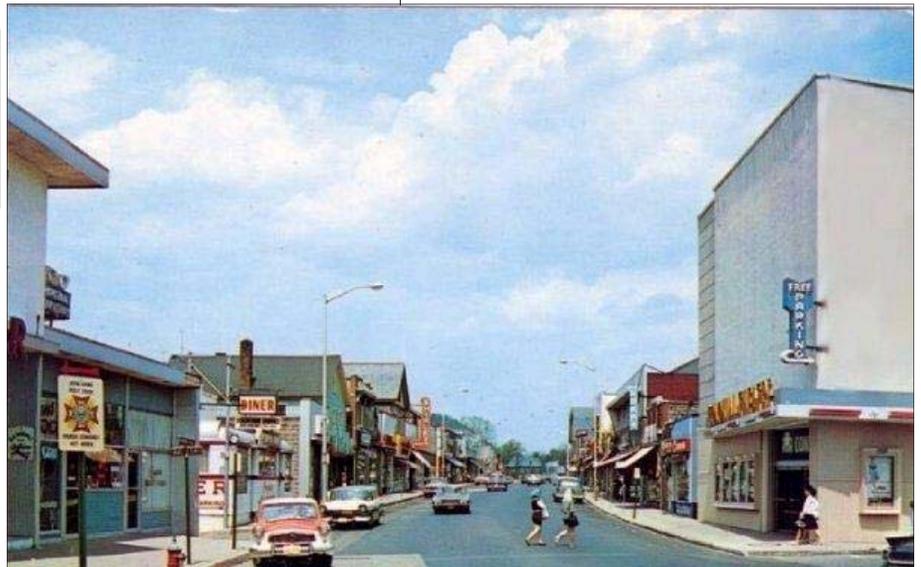
1. Bananas are perfect because they contain melatonin, which is also present in the human body and helps us to sleep. Bananas also contain magnesium, which helps our muscles to relax.
2. Chamomile is well known for its calming abilities. You can drink it warm or add it to a banana almond milk smoothie for kids, small portion of course!
3. Tart cherries contain a good amount of melatonin - which helps get you to sleep.
4. Cashews contain tryptophan and a significant amount of magnesium. Both of which help you sleep.



**Onions stored in pantyhose will last as long as 8 months**

Wanaque Avenue in Pompton Lakes sometime around 1964. The Colonial Theater poster is for *Mary Poppins*. Many great memories of the old Downtown Pompton Lakes.

- At the spring equinox, days are close to 12 hours long with day length increasing as the season progresses.
- Spring fever is not just a myth – the body may experience physiological changes due to changes in diet, hormone production and temperature.



# March In The Garden

by Riverdale Resident and Columnist  
**Bill Lango**

Thank goodness, the bleakest part of winter is behind us. This past winter was just about three degrees above normal. But still, it felt cold to me. February was also a bit snowy. Not a tremendous amount of snow, but a enough snow fell just to keep our gardens and lawns snow covered until the beginning of the third week, when a few warm days melted most of it from the sunnier areas of our garden.

Those warm sunny days inspired me to do a little gardening. Well if I can claim that gently raking windblown piles of semi-frozen matted leaves out of some of my day lily beds, gardening. Than I've been gardening.

I discovered more than the green tips of day lilies poking up through the frozen ground. Weeds, this gardener's nemesis have also been popping-up just about everywhere.

Many weeds can be easily pulled out of the garden in the spring when they are young and the soil is still damp. If you devote a few minutes a day to weeding or better yet, any time you notice a weed, pull it out. Don't put off weeding, because when you resume weeding you'll become overwhelmed.

This year, March 20 is the first day of spring. But don't let the longer days of daylight fool you into thinking that warm weather is here at last. March is an unpredictable month weatherize, so it's impossible to set aside dates and times for garden work. Just do what you need to do when the weather cooperates and when you have the ambition.

Any warm, sun filled March afternoons are ideal times for early season garden clean-up chores. Be sure to trim and remove any

winter damaged branches from your shrubs and trees. Roses also benefit from a heavy pruning at this time of the year. Don't be afraid to cut out a lot of the old canes and do some severe pruning. They will reward you with nicer flowers and more compact bushes this coming growing season.

Avoid pruning spring blooming shrubs such as azaleas and rhododendrons until after they bloom. However, cut flush and remove any of their snow or wind damaged branches.

Clean up around and under roses. Loosen and aerate mulched areas.

Late March is a good time to fertilize. Purchase fertilizers specific to your type of shrubs. Use an acid type fertilizer for your acid loving plants such as rhododendrons, azaleas and evergreens. Purchase and apply a "Rose" fertilizer to your roses. Purchase small quantities of fertilizer as smaller containers are easier to store. And always apply fertilizer according to the label direction.

Let's not neglect our indoor plants. They've already begun to respond to longer days and brighter light. Give them a quarter turn weekly and pinch back new growth to encourage a more "bushier" shape. Take them to your tub or deep sink and give them a mist or spray to help remove dust.

Begin to fertilize them with a dilute solution of houseplant fertilizer.



On February 4, 1789, George Washington becomes the first and only president to be unanimously elected by the Electoral College.



Jackie Robinson and son at spring training for the Brooklyn Dodgers.



## 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.

## 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.

 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. (Projection TVs not accepted.)

Last week, the federal Centers for Disease Control and Prevention released a report showing that this year's flu vaccine was only **9 percent** effective in protecting those 65 and older against influenza A, this year's dominant strain. *February 22, 2013*



Credit Card Payments

Welcome to Riverdale Borough's Pay On-Line Service

- ◆ Property Taxes
- ◆ Water and Sewer Bills
- ◆ Court Fines
- ◆ Dog and Cat Licenses
- ◆ Recreation Programs
- ◆ Exercise Classes

There will be a convenience fee for this service that you will receive before you submit your payment. You will also be able to pay more than one bill at the same time.

We accept Visa - MC - Discover - American Express As well as Electronic Checks from your personal checking account.

**Borough of Riverdale now accepting Credit Card Payments for:**

- ◆ **Property Taxes**
- ◆ **Water and Sewer Bills**
- ◆ **Dog & Cat Licenses**
- ◆ **Recreation Programs**
- ◆ **Exercise Classes**
- ◆ **Community Center**
- ◆ **Glenburn Estate**

A small convenience fee applies. Go to our website [www.RiverdaleNJ.gov](http://www.RiverdaleNJ.gov) to make your online payments. Credit cards may be used in person, too!

**Your tongue is the only muscle in your body that's attached at only one end.**

# LOVE YOUR PETS

A new monthly column submitted by Mike's Feed Farm



## Working with Local Shelters to Promote Adoption

*One volunteer's story & how you can help.*

Each day, animals overcrowd shelters close to you. They are discarded, lost, unwanted and abused. Local rescues save as many as they can, but it's never enough. There is often just not enough room, not enough funding, not enough boarding spots and never enough foster and forever homes.

There is hope, and much of this hope comes from special individuals that won't let these animals be forgotten. This is the story of a very special volunteer, who goes into a local shelter every week, twice a week. This volunteer painstakingly notes what animals are there and who is new. She takes photos, sending them instantly to local rescuers in hopes that she can save more lives. Sometimes she saves many lives, and sometimes she leaves with a heavy heart and empty car. But, she never leaves unnoticed. The dogs and cats that she visits know she is there, and because of her, they know love. She brings treats for the dogs and cats, all of them—whether scared and cowering, sweet and shy, excited and happy, or menacing looking from pain and fear. She takes their photos and temperament tests them. She spreads the word as quickly as she can in hopes that rescue can be found if their time is not yet up. And, she devotes her life to them.

I can't do what this volunteer does; I don't have the heart or the strength. But, I can tell her story and ask for your help. Each month, we will be sharing the story of local animals in need. Consider opening your home to a homeless dog or cat, like Honey or Coco, pictured page 8. If you can't adopt or foster, consider volunteering to walk, play with or spend time with homeless cats and dogs. Donate to your local shelter, or stop by with a donation of food, beds, treats or warm blankets.

There is no solution, no ideal at this point. Every week, this shelter and many others will fill up. And every week, this volunteer will lose more of her heart to try to save lives. She thinks sometimes that she has no heart left, but the dogs and cats that watch and wait for their turn for a kind look and a treat—they know better. They feel her beautiful heart and know that she only thinks it is gone because she gives it all to them.

## Oil Pulling

A friend of mine is doing a lot of research on how to strengthen teeth, and both reverse and prevent cavities, naturally.

One of the things that she is trying is oil pulling, and when she mentioned it I was reminded that I had read good things about this bizarre health therapy before. It prompted me to start reading about it again, and to even give it a try for a couple of weeks to see what the hype is all about.

### What is oil pulling?

Oil pulling is an ancient Ayurvedic practice, dating back thousands of year. It consists of using some form of a vegetable oil (coconut, olive, sunflower, sesame, etc.) and swishing it around in your mouth for a period of 15-20 minutes.

### How do you do it?

Basically, you take your choice of oil and put about 1 tablespoon in your mouth. (If you like, you can also add a few drops of an antibacterial essential oil like oregano, spearmint, Thieves blend, etc. though it is not necessary). Swish it around and around your mouth (you can take short breaks- you don't have to swish constantly or tire your muscles out) until your 15-20 minutes are up. I've read descriptions like "pushing, pulling, drawing it through the teeth" and "working it through the mouth".

Spit it out (this is important, because the oil is now full of toxins), rinse out your mouth with water and brush with a natural toothpaste or tooth soap. It is traditionally done first thing in the morning, on an empty stomach, and this is supposed to give the best results.

### What kind of results can you expect?

These are from some of the posts/sites that I have read on this topic:

- decrease in headaches
- improves eczema
- helps with ulcers and diseases of stomach, intestines, heart, blood, kidney, liver, lungs
- reduce or slow growth of malignant tumors
- better sleep
- whiter, straighter teeth
- healthy, pink gums
- increased energy
- clear sinuses
- less severe asthma
- decreased allergies
- improved PMS symptoms
- clear skin



Written by Stephanie Langford of [Keeper of the Home](http://simplehomemade.net/my-attempt-at-this-crazy-thing-called-oil-pulling-does-it-really-make-a-difference/).

<http://simplehomemade.net/my-attempt-at-this-crazy-thing-called-oil-pulling-does-it-really-make-a-difference/>

**Community Emergency Response Teams (CERT)** The Community Emergency Response Team (CERT) Program educates people about disaster preparedness for hazards that may impact their area and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Using the training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help. CERT members also are encouraged to support emergency response agencies by taking a more active role in emergency preparedness projects in their community. **If you would like to be a part or would like more info Please call Chief Dan Sturm 973-277-5178**





# Influential Women

## Florence Nightingale

1820 - 1910

Born in 1820, Florence was give the nickname "The Lady With the Lamp" for her work as a British nurse during the Crimean War, making her one of the first women to serve in a wartime hospital. Abhorred by the conditions in these hospitals, she pushed army officials for more sanitary conditions and won the hearts of many soldiers. After the war, she launched herself into a persistent study of the health of the British Army and published *Notes on Matters Affecting the Health, Efficiency and Hospital Administration of the British Army* in 1858. This was followed by *Notes on Hospitals* in 1859 and *Notes on Nursing: What Is It and What Is It Not* in 1860. Also in 1860 she established the Nightingale Training School for nurses as she believed that nurses should be trained in science. In 1883 Queen Victoria awarded her the Royal Red Cross and in 1907 she was honored with the Order of Merit, making her the first female recipient. She continued her relentless struggle for public health reform until her death in 1910.

In 1660, a ship sank in the Dover straits. The only survivor was named Hugh Williams.

In 1767, a second ship sank in the Dover straits. The only survivor was named Hugh Williams.

In 1820, a ship capsized on the Thames. The only survivor was named Hugh Williams.

In 1940, a ship was destroyed by a German mine. Only two men survived, a man and his nephew. They were both named... **Hugh Williams.**

CRACKED.COM

### Did You Know?

- ◆ Mark Twain was the first to type a book manuscript. Working on Remington Model No. 1, which he bought in 1874, Twain typed at a speed of 19 words per minute.
- ◆ The term "senator" comes from the Latin *senex* which means "old man".
- ◆ Popeye is honored with a statue in Crystal City, Texas.
- ◆ College grad now earn a master's degree in two or three year programs, but until 1869, the M.A. was an honorary degree.
- ◆ Jim Hogg, the governor of Texas from 1891 to 1895, named his only daughter "Ima".
- ◆ Because she wrote for up to 14 hours a day, *Little Women* author Louisa May Alcott alternated writing with her left and right hands.
- ◆ The lens in your eye grows throughout your life.



Since 1958

# Homemade Ice Cream

### Our Menu

Homemade Hard Ice Cream  
 Soft Ice Cream  
 Nonfat Frozen Yogurt  
 No Fat -No Sugar Ice Cream  
 Homemade Italian Ice

Novelty Desserts  
**Custom Designed Ice Cream Cakes- Our Specialty!**  
 Wholesale & Catering  
**ALL menu items are ALWAYS made fresh on the premises!**

## Money Saving Coupon

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 off any 8" or Larger  
 Ice Cream Cake

One coupon per cake order.  
 Not valid with other offers.  
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 Facebook and Twitter



# Spring Storm Safety Tips



## Get ready now for unpredictable spring weather.

Spring is the time of year when many things change—including the weather. Spring temperatures can swing back and forth between balmy and frigid. Extreme weather changes can sometimes occur within the same day. Days filled with sun and gentle breezes can suddenly become cloudy, bringing thunderstorms and possibly tornadoes or flooding. Mark Twain once said, "In the spring I have counted one hundred and thirty-six different kinds of weather inside of four and twenty hours."

Thunderstorms cause most of the severe spring weather. They can bring lightning, tornadoes, and flooding. Whenever warm, moist air collides with cool, dry air, thunderstorms can occur. For much of the world, this happens in spring and summer.

Because spring weather is so unpredictable, you may be unprepared when severe weather hits—particularly if you live in a region that does not often experience thunderstorms, tornadoes or flooding. When severe weather hits unexpectedly, the risk of injury and death increases, so planning ahead makes sense. Prepare for storms, floods, and tornadoes in advance, because in the spring, they very likely will.

Advance planning for thunderstorms, lightning, tornadoes or floods requires specific safety precautions. Still, you can follow many of the same steps for all extreme weather events.

### Have on hand:

- A battery-operated flashlight, a battery-operated NOAA Weather Radio, and extra batteries for both
- An emergency evacuation plan, including a map of the home and, for each type of severe weather emergency, routes to safety from each room
- A list of important personal information, including
  1. telephone numbers of neighbors, family and friends
  2. insurance and property information
  3. telephone numbers of utility companies
- Medical information
- A first aid kit including prescription medication, hydrogen peroxide, antibiotic ointment, over-the-counter medicines such as aspirin and diarrhea medicine, bandages and dressings for injuries
- A 3–5 day supply of bottled water and nonperishable food
- Personal hygiene items
- Blankets or sleeping bags
- An emergency kit in your car

Prepare family members for the possibility of severe weather. Tell them where to seek appropriate shelter as soon as they are aware of an approaching storm. Practice an emergency plan for each type of severe weather. Show family members where the emergency supplies are stored, and make sure they know how to turn off the water, gas, and electricity in the home. Advance planning can decrease the risks when severe weather strikes in the spring.

## Spring is just around the corner. Let's get ready for some Baseball.



- Pitcher Joe Nuxhall of the Cincinnati Reds hurled his first major-league game in 1944. Nuxhall, the youngest pitcher in major league baseball, was only 15 years, 10 months and 11 days old when he pitched that game against the St. Louis Cardinals.
- In a typical season major league baseball will require 4,800 ash trees worth of Louisville sluggers.
- Baseball's home plate is 17 inches wide and a baseball ball has exactly 108 stitches.
- Babe Ruth hit his first major league home run on May 6, 1915. He was playing for the Boston Red Sox at the time. The Sultan of Swat went on to smash 714 round-trippers before he retired as a New York Yankee in 1935.
- The first players elected to the Baseball Hall of Fame were Ty Cobb, Babe Ruth, Honus Wagner, Christy Mathewson & Walter Johnson in 1936.
- The record for the most major league baseball career innings is held by Cy Young, with 7,356 innings.
- The largest baseball card selection, 200,000 cards, is in the Metropolitan Museum of Art.
- Until the 1870s, baseball was played without the use of a glove.
- The only father and son to hit back-to-back home runs in a major league game: Ken Griffey, Jr. and his father Ken Griffey, Sr., both of the Seattle Mariners in a game against the California Angels on September 14, 1990.
- The three bases and home plate make up a diamond, with 90 feet between each of the bases. From Home to Second Base is 127' 3 3/8". The distance between the pitcher's rubber and home plate is 60 feet 6 inches. The Home Plate is 17" wide.
- The first cover of *Sports Illustrated* in 1954 showed National League umpire, Augie Donatelli, behind the plate with two major league stars: catcher Wes Westrum, and Eddie Matthews.
- Baseball rules were codified in 1846 by Alexander Cartwright of the Knickerbocker Baseball Club.
- Nolan Ryan was the first player to earn a \$1 million salary in a single year.
- On July 27, 1930 Cincinnati Reds pitcher Ken Ash was brought into a game against the Cubs with two on and no outs. Facing what any reliever dreads (a runner in scoring position and no outs), he delivered the pitch and the Cubs promptly hit into a triple play. Ash was pinch-hit for in the bottom of the inning, and the Reds staged a rally to win the game 6-5. Thus getting the no-name Ash into the history books as the only man to win a game on only one pitch.
- The **golden sombrero** comes from hockey's hat trick, three goals in a game. Better than a hat would be a sombrero that is gold. It is awarded to any baseball player who strikes out four times in a game.



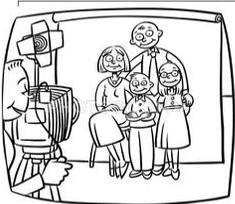


# Riverdale Woman's Club

# A New Date

The Riverdale Woman's Club is hosting the *Second Annual Scrapbook Crop Fundraiser* on **Saturday, April 6** from 10 AM to 10 PM at the Riverdale Community Center. The cost is \$45. Everyone will have an aisle table. The day will include lunch, snacks, dinner and dessert. There will be two vendors and a massage therapist. If you are interested in joining us for a day of scrapbooking please call **Jenny at 973-650-8860**.

The next meeting will be held on Wednesday, March 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. For membership information call Jean at 973-835-3269



## Community Center Photo Shoot Saturday March 10

Photography Event by Doodlebud Promotions  
Appointment Only

Photo Shoot will be 30 minutes in length per person.  
\$50 Includes:

- 30 minute photo shoot, Yields around 15-20 images
- As many wardrobe changes you wish that you can fit into your half hour
- Editing and Touch Up included, Copyright images on disc

### ADD-ON OPTION -

Image Ownership/Print Package. \$50 Additional includes:

- Editing and Touch Up included, Images on Disc (Copyright removed)
- One 8x10 Print; One 5x7 Print (Your choice of image to use)
- Ownership of images for personal use.

Waivers will be signed before photo shoot. Please arrive on time for your session as we will not extend your time if you are late. To reserve your time slot please inbox me for payment information. A PayPal invoice will be sent to each person interested to reserve a slot. If payment is not received it is assumed that the slot is free to sell.



On February 22nd, Cub Scout Pack 88 assembled to honor Adam Nadiroglu, Charles Sheridan, and Ryan Soto (2nd year Webelos Scouts) who have earned the Arrow of Light Award. The Arrow of Light is the highest rank a Cub Scout can reach. It is the only Cub Scout badge that can be worn on the Boy Scout uniform. Upon completion of Arrow of Light ceremony the boys bridged into Boy Scout Troop 388.

Congratulations to these new Boy Scouts for a job well done. They also have always represented Pack 88 very well and have made everyone very proud. We know that they will all continue to be role models for everyone that they meet as they make their way toward Eagle Scout.

## History of Riverdale

A Monthly Serial — Part II

It seems that economics played a part in forming our Borough. One of the determining factors was that Pequannock had built a new, fairly large school in their section of the township and the people who lived in the "Riverdale" section felt that, most assuredly, they would be taxed for the project. After many meetings in Trenton, legislation was finally passed granting Riverdale residents the right to form a borough of their own in 1923.

This area was originally farm country but with the railroad coming and with the arrival of DuPont in Pompton Lakes, the quarry on Hamburg Turnpike (known as the Stone Crusher), and 2 rubber factories in Butler, there was an influx of people. To encourage people to settle in this area, the Erie Railroad would run low-fared excursion trains on Sundays and as a result, many of the passengers moved into the area. More houses were built and together with existing houses there are some interesting stories to be told.

We shall begin our walk-about tour on the southeast corner of Hamburg Turnpike and Newark Pompton Turnpike where the gas station now stands. The original house was built by Otis Slater. Then Joe Scherer bought it and turned it into a restaurant and guest

house. Still later a New York entrepreneur name Bert Lamb bought the place and called it Hunters Inn. He catered to many celebrities, among them Babe Ruth who in 1942 donated baseball uniforms to Riverdale School.

Across the street, on the west side of Newark Pompton Turnpike, is a funeral home owned by the Richards Family. They are the descendents of the original founders brothers who were cabinet makers and coffin makers about five generations ago. That is how the funeral business was started.

Across the street from the funeral home, where Wizard Printing Co. (now Cornerstone Chiropractic) stands was a salt box type building which was built during the Revolutionary War and was operated as Warmley Tavern. Later it was occupied by the DeBow family and finally razed to build the present building.

On the north side of Arlington Place and NPT is a fieldstone house built in the early 1800s for Robert Colfax, an officer in the Revolutionary War and a brother of General William Colfax whose home still stands on Hamburg Turnpike in Wayne. The latter, you may recall, married the granddaughter of Aaron Schuyler, one of the very first settlers in this area.

# RIVERDALE



## Welcome Home, Cpl. DeGroot!



Joseph DeGroot is a Pompton Lakes High School Graduate Class of 2009! He has served 2 tours in Afghanistan. We are so very proud of you! Thank you for serving your country! We are so happy you're home! Love always, Mom, Dad, Jessica, Jordan, Jason, Ma, Boozer & Rocky!



## Lifetime Member Frank Sorgi

During its February meeting, the Riverdale School PTA honored school crossing guard, **Frank Sorgi**, with its Lifetime Membership Award.



## GIRL SCOUT SATURDAY

Girl Scout Junior Troop 1105 from the Lakedale Service Unit hosted the annual Girl Scout Saturday Event on Feb 23 2013. Over one hundred girls attended the three hour workshop titled Healthy Planet/Healthy U. They lead the scouts through 5 different stations which focused on healthy/green living. Activities included visits to the Healthy Cafe, Get Moving Dance Studio, Upcycle Boutique, Shooting Star Recycled Craft Store and the "set" of the game show "Girl Scouteapordy."

Their nine months of planning ended in a fantastic day enjoyed by the girls of Pompton Lakes and Riverdale. They also will earn their **Bronze Award** for their efforts which is the third highest award in Girl Scouts. These young ladies also serve their community in many community projects including the clean up, planting and maintenance of the Riverdale School Butterfly Garden and an energy audit of Glenburn.



# DAILY NEWS

## Riverdale Volunteers



A typical Saturday in Riverdale. Busy volunteers in service to the community.

Friends of the Riverdale Library sort books for the upcoming Book Sale on March 22, 23 and 24. This is the single largest fund raiser for the Library.



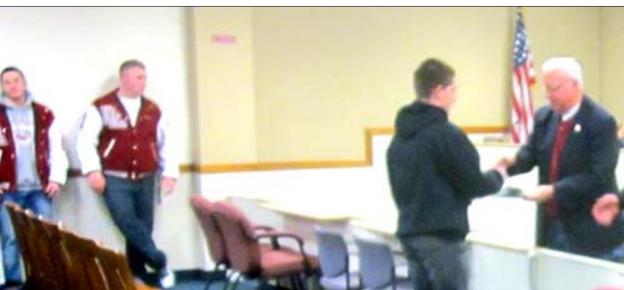
Members of the PTA spent an entire Saturday packing and shrink wrapping gift baskets for the Tricky Tray on March 7 at the Grand Chalet. This is the PTA's biggest fundraiser for the Technology Department of the Riverdale School.



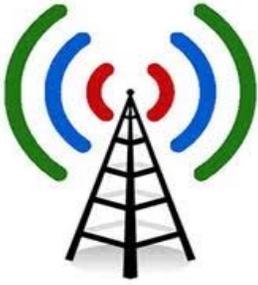
Thank you to all of these volunteers who help make Riverdale the special community that it is.



School Board Member **Steve Revis** presented members of the PLHS Football Championship Team Certificates of Achievement on behalf of the Mayor and Council at the January 21 meeting.



Mike's Feed Farm conducted a donation drive for the pet victims of Hurricane Sandy.



# BOROUGH OF RIVERDALE: *All Plugged In*

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



## RIVERDALE EMERGENCY HOTLINE 973-835-3719

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



## RIVERDALE REVERSE 911

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

***Sign up for this valuable service on the Riverdale Website [www.riverdalenj.gov](http://www.riverdalenj.gov)***



## RIVERDALE FACEBOOK PAGE

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

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



## THE RIVERDALE WEBSITE

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

**[www.riverdalenj.gov](http://www.riverdalenj.gov)**



## RIVERDALE OFFICE OF EMERGENCY MANAGEMENT

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

## THE MORRIS COUNTY OEM WEBSITE

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

**[www.morrisoem.org](http://www.morrisoem.org)**



## **MCUrgent: A SHARED EMERGENCY INFORMATION NETWORK**

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

**MCUrgent** messages are intended to be specific.



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For information, call Stephanie Lajam at **862-200-5848**

or e-mail [slajam@pushtowalknj.org](mailto:slajam@pushtowalknj.org)

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## Middle School Drama Troupe Competes

Congratulations to Riverdale's Performance Troupe, under the direction of Mrs. Kathleen Paldino, for their performances at the *New Jersey Secondary School Theatre Competition* held recently at Rutgers University. These eighth graders competed against middle and high school students from throughout the state for the Governor's Award in theatre. This year's Performance Troupe from Riverdale School is the first to compete in such a prestigious event!



In the photo below: Eighth graders, Yuti Gandhi and Christine Holl placed in the top third in the *Comedy Pairs* category. Ayla Markowski and Sophie Gagliardi narrowly missed the final round in the *Dramatic Pairs* category.



## Preschool Brings Winter Indoors

The preschool class had an incredible month exploring winter, which was rather appropriate given the cold weather we experienced this past month! They explored animal behaviors in the winter, by examining migration and hibernation. The winter exploration culminated with an indoor ice skating activity.



## Upcoming Events

- March 1** – Student Council Dance
- March 6** - School Planning Team Meeting
- March 7** - PTA Tricky Tray
- March 8** – PTA bingo
- March 13** – Special Education Parent Advisory Committee Meeting
- March 13** – Progress reports mailed, BOE meeting
- March 14** – Parent Teacher Conferences
- March 18-21** – Grade 2 testing
- March 19** - spring photos
- March 21**- PTA meeting
- March 27** - Board of Education Meeting
- March 29 – April 5** - School Closed Spring Break

## School Election

Riverdale continues to maintain an April date for school elections. This year the budget election falls on April 16<sup>th</sup>. At this time voters will be asked to vote to fill three seats for Board of Education in addition to voting on the proposed school budget for 2013-14. Please consult the district website [www.rpsnj.org](http://www.rpsnj.org) for upcoming details and information on school events.

## RIVERDALE PUBLIC SCHOOL DISTRICT

Dr. Betty Ann Wyks, Superintendent; Ms. Trisha Soucy, Principal; and the staff of Riverdale School are proud to announce those students who attained Superintendent's List, High Honors, and Honors during the second marking period for school year 2012-2013.

### Superintendent's List

**Grade 8** Kevin Jablonski, Hallie Mansoor, Kristian Neuschwanter

**Grade 7** Sean Bastian

**Grade 6** Alekya Gadiraju, John Tanis

**Grade 5** Veronica Bastian, Benjamin Hentz, Julia Jablonski, Alyssa Lightner, Matthew Majerscak, Marisa Messina, Noelle Vacca

### High Honors

**Grade 6** Dhruv Patel

### Honors

**Grade 8** Adrian Bernal, Emily Clinton, Amanda Ekkers, Yuti Gandhi, Christine Holl, Ayla Markowski

**Grade 7** Trevor Bell, Thomas Dougherty, Jason Dubrovich, Amanda Edwards, Brenden Kane, Michael Magyar, David Mateo, Brandon Miller, Mohammad Saleh, Kayla Stygar

**Grade 6** Fazilat Abdullozoda, Ryan Chu, Kristen Edwards, Mandi Giunta, Natalie Jablonski, Julia Phillip, Lily Trowse

**Grade 5** Timothy Arabas, Gavin Black, Jack Dampman, James Kimberlin, Philip Latora, Michael Mansoor, Adam Nadiroglu, Joseph Shafer, Charles Sheridan, Ryan Soto, Shaniah Szakalis, Jason Testino

# High-rise Apartment & Condominium Safety

People living in a high-rise apartment or condominium building need to think ahead and be prepared in the event of a fire. It is important to know the fire safety features in your building and work together with neighbors to help keep the building as fire-safe as possible.

## BE PREPARED!

- »»» For the best protection, select a fully sprinklered building. If your building is not sprinklered, ask the landlord or management to consider installing a sprinkler system.
- »»» Meet with your landlord or building manager to learn about the fire safety features in your building (fire alarms, sprinklers, voice communication procedures, evacuation plans and how to respond to an alarm).
- »»» Know the locations of all available exit stairs from your floor in case the nearest one is blocked by fire or smoke.
- »»» Make sure all exit and stairwell doors are clearly marked, not locked or blocked by security bars and clear of clutter.
- »»» If there is a fire, pull the fire alarm on your way out to notify the fire department and your neighbors.
- »»» If the fire alarm sounds, feel the door before opening and close all doors behind you as you leave. If it is hot, use another way out. If it is cool, leave by the nearest way out.
- »»» If an announcement is made throughout the building, listen carefully and follow directions.
- »»» Use the stairs to get out — never use the elevator unless you are directed to by the fire department.

## ESCAPE 101

**GO** to your outside meeting place and stay there. Call the fire department. If someone is trapped in the building, notify the fire department.

If you can't get out of your apartment because of fire, smoke or a disability, **STUFF** wet towels or sheets around the door and vents to keep smoke out.

**CALL** the fire department and tell them where you are.

**OPEN** a window slightly and wave a bright cloth to signal your location. Be prepared to close the window if it makes the smoke condition worse.

Fire department evacuation of a high-rise building can take a long time. Communicate with the fire department to monitor evacuation status.

## FACT

- ❗ High-rise buildings are more likely to have sprinklers and fire alarm equipment than other non-high-rise buildings.



Your Source for SAFETY Information

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[www.nfpa.org/education](http://www.nfpa.org/education)

# RIVERDALE Public Library

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Registration is required for all programs.

Call 973-835-5044 or e-mail [riverdalelibrary@nac.net](mailto:riverdalelibrary@nac.net) for adult programs and [riverdalelibrarykids@nac.net](mailto:riverdalelibrarykids@nac.net) for children's programs. You can also register online at [www.riverdalelibrary.org](http://www.riverdalelibrary.org)!

For all children's 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

Spring programs run from the week of March 25 through the week of May 14.

**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, Mar. 13 from 4:00-5:00 pm.**

**Breakfast Book Club** — Kids and parents in grades 2-5 enjoy a potluck breakfast, talk about the book of the month, and make a fun craft. **Mar. 16 from 10:15-11:00 a.m.** March's book is *Tales of a Fourth Grade Nothing*. Pick up your free copy at the circulation desk.

**Easter Egg Hunt** — Kids in grades K-5 will hop along to bunny tales and decorate a bag for a library Easter egg hunt on **Thurs., Mar. 21, 4:00-5:00 p.m.** The child who finds the most eggs wins a prize!

**Lego Lab** — Kids in grades 2-5 bring your Lego skills and imagination, we'll supply the Lego's and a fun story! **Wed., Mar. 27, 4:00-5:00 p.m.**

## TEEN PROGRAMS

**Teen Movie Night** — Join us for "Men In Black 3" on **Wed., Mar. 3, 5:30-7:45 p.m.** Refreshments will be served.

**Teen Advisory Board** — Hang out with friends and help plan programs and choose library materials while possibly earning community service hours! **Thurs., Mar. 7, 5:00-6:00 p.m.**

**Teen Book Discussion Club** — Join us for pizza as we discuss *Marcelo in the Real World* on **Wed., Mar. 20, 6:00-7:00 p.m.**

**Teen Crocheting** — learn basic patterns and techniques on **Wed., Mar. 27, 6:00-7:00 p.m.** Yarn and hooks provided.

## HOURS

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

## ADULT PROGRAMS

**Less Stress Workshop** — Learn to have less stress in your life with this informative 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.

**Friday Movie Matinee** — *The Perks of Being a Wallflower* on **Mar. 15, 2:00-4:00 p.m.** Refreshments will be served.

**Friends of the Riverdale Library Annual Book Sale** — Will be held on **Fri., Mar. 22 4:00-8:00 p.m., Sat., Mar. 23, 10:00 a.m.-4:00 p.m., and Sun., Mar. 24, 12:00-3:00 p.m.** at the Senior Community Center, 57 Loy Avenue.

**An Organized Student = A Successful Student and a Less Stressed Parent** — In this informative program, Linda Anders will teach students in grades 5 and up helpful tips on how to become more organized with school and other activities. Sessions will be held on **Wed., Mar. 27, 6:30-7:30 p.m., Thurs., Mar. 28, 6:30-7:30 p.m., and on Sat., Mar. 30, 1:00-2:30 p.m.** Students should bring their backpacks and student planners to each session. Parents welcome to attend along with their children.

## COMPUTER CLASSES

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

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

**Excel Part II** — **Sat., Mar. 23, 11:00 a.m.-12:30 p.m.** to learn how to create a chart or graph from data, freeze windows and hide data, sort, work with multiple sheets and create a pivot table.

**Microsoft Word Part II** — On **Sat., Mar. 30, 11:00 a.m.-12:30 p.m.** Learn how to utilize tables, headers, footers, borders, shading, copy & paste, Clip Art, Word Art, and Smart Art, and how to create a flyer.

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

### **FEVERFEW** *Manna for Migraines and Allergies*

A native of Europe and Britain and member of the daisy family, feverfew is a hardy plant with hairy stems, many branches, and downy leaves that can be hairy or smooth. It blooms with small, yellow, daisy-like flowers.

**Allergies, Asthma, Hay Fever.** Feverfew is a natural antihistamine to combat allergic reactions and hay fever. Hot feverfew tea relieves the symptoms of asthma, allergies, and hay fever by inhibiting the release of histamines which are linked to allergic reactions. It clears phlegm, decongests the chest and sinuses, and relaxes tensions to relieve bronchial spasms.

**Digestive Remedy.** Feverfew has bitters to calm and strengthen the digestive tract. It stimulates the liver, which aids in the production of digestive enzymes, and it clears heat from the body to ease indigestion.

**Headaches, Migraines.** Studies indicate that feverfew can help to prevent headaches and migraines when it is taken as a routine health treatment. Headaches have been associated with histamines in the body, and feverfew inhibits histamine release. It also relaxes blood vessels and is a tonic for the nerves to relieve tension headaches. In addition, feverfew is a liver stimulant, and liver weakness is associated with headaches. Feverfew tea can be taken during a headache to relieve tension, but its best use is as a regular health treatment for people who suffer with recurring headaches or migraines, to help to prevent their recurrence.

**PMS.** Feverfew tea can be used for premenstrual headaches, tension, and periods that are slow to start. Feverfew is a uterine stimulant that also has a relaxing effect. This makes it an ideal remedy to ease the pent-up feelings of PMS. It helps to initiate blood flow in "clogged" or delayed periods. It also stimulates the liver, which helps to relieve irritability and headaches, which are often related to sluggish livers.

**Uses Through the Ages.** Feverfew was used in England as an anti-inflammatory for arthritic conditions. It has also been used to calm the nerves for sciatica and neuralgia.

**Caution.** Avoid feverfew if you take blood-thinning medication.

**MIGRAINE RECIPE.** Warm feverfew tea taken twice a day is the recommended treatment to speed your recovery from a migraine. For a follow-up treatment after a migraine, take feverfew tea once a day for a week.

## Keep Berries Fresh

Prepare a mixture of one part vinegar (white or apple cider) and ten parts water. Swirl the berries around in the mixture, drain, rinse, and put them in the fridge. The solution is diluted enough that you won't taste the vinegar. Raspberries will last a week or more, and strawberries go almost two weeks without getting moldy and soft.



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**Riverdale Photography Club**



Meets on the 4th Monday each month at the Library from 6:45 to 7:45 PM

[www.RiverdalePhotoClub.weebly.com](http://www.RiverdalePhotoClub.weebly.com)  
Club open to all, residents and non-residents.

April edition of Riverdale News & Events will be published on or about Saturday, March 30. Copy, photos, articles, announcements are due Wednesday, March 20.



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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

**GINKGO BILOBA TREE** is known as the oldest species of tree in the world today. It is a hardy tree being the only tree to survive the Hiroshima atomic blast and it is still alive today. They have been known to live well over an average of 1,000 plus years. The strain goes back as far as written history in the Orient. The claim is that the Chinese protected the tree and nurtured it through the Ice Age. It is a tree planted today in the monasteries in the Orient by the monks and looked after dutifully.

It is today being planted in groves to be used as a medicinal plant for the Ginkgo extract to be harvested from. The Ginkgo biloba tree is extremely resistant to all kinds of pollution, viruses and fungi and therefore, was extensively planted throughout Asia and later in Europe. Today, Ginkgo biloba is used in landscaping and planted wherever its gentle fern-like leaf is appreciated for the beauty inherent to this particular plant. The plant's main use can be said to be extending the functional life of many people. Ginkgo is an herb of longevity. Its recorded history dates way back in plant antiquity. Considered to be possibly the oldest living tree species, having survived for thousands of years, Ginkgo biloba has been termed as a living fossil.

In China, the curative powers of Ginkgo have been known for thousands of years. It has been used as an aid in the treatment of many of the problems typically associated with aging, such as poor blood circulation, mental confusion, memory loss, and many of the disruptions expected with the onset of senility. Ginkgo has been shown to increase mental alertness and memory significantly.

Ginkgo was found to inhibit free radical scavengers from destroying cells. The elixir in Ginkgo has been found to be effective in reducing blood cell clumping. It is in the clumping of blood that modern medical science has discovered can bring on congestive heart disease. Ginkgo is responsible for an increase in acetyl-choline levels, therefore, the extract taken from Ginkgo enhances the ability of the body to better transmit body electrical impulses.

- ◆ Ginkgo, by improving blood circulation to the central nervous system, aids in the treatment dementia and Alzheimer's disease.
- ◆ By strengthening the blood vascular system and decreasing the possibilities of clots, there is a strong possibility of strokes being prevented.
- ◆ Hearing is improved with this improved circulation. It increases tissue oxidation and improves vital nutrients being delivered to the body tissues. Use of the herb, improves ear problems as it improves blood flow to the nerves of the inner ear. It has also been found to help Tinnitus (ringing in the ear).
- ◆ It also improves blood circulation in the eye and related eye structures such as the retina which helps prevent macular degeneration.
- ◆ By improving blood flow, Ginkgo reduces the frequency of asthma attacks and even helps in preventing organ transplant rejection.
- ◆ Ginkgo has been used to increase the quality of blood flow to the brain to improve memory. This is especially true when memory loss is due to strokes, thus, it is helpful in the treatment of strokes by preventing blood clot formation. The herb also helps arteries in the legs and relieves pain due to circulatory problems.
- ◆ Because of its high flavonoid content, the first area of scientific study was the vascular system. In several studies, Ginkgo biloba has been shown to protect the body from arterial blockage, while increasing levels of glucose and ATP at the cellular level. The effect is to maintain energy within individual cells that might be affected. In persons recovering from blood clots in the arteries of the heart, Ginkgo biloba was found to lower blood pressure and dilate peripheral blood vessels, including the capillaries.

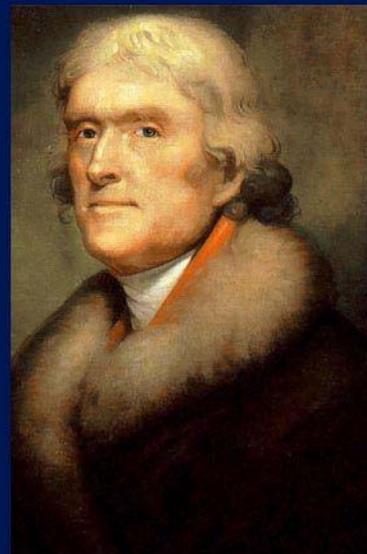
*Taken from The Little Herb Encyclopedia by Jack Ritchason, N.D.*

*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).*



“The God who gave us life, gave us liberty at the same time; the hand of force may destroy, but cannot disjoin them”

~  
Thomas Jefferson  
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