

April 2013

Volume 8 Number 4

William Budenheim, Editor
Lori Clinton, Associate Editor

Columnists

Rob Errera
Catherine Felegi
William Lango
Freeholder Hank Lyon
Bill Madden
Elaine Peacock
Don Pruden

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Riverdale News & Events

Now 32 Pages
and 7 Monthly Columnists!

PTA Tricky Tray Humongous Success!



The Riverdale PTA would like to extend sincere thanks to the Riverdale families and local businesses for their support of our "Luck of the Irish" Tricky Tray held on March 7th.

The event was attended by over 320 guests, many of whom went home with a great prize. There were over 370 prize baskets that guests were able to bid on, including 20 grand prizes and 11 super grand prizes.

With everyone's help we were able to raise \$17,000! This money will be used to upgrade and improve technology in many areas of the school.

The amount of effort given by volunteers for jobs both big and small is truly appreciated. This successful evening could not have taken place without the hard work of ALL the committee members, donors and volunteers who put in hours and hours of work.

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Riverdale Seniors

Vice President **Dorothy Bowersox** opened the March 4 meeting. She gave us an update on **President Loretta Lippens**, who hopes to back with us soon.



Marion Davis led the group in singing "When Irish Eyes Are Smiling". **Chaplain Grace Chiesa**

gave us a nice reading. **Secretary Jean McMichael** read the minutes of the previous meeting. There were 65 members in attendance. **Treasurer Laura LaRosa** gave the Treasurers report. Birthday people were sung to by the group. Dorothy read a cute little birthday quip for the birthday celebrants.

Lorraine Moody reported on our upcoming St. Patrick's Day luncheon and gave us our table numbers. There was no speaker today.

Joan Moran named the sick members and those who need our prayers.

Trip Chairperson Barbara Stillwagon reported for the Trip Committee on the upcoming trips.

It was reported that former club member **Phyllis Fritz** has passed away. She was a long time member of our club, and had moved to South Jersey.

Mary Gambino read two great jokes. We had our laugh for the day! Refreshments were served and enjoyed by all!

Vice-President Dorothy Bowersox conducted the March 18 meeting in the absence of **President Loretta Lippens**. **Marion Davis** led the group in singing. **Secretary Jean McMichael** read the minutes from the last meeting. **Treasurer Laura LaRosa** gave her report.

June Carelli announced a walking program will be starting up again.. **Trip Chairperson Barbara Stillwagon** reported on the upcoming trips. The book sale is coming up soon.

Michelle from JDT Nursing Home in Lincoln Park spoke to us.

Refreshments were served and bingo was enjoyed. *Submitted by Marion Davis*

Housing Options for Seniors

ADULT FAMILY CARE (AFC) homes offer individuals who are no longer able to live alone the opportunity to move in and share the home of a caretaker who is capable of providing needed assistance and supervision. AFC provides a home-like environment where participation in the family and community are encouraged. These homes are supervised by a "sponsor agency", which has been licensed by the Department of Health and Senior Services. The individual has the right to participate in the planning of their treatment, access shared areas of the house such as the kitchen and living room, and to make choices with respect to services and life-styles. An integral component of adult family care is the emphasis on providing a uniquely individualized approach to care and promotion of an individual's sense of autonomy, privacy, and self-esteem. Inquiries can be directed to the Aging & Disability Resource Connections (ADRC), toll free, 1-877-222-3737.

HOME SHARING is a living arrangement in which two or more unrelated people share the common areas of a house, e.g., the living room, kitchen and often bathrooms, but each person has private sleeping space. Home sharing can take place when a homeowner rents bedrooms to other people or it can involve two or more unrelated people who rent or own a home together. Another home sharing arrangement takes place in a shared living residence in which a nonprofit organization sponsors a home which houses usually from five to fifteen people. The home sharers can be in the same age category or can be from different generations. To assist individuals who want to home share, some nonprofit organizations sponsor match-up programs. For additional information please contact **NJ Department of Health and Senior Services, Division of Aging and Community Services, telephone, toll-free, 1-800-792-8820 or 609-943-3437.**

April 3, 1860 - In the American West, the Pony Express service began as the first rider departed St. Joseph, Missouri. For \$5 an ounce, letters were delivered 2,000 miles to California within ten days. The famed Pony Express riders each rode from 75 to 100 miles before handing the letters off to the next rider. A total of 190 way stations were located about 15 miles apart. The service lasted less than two years, ending upon the completion of the overland telegraph.



Visit us on the Borough of Riverdale Facebook Page
<http://www.facebook.com/RiverdaleNewJersey>



Peeling a Potato with a Peeler is Not the right way to do it. Too much wasted potato!

After boiling the potato, put into cold water for 5 minutes. Twist the potato skin off with your hands — it should come right off.



Morris County Monthly

By Freeholder
HANK LYON



I am pleased to begin contributing to the Riverdale Newsletter. I will be sharing noteworthy items from Morris County Government in an effort to keep the citizens of Morris County as informed as possible. I hope that you enjoy and that you look forward to hearing about your government.

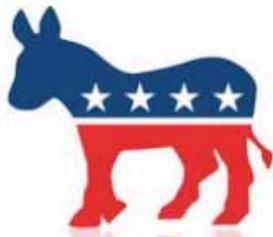
The Morris County Freeholder Board reorganizes every January when new members take the oath of office. The members of the Board for 2013 are as follows: Director Thomas Mastrangelo, Deputy Director David Scapicchio, Budget Chairman Hank Lyon, Doug Cabana, Ann Grossi, John Cesaro, and John Krickus. Shortly after our reorganization meeting, the Board set its priorities for the 2013 year. The goal was clear: the County was committed to freezing taxes without taking any actions that would eliminate county services. Some claimed it was a bold position, but it was one that the Board felt was desirable.

I worked closely with my fellow Budget Committee members Tom Mastrangelo and John Krickus to steer the County budget in the direction that the Board was seeking. At the February 27 Freeholder meeting, the Budget Committee formally introduced our budget that achieved the Board's objectives. Our budget is the first budget in fifteen years that reduces the County All-Purpose Tax. We achieved this without eliminating any county services and while utilizing less county surplus than in the previous year.

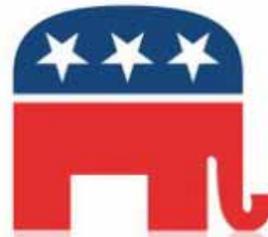
If we didn't eliminate services, what actions *did* we take to achieve our goal? First and foremost, kudos must be given to Governor Christie and the Legislature for their health and pension reforms. The County is beginning to see the fruits of their labor as we were able to recognize savings of over a million dollars a year in this budget. For the past few years, the Board has also worked to reduce the size of the labor force, primarily through attrition. The 2013 budget continues that trend and features 63 fewer positions than the 2012 budget, saving over a million dollars per year. We also reconfigured the health care plans of County employees saving about two million dollars per year - thank you county employees for your service and flexibility!

While this month I wanted to highlight our efforts of freezing county taxes, next month I want to share with you where we invest your county resources. Please check back then! In the meantime, you can reach me at whlyon10@gmail.com or get real-time updates by following me at Facebook.com/FreeholderLyon.

The **Riverdale Democratic Committee** meets on the **third Monday of every month at 6:30 PM** in the Riverdale Public Library, 93 Newark Pompton Turnpike, in the conference room. Local issues will be discussed along with strategies to keep Riverdale as one of the best small towns in New Jersey. We always welcome concerned residents and fellow Democrats to our meetings. Please visit our website at www.riverdaledemocrats.com.



The **Riverdale Republican Club** meets the **fourth Tuesday of every month at 7:30 PM** at Glenburn, 211 Hamburg Turnpike. Usually we have guest speakers from the Freeholder Board or Legislators at which time we are kept informed. We put forth our plan showing how Riverdale became one of the best small towns in New Jersey and how we plan to keep it that way. All are welcome - Republicans, Democrats and Independents.



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."

PEACE OUT GIRL SCOUTS!



Happy Spring! Hopefully you've been enjoying your Girl Scout cookies down to the last crumb. Thank you to everyone who supported our Girl Scouts and ordered cookies or bought them from troops selling them in front of several local stores. We sold over 25,000 boxes with 10% of them going to the service men and woman overseas.

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

Thank you to Christ Church in Pompton Lakes for hosting Girl Scout Sunday on March 17. Once a year the girls and their leaders attend a church service in honor of the anniversary of Girl Scouts (101 years young!) and the location is rotated among the houses of worship in our area that generously allow troops to have their meetings in their buildings. Christ Church was a warm and welcoming place to celebrate this year.

YARD SALE ALERT!

Cadette Troop 70323 will be having a GIGANTIC yard sale on **Saturday and Sunday, April 27 & 28** from 9-4pm each day at Glenburn on Hamburg Turnpike. Please stop by and check out all the items from over 15 families! Or as you tackle your spring cleaning, please keep them in mind before you throw away ANYTHING! If you have items (furniture, sporting goods, outdoor items, household items, etc.) you would be willing to donate, please contact Dawn Gosson at [973-981-9895](tel:973-981-9895).



And lastly, if you have a chance to stop by the Riverdale Community Center, please take a look at the walls leading down the stairs. Each month a different Girl Scout troop is been responsible for decorating the wall in a different theme of the season. April's decorations will be done by Daisy troop 94889. Can't wait to see what they put up!

Peace out, Girl Scout!



Delightful Pot Roast with Sensual Gravy

By Linda Vogel, Riverdale Library



Ingredients:

- 1 beef chuck roast (2 to 3 lbs)
- 5 to 6 potatoes (peeled and diced)
- 1/2 bag of baby carrots
- 1 large onion (diced)
- 1 box or can of Chicken broth
- Sea salt and pepper to taste

Preparation: In crock pot add all ingredients. Cook on high for about 7 to 8 hours.

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!

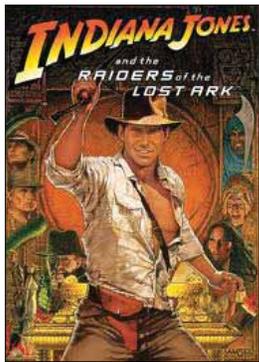


Don't Forget the Food Pantry

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 - Raiders of the Lost Ark



- Actors considered for the role of Indiana Jones included Nick Nolte, Steve Martin (who chose to do Pennies from Heaven instead), Bill Murray (who dropped out due to scheduling conflicts with Saturday Night Live), Chevy Chase, Tim Matheson, Nick Mancuso, Peter Coyote, and Jack Nicholson. Harrison Ford was cast less than three weeks before principal photography began.
- To achieve the sound of thousands of snakes slithering, sound designer Ben Burt stuck his fingers into a cheese casserole. This was augmented by applying wet sponges to the rubber on a skateboard.
- 1981's biggest grossing film.
- George Lucas first dreamed up the idea of an adventurous archaeologist about the same time he came up with the idea for the Flash Gordon-type space story which became Star Wars.
- Indy's battered leather jacket was actually brand new and had to be artificially aged by the costume department. There were 10 jackets for general wear and tear and stunt purposes.
- Indiana Jones's hat came from the famous Herbert Johnson hat shop in Saville Row, London. The hat was the shop's Australian model. On the Bonus Features DVD, costume designer Deborah Nadoolman said that in order to properly age the hat, she grabbed and twisted the hat, then she and Harrison Ford both sat on it, and it eventually looked like "a very lived-in and well-loved" hat.
- Alfred Molina's screen debut. His first scene on his first day of filming involved being covered with tarantulas.
- The out-of-control airplane actually ran over Harrison Ford's knee, tearing his ligaments. Rather than submit to Tunisian health care, Ford had his knee wrapped in ice and carried on.
- Production designer Norman Reynolds had found a rusty looking ship that was perfect for the Bantu Wind. However, when the time came for this sequence to be filmed he was horrified to discover that the ship had been repainted and now looked pristine. It had to be swiftly repainted to achieve its distressed look.
- Three different stunt men were used to double for Harrison Ford: Vic Armstrong when riding the horse; Martin Grace at the falling statue and Terry Leonard when pulled behind the truck.
- To create the sound of the heavy lid of the Ark being slid open, sound designer Ben Burt simply recorded him moving the lid of his toilet cistern at home.
- The spirit effects at the climax were achieved by shooting mannequins underwater in slow motion through a fuzzy lens to achieve an ethereal quality.
- Indy's line to Marion when they are on the ship - "it's not the years, honey, it's the mileage" - was ad-libbed by Harrison Ford.
- Indiana Jones' kangaroo-hide bull whip was sold in December, 1999 at Christie's auction house in London for \$43,000. His jacket and hat are on display at the Smithsonian.
- Amy Irving and Debra Winger were considered for the role of Marion. Sean Young was used as Marion in the screen test for all who auditioned for the lead role of Indy. Tim Matheson and John Shea were used for Karen Allen's screen test. Young would later star opposite Ford in Blade Runner.
- The instructions for the construction of the Ark are found in Exodus 25:10. The clothing that Belloq wears while acting as a high priest during the ceremony at the end is found beginning in Exodus chapter 28.
- In 2007, the American Film Institute ranked this as the #66 Greatest Movie of All Time. 1981's biggest grossing film.
- Harrison Ford actually outran the boulder in the opening sequence. Because the scene was shot twice from five different angles, he had to outrun it ten times. Ford's stumble in the scene was deemed to look authentic and was left in.
- The monkey raising his paw and saying (in his own language) "Heil Hitler" was thought up by George Lucas and is one of Steven Spielberg's two favorite scenes (in the video box set, he says his other favorite is the "where doesn't it hurt" love scene on the ship). In Empire magazine, Frank Marshall said that they got the monkey to do the Nazi salute by putting a grape on a fishing pole and getting the monkey to reach for the grape, which was dangling just out of camera range. This took about 50 takes before it actually looked like a Nazi salute. Voice-artist Frank Welker provided the chattering sounds for the monkey, including the "Seig Heil"-like chirp that the monkey gives when it raises its paw in salute.
- During the scene where Indiana threatens Nazis with bazooka, you can clearly see a fly creeping into the mouth of Paul Freeman, and he swallows it. Empire Magazine chose this scene as one of the most common scenes people press "Pause" button on their VCR for.
- Despite having the dream team of George Lucas and Steven Spielberg behind the film, it was initially turned down by every studio in Hollywood. Only after much persuasion did Paramount agree to do it.
- The famous scene in which Indy shoots a marauding and flamboyant swordsman was not in the original script. Harrison Ford was supposed to use his whip to get the swords out of his attacker's hands, but the food poisoning he and the rest of the crew had gotten made him too sick to perform the stunt. After several unsuccessful tries, Ford suggested "shooting the sucker." Steven Spielberg immediately took up the idea and the scene was successfully filmed.
- Director Steven Spielberg admitted in the "Making of" DVD that watching the stage hands preparing the Well of Souls set by laying out the thousands of snakes for the scene really made him nauseous--even to the point where he nearly wanted to puke a few times.
- Many of the snakes in the Well of Souls are not snakes but legless lizards (look for the ear holes, which snakes lack). During filming of the Well of Souls sequence, one of the pythons died after being bitten by one of the cobras.
- The submarine pen on the island where the Ark is taken and finally opened is not a set, but in fact an actual German U-Boat pen left over from World War II in La Rochelle, France. Producer Robert Watts was amazed at how preserved the submarine pen was (even down to the graffiti on the walls) that he described it as "a actual set in existence".
- The scene where Jones fires at the truck was a botched stunt. The truck was supposed to flip over by means of a telegraph pole being fired by explosives through the floor. The explosive wasn't powerful enough and it simply forced the truck to tip over at an angle as can be seen in the finished movie. Time did not permit any further attempts at getting it right.

TOTS MUSIC

New Day added to Schedule!

Mondays, 10:00am (1 Hour)

Plus the popular Friday Class...

Fridays, 9:30am (1 Hour)

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

ADVANCE SIGN-UP REQUESTED

(Required to maintain class size)

Call (973) 706-6471 Community Center Office
 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

April 10

Jewelry Making

April 17

Make a unique Ugly Doll!

April 24

Sew on a real Sewing Machine to make a
 Pull On Skirt

RIVERDALE FOOD PANTRY

Items ALWAYS Needed.

Drop-off @ Borough Hall (Front Offices)

Questions: Contact Riverdale Borough Hall
 (973) 835-4060, Select 6

KIDS SPRING DANCE

1st 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 1st Day of Class to Sign-Up.
 \$8.00/Per Student Per Class (10 Week Program)

PLRYO

FALL 2013

FOOTBALL & CHEER

REGISTRATION

Wednesday, April 17

6:00pm - 8:00pm

www.plryo.com



FRIDAY NIGHT FROLICS

3RD, 4TH & 5TH GRADE STUDENTS

Friday - April 26, 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" Skills Games prizes to winners!*

JUMP & JIVE



*Class includes movement to music &
 active group games!*

EVERY TUESDAY, 4:00pm (30 min)

Suggested for ages 4 - 10

\$6/Student (Ea Addt'l Sibling \$4)

Payment due at class/Cash or Check

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)

Payment due at class/Cash or Check

SUMMER SKILLS N' DRILLS

TUESDAY'S, Begins - July 9 & 11 thru Aug 6 & 8

Instructor - Jen

Tuesday 6:00-7:00 ages 4-7 & Thursday 6:00-7:00 ages 8-11

\$6/Student (Pay-as-You-Go)

*This Program offers fun & creative active group games and drills to
 improve coordination & speed. Great activity to add to your Summer Fun!*

Sign-Up in Advance (*appreciated*): homerunone@optonline.net or
 (973) 706-6471 Leave Message

EXERCISE...EXERCISE...EXERCISE!!!

COMMUNITY CENTER EVENTS

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

Tuesdays
Rise & Shine Workout, 5:30am, \$6/Class
Zumba Gold 10:00am \$6/Class
Zumba 7:30pm \$6/Class

Thursdays
Rise & Shine Workout, 5:30am, \$6/Class
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!

1st 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



Adult Activities



Thursday, April 11
6:00pm
Scene - Desert Rock Scene
\$35/Per Person (Includes ALL Supplies)



**BOB ROSS
TECHNIQUE
OIL PAINTING**

Payment due at Class (Cash or Check)
MUST SIGN UP IN ADVANCE
Call: (973) 706-6471 Community Center or
E-Mail: jcarelli@riverdaleborough.com

Thursday, May 9
6:00pm
Scene - Lake Sunrise
\$35/Per Person (Includes ALL Supplied)

Glenburn Events

YOGA AT GLENBURN ESTATE HOUSE
Thursdays, 7:30pm

Bring Yoga Mat & Refreshment
\$8/Class
Walk-In's Always Welcome

211 Hamburg Turnpike
Riverdale

**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



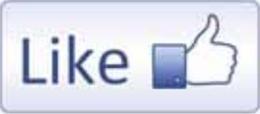
GLENBURN AFTERNOON TEA

Sunday, May 5
Seatings - Noon or 3:00pm
\$30/Per Person

Catered by High SocieTea House of Wayne

For More Details to Make a Reservation,
refer to Page 20 of this Newsletter.
Sponsored by Riverdale Land Conservancy





“LIKE” us on Facebook at RiverdaleNJCommunityCenter



Announcements



Happy Birthday **Joan Mickens** on April 19. Welcome to the teenage years. All our love, Mom, Dad, Brittany, Francesca, Mark and Malibu.

Congratulations **Cindy Gancher** on turning the big 5-0 on April 19. All our love, Chris, Veronica, Matt, Joanne and Kristen.

Happy 16th Birthday **Jordan Testino** on April 4. We love you! Mom, Dad, Joey, Jessica and Jason.



Happy First Birthday to **Pia Carmella Spenillo** on April 26. Love Grandma & Grandpa Spenillo, We love you so very much!

Happy Birthday **Anthony Budesheim** on April 19. Love from all the family.

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

Congratulations **Zachary Stewart** who earned a 4.0 for the fall 2012 semester at UMBC (University of Maryland, Baltimore County) and is being recognized on the President's List and the Dean's List.

The Riverdale Public Library celebrated a double dose of birthday fun. Staff members **Linda Vogel** (L) on March 8 and **Sabrina Steyling** (R) on March 9 enjoyed their birthdays with fellow staff members. Happy belated birthday, ladies!



Happy 14th Birthday **Emily Clinton** on April 23. Love, Mom, Dad & Kyle.

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

A New Monthly Feature: Neighbors in Nature

by award-winning photographer and Riverdale resident, **Don Pruden**



A “**Painted Lady**” Butterfly *Vanessa cardui* (also known as the Thistle Butterfly) on flowers of a Butterfly Bush (*Buddlea davidii*) photographed at our home garden in Riverdale, NJ on July 25, 2007 at 10:57 AM. The butterfly wingspan is from two to two and a half inches.

Usually during the months of June, July, and August you might see one or two of these butterflies in an afternoon. This year was an exceptional year as in August I was seeing up to 50 butterflies visiting the four bushes in this yard. It will be interesting to see how many will arrive this year. This butterfly is noted for having wide fluctuations in its population from year to year and no single reason for this emerges.

This butterfly is known throughout the North American Continent from up into Canada and down into Mexico and southward to Panama. This butterfly is abundant in other parts of the world as well. According to the National Audubon Society Field Guide to North American Butterflies, this one “is perhaps the most widespread butterfly in the world, found throughout Africa, Europe, Asia as well as North America.”

The camera used was a Canon Digital Rebel XT with a Canon EF 100-400 millimeter zoom lens set at 400mm, f/8. 1/500th sec., ISO 200. The selected image was cropped at a 2/3 ration to eliminate distracting excess vegetation, image brightness was reduced 10%, contrast increased 10%, hue unchanged and saturation increased from 100 to 110.

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.**



Kit Kat's Krafts

Feature - The art of Ukrainian Easter egg dying

By Catherine Felegi

A new monthly feature dealing with crafts

Easter egg dying is a popular tradition for Christians across America. Leading up to March 31st, families will be gathering around the kitchen table with vinegar, food coloring and plenty of hard-boiled eggs for all to decorate.

However, another group of Christians will be prepping their eggs for May 5th using the ancient art of *pysanka*. Pysanka is the Orthodox method of dying an Easter egg, stemming from the Ukrainian verb *pysaty*, or "to write". It utilizes the concept that wax will block dye once administered, thus allowing the artist to create magnificent designs with the stroke of the stylus.

The tradition was born from man's attempt to understand creation. In order to try and understand where the earth came from, they developed myths where the egg was perceived as the source of life, the sun and the universe as a whole.

Each part of the egg has a unique symbolism involved, whether it is the eternity band that represents harmony, to diamonds that represent knowledge. While the eggs were once used as talismans to ward off evil, they are now also used for religious praise during the Easter season.

This craft is great for children ages eight and up, though with adult supervision since this does involve an open flame and hot metal. In order to make one of these colorful creations, a person only needs:

- Eggs, not hardboiled, and at room temperature
- Beeswax
- A stylus (you can either purchase a stylus from a shop or you can create your own by sticking a straight pin into the eraser of a pencil)
- A lit candle
- Dye (available for purchase from most Orthodox churches and shops. Note, this dye is poisonous, so you will not be able to eat the egg after)

- A heat source, such as a flame from the stove
- A clean cloth or paper towel
- Oil-based varnish
- A drying rack (made by hammering three nails in a triangle on a piece of wood)

Come up with your design first, especially if you are new to the craft. You'll want to map out the color scheme of your design carefully. You can draw on your egg with pencil, if you wish.

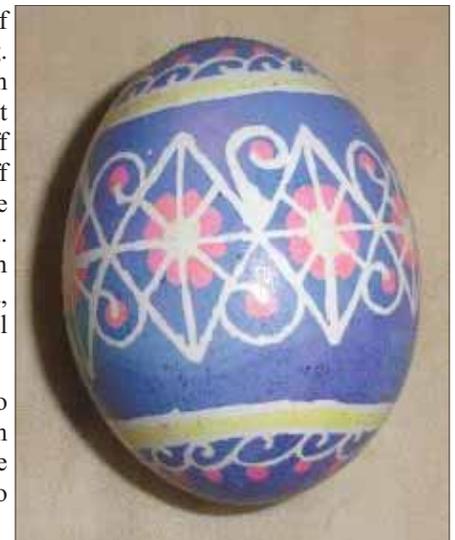
If you want to have white portions on your egg, now is the time to seal them in. Take your stylus and heat it over your candle. After you get a substantial amount of heat, scoop up a bit of beeswax. Draw on your egg only the areas that you wish to remain white. Be careful with your wax, as you cannot correct your mistake. When using the stylus, do not be afraid to heat the stylus to unblock any dried wax.

Next, dip your egg in the dye. You will need to dye your egg from the lightest color to the darkest in order to ensure that your egg properly colors. Let the egg dry completely before moving on.

Repeat the process of waxing and dying your egg. When you are finished with your egg, use your heat source to melt the wax off the egg, regularly wiping off the excess wax with the clean cloth or paper towel. Some also put the eggs in an oven at 250 degrees and, after removing the egg, will wipe the egg clean.

Finally, apply your varnish to your egg, putting on thin layers. After two or three layers, leave your egg to dry.

And now, place your eggs in a basket and enjoy them year-round!



NJAR® CIRCLE OF EXCELLENCE SALES AWARD WINNER

Award Winner 2012

RE/MAX LEGEND

Tina Cali
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Multi-Million Dollar Producer
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Cell/Text: 973-493-1477
with Offices in Wayne & Mahwah

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36 Preakness Shopping Center,
Wayne, NJ 07470

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- ◆ 85% of plant life is found in the ocean.
- ◆ Unless food is mixed with saliva you cannot taste it.
- ◆ 8% of people have an extra rib.
- ◆ Cats spend 66% of their life asleep.
- ◆ Australia was originally called New Holland.

Coping with Spring Tree Pollen & Allergies

by Riverdale Resident and Columnist

Bill Lango

"I think that I shall never see," so goes the opening line in Joyce Kilmer's poem, "Trees." At the time the poem was written (February 2, 1913), over 100 years ago, Joyce was living in Mahwah. According

Trees

*I think that I shall never see
A poem lovely as a tree.
A tree whose hungry mouth is prest
Against the earth's sweet flowing breast:
A tree that looks at God all day,
And lifts her leafy arms to pray:
A tree that may in summer wear
A nest of robins in her hair:
Upon whose bosom snow has lain:
Who intimately lives with rain.
Poems are made by fools like me,
But only God can make a tree.*

- Joyce Kilmer

to family records, he wrote the poem in an upstairs bedroom which looked out down a hill, on a well wooded-lawn containing trees of many kinds, including oaks, maples, and black & white birches.

Kilmer may not have had allergies, but for the millions of us who do, a tree's beauty is harder to see through watery-teary eyes in April & May when the tree pollen counts are the highest of the year.

Tree pollen are microscopic particles that float in the breeze and get carried in the air. Pollen can travel up to 100 miles on the wind. Coating our cars, roofs, decks, and just about every thing with a yellow-green coating of pollen. I don't want to single out Maple trees, but maples are prolific in our town and their pollen is highly allergenic.

The result is that all tree pollen can cause severe allergic reactions that includes itchy eyes, stuffy nose, coughing, itchy throats, sneezing, post-nasal drip and problems breathing through the nose at night.

Gardeners generally suffer more allergic reactions to tree pollen than other folks, because we're out and working in our gardens during the first sunny, warm dry days of spring. Usually, in April when the tree pollen counts are traditionally the highest. The tree pollen season typically runs from late March through early June.

When we rake and clean up left-over leaves at the edges of our lawns, and in our flower beds and gardens, we stir-up dust and pollens that have drifted onto the ground. Worse yet, is when we get down on our knees, getting closer to the ground and unknowingly inhale more of the microscopic pollen spores.

Last year, tree pollen rates soared in April, though it's not clear why. Some say, in part to warmer temperatures? And others point to the extremely dry, sunny period we experienced, as hot, dry and windy conditions resulted in higher pollen concentrations. Some predict this year to be the worse year in a decade for spring allergies.

You'll be better prepared to face the day when you are aware of the pollen counts, so before you head out the door, listen to the radio or

TV for pollen counts, better yet, go online to www.zyrtec.com, enter Riverdale's zip code 07457, for what I've found to be the easiest and most user friendly access to pollen counts. It will open a pop-up window with the current day and the following day's Pollen numbers, as well as the predominant pollen sources, temperature and humidity.

Spring allergies can make you feel miserable, but before you lock yourself in an airtight room or move off to the desert, ugh, here are some spring pollen relief tips to help make your spring gardening more enjoyable:

- On cool breezy days, avoid the temptation to open windows and doors. Opening windows and doors only serves to bring pollen laden air inside your home.
- If you still want to introduce fresh air into your home, you can purchase window screens that have built in screen filters which allows fresh air in, yet blocks out dust and pollen. Window screen filters are available from Safeguard, Thermwell and PollenTec.
- If you have a hot air furnace, run your unit on "fan" from time to time so your furnace filter will help trap pollen. Purchase the most efficient filter and make sure your filter is clean.
- Purchase a portable HEPA air purifier for your living and bedrooms.
- Run the air conditioning on warm days.
- Frequent vacuuming with a HEPA filtered vacuum cleaner.
- Damp mop hardwood and tile floors, frequently.
- Wear a hat and wear an allergy relief dust mask to block pollen and other allergens, while doing gardening.
- Hose off and wet down the vegetation and hard surfaces in your yard and property, during dry spells.
- Shower and change your clothes immediately upon coming inside. What ever you do, do not lie down on your pillow without first shampooing your hair.
- Dedicate an old pair of shoes or sneakers solely for gardening work and take them off when indoors.
- Launder and change you bed linens frequently.
- Do not hang clothes to dry on an outside clothesline during high pollen count days.
- If your pet accompanies you in your yard, wipe it down upon re-entering your home.
- Check the operation of your basement dehumidifier now, before the hot weather rolls in.

Unfortunately, along with spring's longer days and warmer weather comes the unwelcome downfall of pollen. The way we prepare and react to these high pollen count days, can mean enjoying our gardens to the fullest, because time spent in a garden is never wasted.



Remember, gardening is fun and great exercise too!

The dot over an "i" or a "j" is called a Tittle /titt'l/ .	"Choose a job you love, and you will never have to work a day in your life." Confucius (551 - 479 BC)	"The World is a book, and those who do not travel read only a page." Saint Augustine (354-430)
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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.

Thank You, Dr. Gary

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



Dr. Gary with the food collected during our recent food drive in February at Stewart Family Chiropractic. The proceeds were donated to the Riverdale Food Pantry.

Jenkinson's Point Pleasant Beach Train in the 1960's.



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

No Parking Rules



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.)

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.



Credit Card Payments

Welcome to Riverdale Borough's Pay On Line Service

- ◆ Property Taxes
- ◆ Water and Sewer Bills
- ◆ Council Fees
- ◆ Dog and Cat Licenses
- ◆ Recreation Programs
- ◆ Exercise Classes

There will be a convenience fee for this service that you will review 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 to make your online payments. Credit cards may be used in person, too!

LOVE YOUR PETS

A new monthly column submitted by Mike's Feed Farm

Keeping Your Pet Happy & Healthy Flea & Tick Control - Advice from Mike's Feed Farm

Warm weather strolls and hikes in the woods are special times to spend with your pets, but with the warmer weather also comes the concern of fleas and ticks and the effects that they can have. Flea and tick prevention is important to keeping your pets happy and healthy.



Effects of fleas include tapeworms, flea bite anemia, itchy flea bites and flea allergy dermatitis. Ticks can carry and spread Lyme Disease, ehrlichia, Rocky Mountain spotted fever and tick paralysis.

Fortunately, there are safe and effective methods of prevention that to help control parasites. There are many product choices available, from topical preventatives to natural choices. More conventional preventatives include flea and tick collars and topical solutions, such as Frontline, Certifect, Sentry Fibroguard and Spectra Sure. In treating your home, you can utilize defoggers, powders and sprays, including Zodiac or Adams Plus products, to treat the environment, carpet and upholstery.

If you are looking for an organic alternative, consider treating the environment or your pet with diatomaceous earth, which is also sold in food grade quality to treat for internal parasites. Natural Chemistry offers a line of chemical free, natural solutions for flea and tick control. Choosing the flea and tick control product that is best for your pet depends on the number and type of pets in your home, whether pets are indoor or outdoor, exposure to fleas and ticks and existing health conditions in your pet.

Get into the habit of checking your pet daily for fleas and ticks. Use a flea comb or your fingers to look closely through their hair. If you find a tick, remove it immediately with tweezers as close to the skin as possible. You can also attempt to remove fleas, but it is more effective to use topical solutions or flea and tick shampoos. If your pet has one flea, there are likely more that need to be treated.

If there are fleas on your pet, they are in your environment, and your home and yard may need to be treated. You can also help to control fleas and ticks in the environment through vacuuming carpets, solid surfaces and furniture, mowing your lawn regularly, clearing out brush, leaves and tall grass, stacking wood in a dry place away from your home, and washing bedding and rugs regularly.

As the days grow longer and warmer, enjoy carefree time with your pets by keeping them healthy, happy and flea and tick free!

Mike's Feed Farm to Hold Chicken Owners Workshop

For both the experienced chicken owner and the novice, Mike's Feed Farm is hosting its annual Chicken Owner's Workshop on **Sunday, April 7th at 4:00 p.m.** at Bograd's in Riverdale, just across the street from Mike's. Join us for a comprehensive workshop on the ins and outs of chicken ownership featuring guest speakers, presentations by chicken breeders, and discounts on supplies and feed.



Attendees will learn the basics of backyard flock raising and what chicken ownership entails. There will be an opportunity to network with other chicken owners and breeds. Local chicken breeders will show various breeds of chickens.

Guest speakers to include:

- **Dr. Eryn Taormina DVM**, presenting about chickens and common health issues
- **Brian "the Purina guy"**, offering an overview on nutrition and supplements
- **Victor Alfieri**, proprietor of Woodlot Farms, Wayne, reviewing zoning issues in local towns and relaying his experience in advocating for the legalization of hens in Wayne Township.

Mike's Feed Farm will remain open following the workshop. To register, please call **973-839-7747**, email kelli@mikesfeedfarm.com, or visit Mike's Feed Farm to register in person at 90 Hamburg Turnpike in Riverdale, NJ. Contact us for more details.

THE NAME OF THE LANGUAGE IS "IRISH"

Gaelige is the name of the language in Irish, and Irish is the name of the language in English. Sometimes people will call it Irish Gaelic in order to make sure they aren't misunderstood to mean "Irish English" for Irish. They may also say Irish Gaelic to distinguish it from Gaelic, which means Scottish Gaelic, a related but different language.



THERE'S NO "YES" OR "NO" IN

IRISH. There are no words for "yes" or "no" in Irish, but that doesn't mean there's no way to answer a question. You communicate "yes" and "no" with a verb form. The answer to "did they sell the house?" would be "(they) sold" or "(they) didn't sell."

IT'S WORD ORDER IS: VERB SUBJECT OBJECT. Sentences have Verb Subject Object order. So "I saw a bird" would be "Saw I a bird." "I always speak Irish" would be "Speak I Irish always." This word order is relatively rare—only 9 percent of the world's languages use it.



There is no better way to celebrate spring than by getting in the midst of it. Wildflowers, bird song, and the fragrance of budding trees are joys not to be missed. Here's your chance!

On **Sunday April 14th** PRC will be returning to the Monksville Reservoir area in Ringwood and West Milford. Although PRC had a winter hike here in February, 2012, bad weather greatly reduced attendance. So, we're back! We found this a fascinating location for wildlife, scenery, and history. Let's go!

The 4-mile hike begins at 10AM and will end around 2PM. We ask that you arrive by 9:45 to assure a prompt start.

Please bring lunch and a beverage, since a lunch stop is in the schedule for noon. And dress for the weather! Our hikes are rain-or-shine events, within reason. If in doubt, call our office for a last minute update. We ask that non-members contribute \$5 (or join PRC for a mere \$15) to offset our costs.

Hikers will meet at the parking lot on Beech Road just east of Monksville Reservoir. To reach it, take exit 57 on Rt. 287 to Skyline Drive. Follow Skyline 5 miles north to Greenwood Lake Turnpike. Make a right there onto Greenwood Lake Turnpike and follow it about 4 miles to a right on Beech Road. Look for a gravel parking area at the reservoir on the left.





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PLRYO

Competitive Cheer Program

As many residents are aware, PLRYO has run a very active and involved cheering program. Many of today’s cheerleaders are the children of former cheerleaders and football players that went through the PLRYO program. Over the past four years under the direction of Paula Sturla, PLRYO Recreation Cheering branched out to the competitive area. Paula recognized the talent of the girls in our program and also wanted an outlet for the girls that wanted to stay active and

physically fit during the winter months. Paula has extended the competitive program to include tumbling sessions, cheer clinics and offered a cheer clinic for special needs groups in our communities. The girls have participated in community service projects and were extremely helpful to the Senior Citizens of our communities that were hit during our recent floods.

Since the inception of the program, Paula Sturla has developed a program that starts immediately after the completion of our youth football season. The competition program has several squads; Mini/Youth – ages 5-7; Junior – ages 8-12; Senior – ages 13-17. Coaching our Youth squad this year is Nicole Colello, & Jessica Wich; Our Junior Squad coaches are Paula Sturla & Tracy Lindsay and our Senior squad coach is Erica Brown. “This program would never be able to exist and run without all the hard work and dedication of our coaches, they dedicated endless hours for this program, I could never do any of this alone” said Paula Sturla. We also have a large group of returning cheerleaders that have come to help the coaches as well, Tori Sturla, Allie Altieri, Dayna Wich, Lauren Foote, Ashley Grassia , JJ Brown, Megan McAteer, Chelsea Phillip, and Morgan Rennar. “These young girls not only give up their personal time to help the program but they are wonderful role models for our PLRYO girls!” said Paula Sturla.

This year another squad was developed as an Exhibition squad. It includes girls that were active in the program and are in high school/college but are still very active and interested in cheering. Throughout the four years of the program several hundred girls have joined and have improved their cheering skills. At this year’s competitions all of our squads have placed in the top three including grand championships. This is a huge accomplishment for the girls and their coaches. Several hours of practice goes into these squads and a big commitment is made by the coaches, the girls and their parents. “But in the end, it pays off!”

This year on top of Paula’s coaching duties she decided to take on one more challenge! She approached the parents of the cheerleaders and asked if they would be willing to put together a cheer and perform at a competition! Well 37 parents spent a few afternoons together and under Paula’s direction, the Parent team performed on March 3 in front of an audience! A lot of laughs and sore muscles by all involved! *This is an excellent program and it just keeps growing. With excellent coaches and dedicated cheerleaders the sky is the limit!*

FLOOD SAFETY AWARENESS MONTH This is Flood Safety Awareness Month, and the Red Cross wants people to know how to be prepared if flooding threatens their neighborhood. Floods can occur anywhere, at any time, throughout the United States and cause more damage in this country every year than any other weather-related disaster.



Flooding can be a local disaster affecting a single neighborhood, or very large, impacting entire river basins across many states. Some floods develop slowly, but flash floods can develop in just a few minutes without any rain. Residents should know if their neighborhood is at risk for flooding and be alert to the possibility of a flood. Listen to local radio or TV stations for possible warnings or other critical information from the National Weather Service (NWS).

The Red Cross has more safety steps people should follow if flooding threatens their home. If a flood or flash flood watch is issued, they should be prepared to evacuate at a moment’s notice. If a flood or flash flood warning is issued for their area, they should head for higher ground and stay there.

- If a flood **WATCH** is issued, it means a flood is possible in the area and residents should move furniture and valuables to higher floors of the home and make sure to fill their vehicle’s gas tank in case they have to evacuate.
- A flood **WARNING** means flooding is already occurring or will occur soon in the area. If a flood warning is issued, listen to local radio and television stations for information. If told to evacuate, do so as soon as possible.
- A flash flood **WATCH** means flash flooding is possible in the area. Be alert to signs of flash flooding and be ready to evacuate quickly.
- A flash flood **WARNING** means a flash flood is occurring or will occur very soon. If a flash flood warning is issued, evacuate immediately. There may only be seconds to escape. Act quickly and move to higher ground away from rivers, streams, creeks and storm drains. Do not drive around barricades. If the car stalls in rapidly rising waters, abandon it immediately and climb to higher ground.

A basic emergency supply kit could include the following recommended items:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation.
- Food, at least a three-day supply of non-perishable food.
- Battery-powered or hand crank radio and

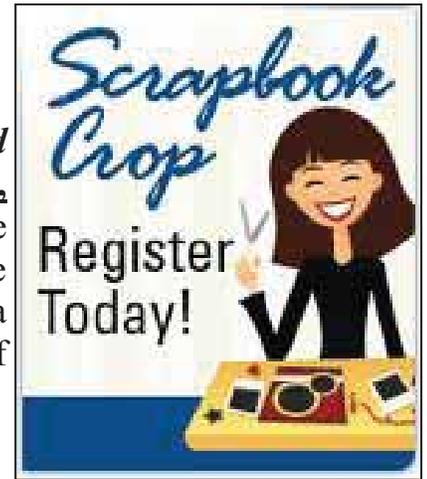
- NOAA Weather Radio with tone alert and extra batteries for both.
- Flashlight and extra batteries.
- First aid kit.
- Whistle to signal for help.
- Dust mask to help filter contaminated air and plastic sheeting/duct tape to shelter-in-place.

- Moist towelettes, garbage bags and plastic ties for personal sanitation.
- Wrench or pliers to turn off utilities.
- Manual can opener for food.
- Local maps.
- Cell phone with chargers, inverter or solar charger

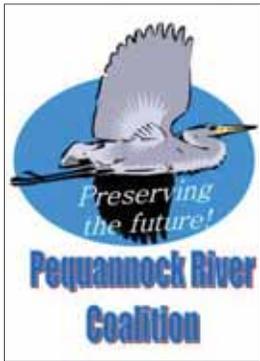


Riverdale Woman's Club

The Riverdale Woman's Club is hosting the *Second Annual Scrapbook Crop Fundraiser* on Saturday, April 6 from 10 AM to 10 PM at Glenburn House. 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**.



Contact Jean at **973-835-3269** for membership information.



Each year the Pequannock River Coalition honors those individuals who have offered exceptional service in preserving and restoring the Pequannock River Watershed. We are delighted to announce the recipients for the past year. These awards are intended to highlight the generosity, dedication, and commitment of volunteers, professionals, and public servants toward protecting the natural resources of our watershed.

The awards will be presented at our annual meeting on **Tuesday, April 9th, 7:30 PM**, at the Glenburn Estate, 211 Paterson Hamburg Turnpike, Riverdale. Light refreshments will be served. We invite you to join us.

On behalf of our Board and members, we express our sincere thanks to these folks for their outstanding contributions.

WATER & SEWER RATES INCREASED

Effective April 1, 2013

The new water rates will increase from \$3.31 to \$3.70 per thousand gallons.

The residential sewer rate will go from \$424 to \$480 per year, resulting in the quarterly billing going from \$106 to \$120 per quarter.

The commercial rate will go from \$10 to \$12 per thousand gallons of water consumed.

For the past few years the Borough has been hit with increases from the Passaic Valley Water Commission and the Pequannock River Basin Regional Sewer Authority year after year without Riverdale passing along those increases to our residents. Unfortunately, the utilities weren't able to absorb these latest increases.

History of Riverdale

A Monthly Serial — Part III

We continue our walk to Van Duyne Avenue, where the newly renovated house stands. On the site was an old Dutch farmhouse occupied by the Van Duyne family. The same family occupied it until the 1960's. The last member of the family who occupied this home was Nancy Wendt. She was a very active member of the local PTA and her grandmother was a charter member of the PTA. It was related that when George Washington passed through this area on his way to Trenton and stayed at a nearby home, one of his aides inadvertently left a candle snuffer behind. Somehow it came into the Van Duyne home, changed hands a few times before it came into the Walker family's possession.

Across the Newark Pompton Turnpike is the Espie home which sits behind a fieldstone wall. In 1868 it was owned by a Mrs. C. Howard according to an old map of this area. Much later it was occupied by the Garrison family. Mrs. Garrison taught in the local school in the 1920's. In January 1952 a fire broke out in this house. No one was at home at the time except a dog who died in the fire. He died of smoke inhalation. Mercifully firemen quickly arrived to extinguish the fire so most of the house was saved. It is now nicely restored. It is of interest to note that a former mayor (David Moltane) and a

former councilman (Dick Mathews) occupied this house while they were in office.

Continuing on the Newark Pompton Turnpike is the present Wooton home (#30). That is the house where Halloween displays are on view each year. Daniel Piatt lived here in the 1850's and donated a piece of land to the school. The original school building had deteriorated beyond salvaging so a second one-room school was built at this time. Later the Newbury family lived here and also donated a portion of their land holdings for school purposes. Mrs. Jessie Newbury was a very active PTA member and the school honored her memory by a plaque in the school cafeteria. The Newbury family owned land where Brown Court and Newbury Place are now located. Carnivals and circuses used to camp here as late as the 1940's.

Again crossing Newark Pompton Turnpike to the southern corner of Post Lane is an old house that sits back about 75 to 100 feet from the road. It formerly was owned by James Berry who used it to house his workers. James Berry lived in a lovely home further down the Turnpike on the corner of Riverdale Road where the Armory now stands. The house is now occupied by the Hildebrandt family.

To be continued next month.

RIVERDALE



First Aid Squad



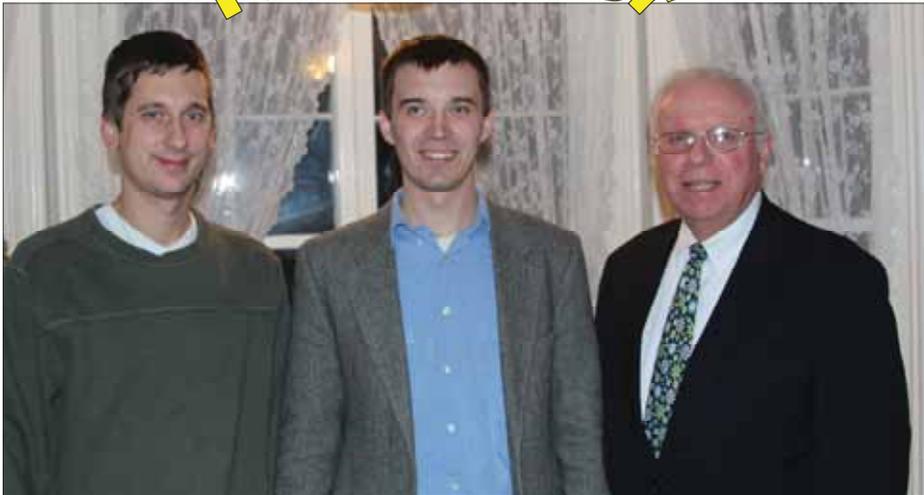
The Pompton Lakes-Riverdale First Aid Squad recently held its installation dinner for the new officers. They are:

- Chief**
- Assistant Chief**
- Captain**
- Lieutenant**
- Recording Secretary**
- Corresponding Secretary**
- Treasurer**
- Training Officer**

- Walter Gosson**
- Dan Cottrell**
- Shaun Phillippe**
- Frank Marshall**
- Paul Beshlian**
- Pam Keegan**
- Carol Brautigam**
- Cynda Reardon**

Lifelong Riverdale resident, **Stacey Wall Dakake** was recently acknowledged for her 25 years of service to the PLRFAS. Thank you for your dedication and service to our community. Stacey is pictured here with Squad Chief **Walter Gosson**.

Freeholder



Freeholder Hank Lyon (center) recently addressed the Riverdale Republican Club on County issues. Pictured are Republican Club President **Will Felegi**, Lyon, and **Republican Council Candidate Steve Revis**.

Chair Lift



The first "passenger", **Kathy**, in the newly installed chair lift at the Community Center.



DAILY NEWS

PTA Tricky Tray



Crock Pot



Librarians **Linda Vogel** and **Sabrina Steyling** held a *50 Shades Plus of Crock Pot Recipes* at the Riverdale Library. More than 27 women were there to learn new exciting recipes. (See a recipe on Page 4).



Food Pantry



A big Thank You to the volunteers who took time out of their Saturday morning recently to help sort and bag groceries for the Riverdale Food Pantry. Gloria Carelli, Director.

The Riverdale Rant

By Rob Errera

Puppy Love Grows In Riverdale

My wife and I hadn't actively volunteered at the Bloomingdale Animal Shelter Society (BASS) in many years, but when we heard the group was taking in a pregnant dog from a high-kill shelter in Kentucky, we offered to help.

Buttons is 25-pound Corgi/Beagle/Something mix that arrived at our house January 22. She was very sweet, very pregnant, and barely more than a baby herself. The vet said Buttons was less than two years old. She also predicted Buttons would have between eight and ten puppies. Whoa!

Buttons gave birth to eight puppies in the wee hours of Monday, February 4. My wife and I were both nervous about the impending birth. Neither of us had any experience birthing puppies. We didn't have any experience birthing *anything* except for our two kids, and then we were in a hospital with doctors and nurses around. We didn't give birth on a blanket in the living room.

Fortunately, Buttons knew what to do. We heard a tiny yelp around 2 a.m., and when we checked the crate, Buttons was no longer alone. It looked like there was a tiny white mouse in there with her. The first pup was born.

The birth was more amazing than messy. The way Buttons instinctively cared for her tiny, squeaky puppies was feral and beautiful. Except for the birth of my own children, it was one of the

most powerful and moving things I'd ever seen, and my wife seemed equally affected. This was life in its purest, most basic form.

We named the puppies after musical legends: Bob Dylan, Dolly Parton, June and Johnny Cash, Elvis, Pearl, Adele, and Jimi Hendrix. We recently



took the whole litter (and Momma) for a vet visit, and everybody is healthy and developing nicely.

The hardest part of this fostering job will be saying goodbye. We'd feel better knowing Buttons and her puppies were going to the best homes possible. These beautiful puppies need someone willing to commit to a lifetime of love and care, someone willing to train them, and welcome them into their family.

Is that somebody you?

Visit buttonshadpuppies.wordpress.com to learn more about Buttons and her puppies. Check out up-to-date photos and — if you fall in puppy love and feel you're worthy — download an adoption form. You'll rescue a puppy born right here in Riverdale!



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 and Twitter/Tweets@haikubob.



Skin Problems?

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GINGER, a cousin spice of super anti-cancer substance turmeric, is known for its ability to shrink tumors. Astoundingly, it is even more effective than many cancer drugs, which have been shown to be completely ineffective and actually accelerate the death of cancer patients. Commonly consumed across the world in small doses among food and beverage products, the medicinal properties of ginger far surpass even advanced pharmaceutical inventions.

Health Benefits of Ginger

The subject of [one study](#) based out of Georgia State University, whole ginger extract was revealed to **shrink prostate tumor size by a whopping 56% in mice**. The anticancer properties were observed in addition to ginger's role in reducing inflammation as well as being a rich source of life-

enhancing antioxidants. But what about cancer drugs? Could this simple spice really topple the advanced pharmaceuticals that are often touted as the 'only option' for cancer patients by medical doctors?

It turns out that cancer drugs are not only severely ineffective at permanently shrinking tumors, but they actually **make tumors larger and kill the patient more quickly**. More specifically, the tumors have been found to 'metasize', meaning they come back bigger and more stronger than their original size. What's more, the 'metasizing' was found to be *very aggressive*. According to scientists Beth Israel Deaconess Medical Center in Boston, the premium priced drugs were little more than death sentences for many patients.

"Whatever manipulations we're doing to tumors can inadvertently do something to increase the tumor numbers to become more metastatic, which is what kills patients at the end of the day," said study author Dr. Raghuram Kalluri.

These are the very drugs considered to be the scientifically proven solution by mainstream health officials.

Meanwhile, ginger presents virtually no side effects and has been used as a food product by many cultures for countless centuries. Instead of creating super tumors, whole ginger extract was shown to exert significant growth-*inhibiting* and death-*inductory* effects in a spectrum of prostate cancer cells. Over 17 other studies have also reached similar conclusions on ginger's anticancer benefits, with the spice being shown by peer-reviewed research to positively impact beyond 101 diseases.

the absolute risk of stroke for someone in their 20s or 30s is very low. A doubling of this risk still results in a low overall risk, so it's easy to miss. However, the average age of our patients was 45 years. The risk of stroke in this age group is moderate. A doubling of a moderate risk is clinically significant."

It's not clear why smoking pot increases the risk of stroke, Barber says. But there are lots of plausible theories: For starters, cannabis affects the heart and blood vessels in a number of ways. Most strokes are caused by a clot that forms in the heart or one that breaks off from the wall of an artery and then moves with the blood to the brain. Marijuana also increases heart rate and blood pressure and adds to the workload of the heart as it pumps blood to the body.

Previous research has linked marijuana use to heart attack risk—a fivefold increase of heart attack in the hour after using marijuana. Smoking pot can also cause heart palpitations and heart rhythm disturbances such as atrial fibrillation (an irregular, rapid heart rhythm). Both heart attack and atrial fibrillation increase the risk of stroke.

Put Down the Spliff: Marijuana Farms are Ravaging the Environment

Marijuana has also been shown to increase the risk of a spasm of the arteries supplying blood to the brain. Barber advises people who have had a stroke or who are at high risk for stroke to avoid lighting up. And doctors should test younger stroke patients for marijuana use, he says. "People need to think twice about using cannabis," because it can affect brain development and result in emphysema, heart attack, and now stroke, he says.

The Deadly Health Risk Most Pot Smokers Don't Know About

Though still illicit, **marijuana** has always retained a hazy reputation as being fairly "safe." But that idea has taken a hit (so to speak), with new research showing pot can raise your risk of a stroke.

The study, out of New Zealand, found that patients who had either an ischemic stroke or transient ischemic attack (TIA; also known as a "mini-stroke") were over twice as likely to have cannabis in their urine compared to people who did not have a stroke. A stroke happens when blood flow is impaired to part of the brain.

The High Road: What's Next for America's Marijuana Laws?

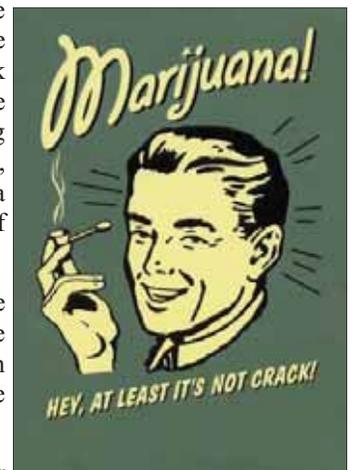
The study challenges the assumption that there are few serious risks to using marijuana, says the lead author of the paper, Alan Barber, a professor of clinical neurology at the University of Auckland. "Marijuana is associated with lung disease, heart attacks, and atrial fibrillation," in which the speed or rhythm of the heartbeat is impaired, Barber told TakePart. "[It] is also known to constrict down the arteries in the brain. Our study suggests that a lifestyle that includes marijuana is associated with an increased risk for stroke as well."

The research was presented recently at the American Stroke Association's International Stroke Conference 2013. The study included 160 people who'd had an ischemic stroke or TIA. The patients were comparatively young—ages 18 to 55—who'd had their urine screened when they were admitted to the hospital. Sixteen percent of the stroke patients tested positive for pot. In comparison, about eight percent of those in a control group (meaning people who didn't have a stroke/TIA) tested positive for cannabis in urine samples.

Most of the stroke patients who had positive marijuana urine tests also smoked cigarettes; they had no other risk factors for stroke, other than tobacco, alcohol, or drug use. Barber said that because tobacco exposure also increases the risk of stroke, it can be difficult to separate out the effects from marijuana smoke. However, he think marijuana smoke confers an additional risk because of case reports that have linked marijuana use to stroke.

Congress Has a Chance to Make Marijuana the New Alcohol

The link between marijuana and stroke had not been made before because doctors probably didn't think to ask about drug use in stroke patients, he says. "If you don't look for something you won't find it," Barber says. "Also,





Afternoon Tea At Glenburn

*Sunday May 5, 2013
Seatings Noon & 3pm*

\$30 per person includes:

Choice of four teas -

Selection of Finger Sandwiches,

Scones and Sweets

by



Mother's Day Plant Sale

by Glenwild Garden Center



Sponsored by the Riverdale Land Conservancy, Inc.

A New Jersey non-profit corporation.

For More information - RiverdaleGlenburn@gmail.com

For Reservations – Mail this form with a check made payable to the Riverdale Land Conservancy

To: Ruth Pasquariello RLC- 43 Hillside Ave. Riverdale NJ, 07457

Name _____ Phone _____ No. of Guests _____ @ \$30

e-mail _____

Please circle Seating Preference – Noon – 3pm

Amount Enclosed \$ _____

RIVERDALE Public Library

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

Registration is required for all programs.

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

INFANT & PRE-SCHOOL PROGRAMS

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, Apr. 10 and May 8 from 4:00-5:00 p.m.**

Fairy Princess Party — We hereby summon all little princesses in grades K-3 to wear their prettiest dresses and attend an afternoon of royal stories, games, "tea" and cookies, and a magical craft on **Thurs., Apr. 11 from 4:00-5:00 p.m.**

Family Matinee: The Lorax — Children of all ages are welcome to the adaptation of this Dr. Seuss classic on **Sat. Apr. 20, 1:00-3:00 p.m.**

Lego Lab — Kids in grades K-5 bring your Lego skills and imagination, we'll supply the Lego's and a fun story! **Wed., Apr. 24 & May 22, 4:00-5:00 p.m.**

Mother's Day Card Workshop — Kids in grades K-5 can make a beautiful Mother's Day card for their mom, grandma, or aunt on **Thurs., May 9, 4:00-5:00 p.m.**

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. **May. 18 from 10:15-11:00 a.m.** Pick up your free copy at the circulation desk.

TEEN PROGRAMS

Teen Movie Night — Join us for popcorn and a movie on **Apr. 3 & May 1, 5:30-7:45 p.m.** April's movie is "Lemonade Mouth" and May's movie is "Katy Perry: Part of Me."

Teen Advisory Board — Hang out with friends, help plan programs and choose library materials while possibly earning community service hours on **Thurs., Apr. 4 & May 2, 5:00-6:00 p.m.**

HOURS

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

Teen Book Discussion Group — Join us on **Wed., Apr. 17 & May 15, 6:00-7:00 p.m.** for pizza as we discuss the book of the month. This spring's books include *How to Save a Life* in April and *Delirium* in May. Pick up your copy at the circulation desk!

Teen Crocheting — Come learn basic patterns and techniques on **Wed., Apr. 24 & May 22, 6:00-7:00 p.m.** Yarn and hooks are provided for you.

Teen Poetry Writing Workshop — Come celebrate National Poetry Month with us on **Thurs., April 25, 5:00-6:00 p.m.** Bring your original poems as we learn new forms of poetry like the tanka and cinquain.

ADULT PROGRAMS

Family Movie: Brave — Join us on **Wed., Apr. 3, 2:00 p.m.** Refreshments will be served. Watch Princess Merida discover the meaning of true bravery when she undoes a beastly curse that she helped create by her defiance.

Supermarket Shopping Educational Workshop — Join us for this educational workshop on **Wed., Apr. 10, 6:30-7:30 p.m.** with Dr. Perillo of the Doctor's Speakers Bureau as he provides helpful, educational information on label reading, what aisles to avoid, and how to develop a shopping plan.

Musical Performance by Robert Graham — Celebrate National Poetry Month this April with musician Robert Graham! He will sing and play his guitar to the words of some of the world's most famous poetry on **Thurs., Apr. 18, 6:30-7:30 p.m.**

The Garden State in Bloom — Join Walter Choroszewski on **Sat., May 4, 11:00 a.m.-noon** as he showcases New Jersey's beautiful public gardens through his photography and an informative lecture.

Motivational Author Mike Tully — Join us on **Wed., May 8, 6:30 p.m.** as Mr. Tully talks about his new book, "The Improvement Factor: How Winners Turn Practice Into Success."

Family Movie Matinee: Wreck-It Ralph — Join us on **Sat., May 11, 2:00 p.m.** for the story of Wreck-It Ralph, a video game character who no longer wishes to be the bad guy. Watch as Ralph wreaks havoc as he sneaks into another video game, hoping to become the good guy. Rated PG. Refreshments will be served.

MONTHLY

Photography Club — Meeting on **Mon., Apr. 22, from 6:30-7:45 pm.** All Photographers welcome! Learn! Share!

Job Hunters Workshop — Meeting on **Fri., Apr. 12, 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., Apr. 22, from 6:30-8:00 p.m.** to discuss *The Hunger Games* by Suzanne Collins.

The Swiss Spaghetti Harvest

On April 1, 1957 the British news show *Panorama* broadcast a three-minute segment about a bumper spaghetti harvest in southern Switzerland. The success of the crop was attributed both to an unusually mild winter and to the "virtual disappearance of the spaghetti weevil." The audience heard Richard Dimbleby, the show's highly respected anchor, discussing the details of the spaghetti crop as they watched video footage of a Swiss family pulling pasta off spaghetti trees and placing it into baskets. The segment concluded with the assurance that, "For those who love this dish, there's nothing like real, home-grown spaghetti."



The Swiss Spaghetti Harvest hoax generated an enormous response. Hundreds of people phoned the BBC wanting to know how they could grow their own spaghetti tree. To this query the BBC diplomatically replied, "Place a sprig of spaghetti in a tin of tomato sauce and hope for the best."

To this day the *Panorama* broadcast remains one of the most famous and popular April Fool's Day hoaxes of all time. It is also believed to be the first time the medium of television was used to stage an April Fool's Day hoax.

- 11% of people are left handed.
- Your foot has 26 bones.
- Black on yellow are the 2 colors with the strongest impact.
- A bear has 42 teeth.
- Goldfish can see both infrared and ultraviolet light.
- Birds need gravity to swallow.



Brannock Device
Used to measure your feet at the shoe store.

If you've ever needed to take a quick measurement, but didn't have a ruler, you should appreciate this little trick. Reach into your pocket and pull out any currency. It measures almost six inches.

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

CHAMOMILE *The All-Around Comforter*

There are many varieties of chamomile, but only two are used medicinally - Roman chamomile, a perennial from Europe and the United States, and German chamomile, an annual that is considered a Eurasian species.

Sacred Apple of the Ground. Chamomile was one of the nine sacred herbs of the Saxons, who called it *mayhem*. Its name comes from the Greek *chamai* - "on the ground" and *melon* - "ground apple," after its fragrance. The French cherish it as one of their six favored *tisanes*, or herb teas, taken not only for social pleasure, but as a natural health custom. It's gentle and caressing.

Aches, Pains, Cramps. Chamomile tea provides full body relief for muscle aches, strains, arthritic pain and menstrual cramps.

Bladder Infection. Chamomile reduces inflammations and helps to fight infections in the bladder. It helps to ease related conditions such as cystitis and fights E. coli in the bladder.

Burns, Scalds. Chamomile is antiseptic and antibacterial for a skin wash or burn bath, and it takes the pain away to help you sleep.

Nausea, Vomiting. Chamomile relieves nausea, relaxes tension, and stops vomiting.

Skin Softer to Touch. Chamomile relaxes tension in your muscles and softens your skin. Take a chamomile bath tonight with 2-4 bags of tea water and love the skin you're in.

Sleep Ease. It calms, cools, and tranquilizes to help you fall asleep naturally.

Tranquilizer. Relaxes all of the smooth muscles in your body, including the muscles of your digestive tract. Relieves spasms, abdominal pain, bloating and gas. It regulates peristalsis to prevent diarrhea or constipation. A very beneficial tea for people with disorders that are aggravated by stress, such as irritable bowel, indigestion, gastritis and peptic ulcers.

Uses Through the Ages. Chamomile has been used to treat eye inflammations, including pink eye. It has also been used as a bronchial relaxant for asthma, hay fever and sinusitis.

Special Feature. Hair rinse. Chamomile tea as a hair rinse will add highlights to blond hair.

Values: Antispasmodic, Sedative, Anti-inflammatory, Anti-septic, Bitters, Antibacterial, Prevents Vomiting.

Le Fleur Tisane.

A warm tea of chamomile flowers is floral and rich. It will ease your aches and give you a mellow feeling to lull you to sleep. An ideal tea to throw off stress and wind down at night.

Quiz. A man went into a bank to cash a check. In handing over the money the cashier, by mistake, gave him dollars for cents and cents for dollars. He pocketed the money without examining it, and spent a nickel on his way home. He then found that he possessed exactly twice the amount of the check. He had no money in his pocket before going to the bank. What was the exact amount of that check? Answer on Page 27.

"A leader is best when people barely know he exists, when his work is done, his aim fulfilled, they will say: we did it ourselves." Lao Tzu - Philosopher (6th Century BC)

"The time to save is now. When a dog gets a bone, he doesn't go out and make a down payment on a bigger bone. He buries the one he's got." Will Rogers - Actor (1879-1935)

By and Large

A New Monthly Column written by Riverdale Resident Elaine Peacock.

Last October my friend Barbara and I enjoyed a fun trip on the Arizona section of Route 66. It is one of the best preserved sections of Route 66 with a lot of the original alignment still intact.



I flew into Phoenix and we headed for Kingman, AZ our first overnight stop and the beginning of our adventure. As we left Kingman the first morning on the road, we passed beautiful desert views around every curve.

Our first stop was Hackberry General Store, a must stop for anyone traveling Route 66. It is like walking into a time capsule with all the old photos of Route 66 right down to the old time gas pumps with the vintage corvette parked out in front.

As we rolled along to our next stop The Grand Canyon Caves we were greeted by a T Rex with a toothy grin. Our next stop was Seligman and a visit to the Snow Cap Drive In for some ice cream. We wandered the main street and checked out all the shops full of Route 66 gifts.

As we headed for our overnight stop in Williams we made a stop in Ash fork which had a wonderful little Route 66 museum run by a great couple. We had the run of the place taking pictures with the different displays. We reached Williams and after checking into our hotel we walked the main street and ended up at the Cruiser's Café for an early dinner. We heard the Grand Canyon RR signal their arrival at the Williams station after a day at the Grand Canyon.

Day three found us on the road again this time heading for Flagstaff to check out some of the old architecture in downtown Flagstaff. A stop at the famous Museum Club just outside of town was a treat.

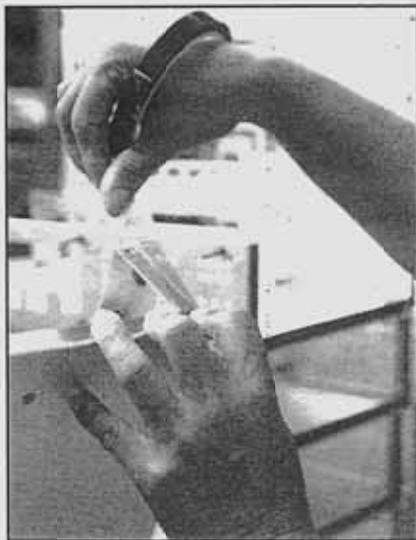
As we continued on Route 66 we stopped at all the "lost attractions" of the Mother Road; Twin Arrows, Two Guns, Met or City Trading Post, Jack Rabbit Trading Post and the Wigwam Motel in Holbrook (yes you actually sleep in a wigwam). One of the highlights of day three was our stop at the Petrified Forest and Painted Desert. Both of these National Parks are just amazing. Every turn on our drive through the parks yielded beautiful views such as Lacey Point and the Crystal Forest.

Our last stop was the restored Painted Desert Inn at Kachina Point. It is now a visitors center and small museum restored to look like a stop on the trail from the 1930's. After a busy day we headed for our hotel in Winslow the La Posada. The hotel, a former Harvey House, has been lovingly restored to its original southwestern flavor and historical photos abound throughout the hotel. Amtrak's *Southwest Chief* still stops at the back door of the hotel twice a day on its way to and from Los Angeles.

Day four finds us "standing on the corner in Winslow, AZ" and hearing the Eagles song coming from the gift shop across the street. Next stop is Sedona and we follow Oak Creek Canyon through beautiful red rock vistas past famous stops such as Cathedral and Court House Rock. We stop at the Chapel of the Holy Cross which is built right into the red rocks. We enjoy exploring Sedona as we end day four.

Day five finds us heading to Cottonwood, AZ for a ride on the Verde Canyon Rail Road. What a fun day this turned out to be. Not only was the scenery gorgeous but our fellow passengers and train crew made it a day to remember. We reluctantly headed back to my girlfriend's home in Mesa after the train ride and 5 fun filled days on Route 66.

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With four facilities in North America, we serve a diverse customer base, including the electronics, telecommunications, medical instrumentation, pro-audio, power distribution and conditioning, alternative energy, and semi-conductor industries as well as the military.

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Keene, NH 03431
(603) 352-1667

Pennsylvania: 1941 Paradise Trail
E. Stroudsburg, PA 18301
(570) 476-1800

Uses for Aluminum Foil

- To get rid of rust spots on chrome bumpers (remember them?), scrub with Pepsi: use a wadded up piece of Aluminum Foil as a scrubber.
- You can also clean battery terminals with the above method. Dip a piece of Aluminum Foil in Pepsi and use it to scrub.
- If you're not done with a painting job, wrap your paint brushes with Aluminum Foil and put them in the refrigerator or freezer until you're ready to go back to work.
- Line a windowsill with Aluminum Foil to increase the sun's reflection. This is great for cacti and geraniums.

English chemist Sir Humphry Davy discovered and named a new element in 1807. He first spelled it *aluminum*, then changed it to *aluminium*, and finally settled on *aluminium* in 1812. In the 1890s, the metal became widely available and a subject in print; in the US, Noah Webster's 1828 dictionary used only *aluminum*, but it took the better part of 75 years for that to catch on as the popular choice.

RECREATION NEWS



Follow us @RiverdaleRec

riverdalerec@gmail.com



"LIKE" us
at Riverdale Recreation

RIVERDALE



RECREATION

2013 SUMMER REC 2nd Payment Due

Tuesday, April 16 6:30 - 7:30 p.m. at the Community Center.

Second Payment of \$125.00 per child is due. To pay online or for questions, please call Krista Osborne at 973-835-1234 or email riverdalerec@gmail.com.



ADULT COED SOFTBALL

Thursdays beginning June 27 at 7:00 pm
at Riverdale School Fields.

Email riverdalerec@gmail.com for more information.

2013 Summer Recreation Counselor Applications

Will be accepted during April ONLY. Please pick up an application at the Borough Hall. You must be 16 years old to apply. Any questions, please call Krista Osborne 973-835-1234

RIVERDALE RECREATION - SPRING SESSION AT GOLD'S GYM, RIVERDALE

STEP EXPRESS Saturdays 9:30a.m.-10:00a.m. April 13 to May 18 \$15.00 for six weeks

ZUMBA Saturdays 10:00a.m.-11:00a.m. April 13 to May 18 \$20.00 for six weeks

CARDIO COMBAT BOXING Sundays 9:30-10:30a.m April 14 to May 19 \$20.00 for six weeks

TONING-BOXING-BOOT-CAMP Tuesdays AND Thursdays 5:30 p.m.-6:30 p.m. April 16 to May 23 \$30.00 for six weeks

CARDIO MIX Wednesdays 10:30 a.m.-11:30a.m. April 17 to May 22 \$20.00 for six weeks

YOGA Wednesdays 6:30-7:30 p.m. April 17 to May 22 \$20.00 for six weeks

SPINNING (hurry! limited number of sign ups) Mondays April 15 to May 20 9:30-10:15 a.m. OR Thursdays April 18 to May 23 6:00-6:45 p.m. \$25.00ea

Must sign up in advance by calling or emailing Krista Osborne (Rec. Director) at 973-835-1234 or riverdalerec@gmail.com

Girl Scout Yard Sale April 27 & 28



**Glenburn
211 Hamburg Turnpike
Riverdale**

Run by Girl Scout Troop 323 to raise money for their trip to Europe in 2014!

If you would like to donate items to the sale,
please contact
Dawn Gosson at 973-981-9895.

**Coney Island
Wood Fired Brick Oven**

PIZZA

**CIPIZZA.NET
973-476-9223**

Now Serving Ventimiglia Wine

**Free pretzel with this ad
and purchase of any pie**

40 Hamburg Tpke. Riverdale, NJ

Superintendent Betty Ann Wyks

Drama Performance is set for May 2nd



Rehearsals are underway for the annual drama production, under the direction of teachers, Ms. Caufield, Mrs. Paldino and Ms. Higgins. The production for this year is *Little Mermaid, Jr.* Watch for further details as the date approaches.



Budget Vote Slated for April 16th – Polling Hours 2pm-9pm

Riverdale School district is one of approximately 40 districts in the state that has maintained an April school election. The public hearing on the proposed 2013-14 school budget took place on March 27, 2013 at the Board of Education meeting. The proposed budget will provide for programs and services to meet the needs of our community's children and, if approved, will result in a school tax reduction to the average homeowner.

The Diamond Awaits

Practices for softball and baseball are underway. The season officially begins for the Rams on April 9. Let's go Rams!

Science Fair

Students in grades 6 through 8 (and some eager third-fifth graders) will proudly display their projects at our annual Science Fair. The fair is scheduled for April 11th. Our budding scientists will be available between the hours of 6:30 pm through 8:30 pm to explain their projects. This year's theme is: *The Future of Medicine, the Environment and Energy Use.*

Parent and Parent/Child Workshops – Family Literacy Night Scheduled for April 16

The following parent and parent/child workshops will be part of the district's first Family Literacy evening, scheduled for April 16th:

- Reading Aloud with your Child
- Supporting Readers and Writers workshop at home
- Recipe for Reading Success

Math Matters- Family Math Fun Night – May 22nd

Please call the school, or visit the website for additional information

What Makes You Smile?

Congratulations to first grader **Juliet Trouse** who emerged as a Finalist of the "P.S. What makes U Smile T-Shirt Design Contest" hosted by Aeropostale. Juliet was one of the top hundred finalists, out of a field of thousands!

School Calendar Changes for 2012-2013

Attention parents/guardians: Please take note that the current school year calendar is due to be revised to reflect the return of unused emergency days. The changes will be presented for adoption at the Board's April 10th meeting. Please make sure to consult the district website for details, after that date. Should an unforeseen emergency take place, the calendar would need to be revised, again, to reflect the same.

Honor Roll

Please note that in the second marking period **Joseph Soto** (grade 8) made honor roll. We apologize for the omission in our last publication.

The National Junior Honor Society sponsored a K-4 Movie Afternoon, to raise funds for *The Caroline Fund (Tomorrows Children's Institute)*. Students voted for their choice film. Members of NJHS, along with their advisor, Ms. Shackil, worked hard to make the event a success.

On March 1st, Riverdale School celebrated *Read Across America Day*. Mrs. Batory, school library/media specialist, organized the special day in honor of Dr. Suess. Guest readers read to the children and middle school children organized activities for the elementary grades to celebrate.

Pre-K created their own artistic interpretation of *There's a Wocket in My Pocket* by Dr. Suess. Pictured are **Jack Murphy** and **Kabir Kalsi** with their creations!



Kindergarten celebrated *Read Across America Day* by creating their own *Cat in the Hat* hats.

Alexandra Varela, Zaina Zeidan, Nasi Reci, Anthony De Martinis, Maya Kalsi and Sofia DeJesus are proudly sporting their "cat look".



First grade's visitor, **Mrs. Anne Gould** chose a special outfit for her visit.



Mrs. Kathleen Dubbels, former Riverdale School teacher, visited the second grade for *Read Across America Day*.



Influential Women

Irena Sendler (15 February 1910 – 12 May 2008) was a Polish Roman Catholic nurse/social worker who served in the Polish Underground during World War II, and as head of children's section of Żegota, an underground resistance organization in German-occupied Warsaw. Assisted by some two dozen other Żegota members, Sendler smuggled some 2,500 Jewish children out of the Warsaw Ghetto and then provided them with false identity documents and with housing outside the Ghetto, saving those children during the Holocaust. (Oskar Schindler rescued 1,200.)

The Nazis eventually discovered her activities, tortured her, and sentenced her to death; but she managed to evade execution and survive the war. In 1965, Sendler was recognized by the State of Israel as a Righteous among the Nations. Late in life she was awarded Poland's highest honor for her wartime humanitarian efforts. She appears on a silver 2009 Polish commemorative coin honoring some of the Polish Righteous among the

Nations.

In 1999, students at a high school in Uniontown, Kansas produced a play based on research into Irena Sendler's life story titled *Life in a Jar*. It has since been adapted for television as *The Courageous Heart of Irena Sendler*. Actress Anna Paquin played Sendler. Her story was largely unknown to the world until the students developed The Irena Sendler Project, producing their performance *Life in a Jar*. This student-produced drama has now been performed over 285 times all across the United States, Canada and Poland. Sendler's message of love and respect has grown through the performances, over 1,500 media stories, a student-developed website with 30,000,000 hits, a national teaching award in Poland and the United States, and an educational foundation, the Lowell Milken Education Center, to make Sendler's story known to the world.

For the full story behind Irena Sendler's courageous acts of charity go to: www.riverdale.nj.gov/pdf/sendler.pdf

Did You Know?

- ◆ If you had a bellyful, you've had about two quarts. That's the average adult's stomach capacity.
- ◆ The baseball's maximum weight is 5.25 oz; basketball's maximum weight is 22.9 oz; soccer, 16 oz; football, 15 oz; volleyball, 9.88 oz.
- ◆ Most of the books you own will disintegrate within the next fifty years unless they are printed on acid-proof stock.
- ◆ A horse named Broker's Tip won only one race in its entire career - the Kentucky Derby in 1933.
- ◆ Frankie Avalon held his nose while singing *Dee Dee Dinah*, his first hit song.
- ◆ The reason beer steins had lids was to keep the flies out.
- ◆ Baboons cannot throw overhand.
- ◆ A wink takes one tenth of a second.
- ◆ Abraham Lincoln did not have a middle name.



Since 1958

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

Save \$2.00
off any 8" or Larger
Ice Cream Cake

One coupon per cake order.
Not valid with other offers.

Expires 4/30/13

30 ROUTE 23 NORTH, RIVERDALE 973-839-0198

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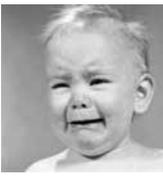
- The first Burger King was opened in Miami, Florida in 1954.
- All the blinking in one day equates to having your eyes closed for 30 minutes.
- Lightning strikes the Earth 6,000 times every minute.
- An average person will spend 25 years asleep.
- Bats always turn left when exiting a cave.

Riverdale Photography Club



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

www.RiverdalePhotoClub.weebly.com
Club open to all, residents and non-residents.



"The Bible tells us to love our neighbors, and also to love our enemies; probably because generally they are the same people." G.K. Chesterton

MAY edition of Riverdale News & Events will be published on or about Friday, May 3. Copy, photos, articles, announcements are due Wednesday, April 24.

Answer to quiz on Page 24: \$31.63



RIVERDALE ART CENTER Spring 2013 Art Classes

Hand Building for Children Sundays 2:30-4 Ages 8-12

Kids get a chance to have fun playing in the mud, while learning basic techniques of working in clay. Pinch, coil, and slab will be used, and reinforced through projects that they create. This class will let imaginations grow and hands get messy!

Instructor: Amanda Kranich - 6 week session.
Session 1 begins March 10 - April 21
(No class March 31 Easter)
Tuition: \$135 Materials fee: \$30



Introduction to Wheel Throwing Mondays 6:30-9 | Wednesday 6:30-9 Teens ages 13-18 | Adults 18+

Learn the basic skills of throwing, which include wedging, centering, pulling, altering, and trimming the form. Texture and glazing will also be covered. This class is designed primarily for students with little or no previous pottery wheel experience; demonstrations and one-on-one instruction are included. Remember, playing in the mud is always fun!

Instructor: Amanda Kranich- 6 week session.
TEENS: Session 1 begins March 11 - April 22 (No class April 1)
ADULTS: Session 1 begins March 13 - April 24 (No class April 3)
Tuition: \$165
Materials fee: Tools and Clay can be purchased in class from the instructor.

Art Club 4 Teens Ages 11-16 Fridays 6:30 - 8:30 PM

Classes help build the student's art skills and to have fun making work that is important to each individual artist. The course offers a variety of materials to sculpt, draw, and paint. It will introduce students to many different artists from traditional, modern and contemporary backgrounds. The mission of this course is to present to students a multitude of art-making techniques, and help them discover their own ideas with their artwork. In the first two weeks, students will get to sample different materials, as well as view artwork by different artists. In the remaining two

weeks, students will create their own art with the material of their choosing.

Instructor: Adam Schechter
Next Session: Ongoing, Friday evenings
Fee: \$25 per class



Special thanks to the Arts Council of the Morris Area for a grant that allowed us to purchase 4 new pottery wheels for our ceramics classes.

To register, call The RAC at 973.513.9250 or email Imooney@riverdaleartcenter.org or go to riverdaleartcenter.org and download a registration form



RIVERDALE ART CENTER
SALON N°5

5 Mathews Avenue, Riverdale, NJ 07457. 973.513.9250
WWW.RIVERDALEARTCENTER.ORG

The Riverdale Art Center (RAC) Studios, Bldg. 1B, 2nd floor, 5 Mathews Ave, Riverdale, NJ 07457

One of Don Pruden's photos won a First Place at the Riverdale Art Center 2nd Annual Photography Exhibition! Read Don's Nature/Photo column on Page 8.



UNWANTED GREASE. Save coffee bags to dispose of grease or cooked meat drippings. We have always been told not to put grease down the sink or in the disposal. The coffee bags are constructed perfectly for this. Grease never comes out. Just put it in, fold it over, and dispose in your trash

BLEACH MAKES GLASSES SPARKLE. Adding a capful of liquid bleach to dishwasher makes glasses sparkle and silverware shine. It even gets rid of that greasy feeling on plasticware. Bleach will dry out your hands, so you may want to wear rubber gloves when doing the dishes.

CLEANUP. To clean automotive grease or engine oil from your hands, keep a bottle of baby oil in the garage. It will remove any oil-based substance, without the burning, drying feeling caused by heavy-duty cleaners or solvents.

NO NEWSPAPERS FOR KITTY. Avoid using newspapers in your cat's litter box or letting your cat habitually sleep on newspapers. As your cat cleans himself, he may ingest toxic substances from the ink, such as hydrocarbons or phenolic compounds.

INK & BLOOD. Rub salt onto a fresh ink stain on fabric, then soak fabric overnight in milk. Launder as usual.

Soak bloodstained cotton, linen, or other natural-fiber fabric in cold salt water for 1 hour. Wash using warm water and laundry detergent. If stain is still present, stretch fabric over a large kettle and pour boiling water through the stained area (if the fabric can withstand it). Wash again.

A fresh bloodstain should disappear easily if it is immediately covered with salt and blotted with cold water. Keep adding clean water and blotting until stain is gone.

Electrical Safety

Fire Chief Dan Sturm offers good advice.

Flipping a light switch. Plugging in a coffeemaker. Charging a laptop computer. These are second nature for most of us. Electricity makes our lives easier. However, we need to be cautious and keep safety in mind.

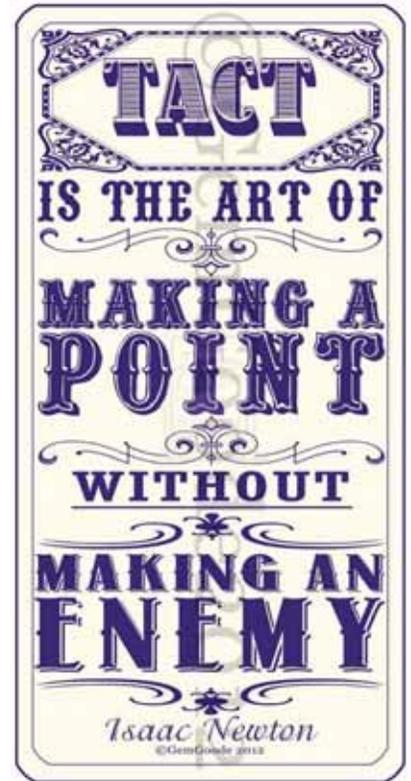
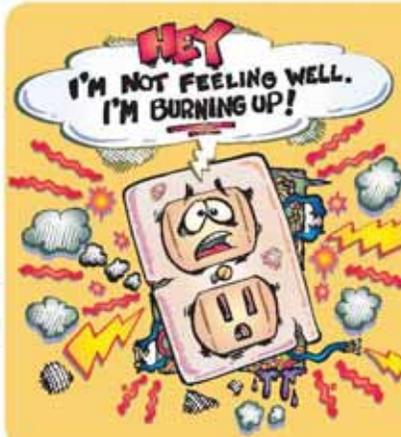


SAFETY TIPS

- ❗ Have all electrical work done by a qualified electrician.
- ❗ When you are buying or remodeling a home, have it inspected by a qualified electrician.
- ❗ Only plug one heat-producing appliance (such as a coffee maker, toaster, space heater, etc.) into a receptacle outlet at a time.
- ❗ Major appliances (refrigerators, dryers, washers, stoves, air conditioners, etc.) should be plugged directly into a wall receptacle outlet. Extension cords and plug strips should not be used.
- ❗ Arc fault circuit interrupters (AFCIs) are a kind of circuit breaker that shuts off electricity when a dangerous condition occurs. Consider having them installed in your home. Use a qualified electrician.
- ❗ Use ground fault circuit interrupters (GFCIs) to reduce the risk of shock. GFCIs shut off an electrical circuit when it becomes a shock hazard. They should be installed inside the home in bathrooms, kitchens, garages and basements. All outdoor receptacles should be GFCI protected.
- ❗ Test AFCIs and GFCIs once a month to make sure they are working properly.
- ❗ Check electrical cords to make sure they are not running across doorways or under carpets. Extension cords are intended for temporary use. Have a qualified electrician add more receptacle outlets so you don't have to use extension cords.
- ❗ Use light bulbs that match the recommended wattage on the lamp or fixture. There should be a sticker that indicates the maximum wattage light bulb to use.

IMPORTANT REMINDER

- Call a qualified electrician or your landlord if you have:
- Frequent problems with blowing fuses or tripping circuit breakers
 - A tingling feeling when you touch an electrical appliance
 - Discolored or warm wall outlets
 - A burning or rubbery smell coming from an appliance
 - Flickering or dimming lights
 - Sparks from an outlet



Separating an egg... duh. Seriously how have I missed the obvious for oh so long.

NJ Poison Experts Remind Residents That Poisonings Span a Lifetime

In 2011, U.S. poison centers fielded more than 3.6 million calls. Parents and babysitters call poison centers when young children get into a toxic substance. Seniors call poison centers when they fear they may have made an error in taking their medicines. "Most calls to poison centers are about children, but most people who die from poisons are adults. A poison is any substance that can harm someone if it is used in the wrong way, by the wrong person or in the wrong amount. Poisoning is a danger for all of us." The experts offer the following tips to help you prevent poisonings:

- Keep medicines and cleaning supplies locked up and away from children. Children act fast. Unfortunately, so do poisons.
- Always put on your glasses to read your prescription bottle, and only give or take medicine with the lights on.
- Ask visitors to keep purses and luggage containing medicine out of the reach of children at all times.
- Install carbon monoxide detectors and check batteries at least twice a year.

- Keep the 1-800-222-1222 Poison Help number accessible and program it into your cell phone. Call FAST to treat a poisoning. Call FIRST to prevent a poisoning.

Help is Just a Phone Call Away

If someone is unconscious, not breathing, seizing/convulsing, bleeding profusely, difficult to arouse/wake up, etc. call 911 immediately, otherwise call the poison center at 800-222-1222. Doing online research and learning about medical conditions is a new sign of the times and a must-do for a savvy patient. But savvy patients need to know when it's important to put down the smartphone and dial an emergency number to get help. They NJ Poison Experts are always here to help with emergencies or questions involving medicines, chemicals or household products, etc. Help is available in over 150 languages; 24 hours a day, 7 days a week, every day of the year. Program the **Poison Help line (800-222-1222)** into your cell phone and post it near your home and office phones too. There are no silly questions and our health professionals are always available to answer a question, quell a fear, provide advice, or intervene to get emergency services on site and prepped to provide the needed protocol in the fastest response time. When in doubt, check it out - Prevention is truly the best possible medicine. Remember, Help is Just a Phone Call Away!



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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

SAFFLOWER There are records in history of the medicinal use of Safflower dating back to the Middle Ages. A tonic of Safflower seed juice mixed with chicken stock or sweetened water was said to have been taken for constipation or respiratory problems. Safflower made up into a tea is used as a treatment for colds, flu and fevers. When it is taken as a hot tea it increases perspiration. It has also been found to have calming effects.

Of recent times, the Oil of the Safflower has come into prominence as being one of the vegetable oils with the lowest cholesterol content. Research has established that an intake of polyunsaturated oils in the diet lowers the level of blood cholesterol which reduces heart disease. Since it was discovered that animal fats in the diet raise the cholesterol blood level, a search was made among the vegetable oils, for the best oils to replace the animal fats in the diet and Safflower oil was found to have one of the highest percentage levels of polyunsaturated fatty acids of the oils tested.

Safflower flowers properly aged and with the oxygen exposure of the air combined with the volatile properties in the plant, develop a sugar-like compound that stimulates the production of adrenaline by the adrenal gland and also stimulates the pancreas to produce more insulin.

The increase in the production of insulin and adrenaline by this herb indicates only a temporary increased production of insulin and adrenaline (like sparking an almost dead battery). This extra time of improvement should be used to resupply the blood's levels of these lacking necessary nutrients, so as to build up the health of the organs affected. In this manner, herbs can be very beneficial in buying extra time to aid in restoring a healthy system.

- ◆ Safflower is used as part of an arthritis, gout or kidney stone formula to indirectly neutralize and dissolve uric acid deposits.
- ◆ Safflower is a bitter herb which helps digestion, improves colon function and helps with blood vascular cleaning.
- ◆ Combined in herbal formulas for women, Safflower helps stimulate congested, thick or obstructed blood flow.
- ◆ Safflower was used as an effective wash for measles rash.
- ◆ Safflower is a part of a cholesterol lowering formula to remove plaque, and is used to help reduce blood cholesterol.
- ◆ It is beneficial as a mild and gentle bladder and bowel cleanser.
- ◆ It is a soothing digestive tract healant for heartburn, diverticulitis and ulcer lesions.
- ◆ Safflower is beneficial in treating and reversing a condition involving congested and stagnant blood, poor circulation, blood clots and lower abdominal pains caused by blood congestion in women.
- ◆ Safflower helps to increase bowel functions and increase the flow of urine.
- ◆ Safflower is the food the body uses for production of hydrochloric acid and to help eliminate uric and lactic acids from the system.
- ◆ For children's complaints such as eruptive diseases and fevers, Safflower has been found to be beneficial.
- ◆ Safflower removes phlegm from the system and clears the lungs, thus helping in pulmonary tuberculosis.
- ◆ Safflower increases the production and release of bile and is an excellent herbal source of unsaturated fatty acids.

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).

PicTips

A new monthly feature presented

by Bill Madden, President of Riverdale Photography Club



Welcome to **PicTips**. From time to time we'll bring you ideas that will help improve your picture-taking. Today's tip helps get the exposure just right. Sometimes you snap a picture and are disappointed to find that it is either too dark or too light.

Try this: Aim you camera toward a part of the scene that is darker and do a 'half-press' of the shutter button. The camera may even make a little beep, indicating it is 'getting set'. Keep the half-press while you re-aim the camera to 'compose' your shot. Click the rest of the way. You will find this lightens the picture. Similarly, to darken a picture: first aim at a brighter part of the scene, do the 'half-press', then, keeping the button half-pressed, compose your shot and click the rest of the way. Practice this a few times to get the hang of it. After a few practice shots you'll get a good feel for just how much darker (or brighter) things need to be to get your pictures 'just right'! This is also good way to get the right 'mood' in a photo.

I shot a sunset once where I aimed/half-pressed at five different parts of the scene then recomposed and clicked, getting five different versions of the same sunset – all in about 20 seconds of shooting. And, surprise, they ALL looked great, from dark and fiery to bright and cheerful.

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