

RIVERDALE NEWS & EVENTS

April 2014

Volume 9 Number 4



**Carol Talerico
Retires**

April 2014

Volume 9 Number 4

William Budesheim, Editor
Lori Clinton, Associate Editor

Columnists

- Camilo Castillo
- Rob Errera
- Catherine Felegi
- Dawn Gosson
- William Lango
- Bill Madden
- Elaine Peacock
- Don Pruden

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To submit announcements, articles, advertisements or inquiries send to both emails: mayor@RiverdaleNJ.gov & RiverdaleMayor@gmail.com

Advertising rates are on website www.riverdalenj.gov

SAVE THESE DATES

Auxiliary of the Riverdale Volunteer Fire Department

ANNUAL



Spaghetti Dinner

Saturday, April 26 starting at 4:30 pm at Firehouse, Post Lane
All you can eat!!

ANNUAL

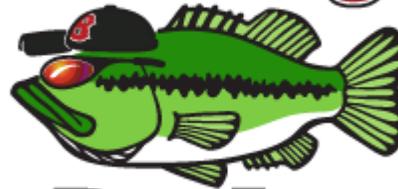


Easter Egg Hunt

Saturday
April 19
11:00 AM
Community Center

ANNUAL

Fishing



Derby

Sponsored by
Riverdale PBA
and
The Riverdale Police Pistol Team

Saturday, May 10
8:00 am - 12:00 noon
Freedom Park
Hot Dogs and Soda
Prizes



Riverdale Woman's Club

3rd Annual Scrapbook Fundraiser

DATE: Saturday - April 5, 2014
TIME: 10:00 am to 10:00 pm
PLACE: Riverdale Community Center
COST: \$45

- ◆ Lunch, Dinner and Snacks included!
- ◆ Lots of cropping space and every seat is an aisle seat!
- ◆ Multiple vendors, including "Close To My Heart"
- ◆ Doors Prizes, Massage Therapist, Raffles and more!
- ◆ Contact Jenny Walenta to reserve your spot 973-650-8860
- ◆ Make Checks payable to RIVERDALE WOMAN'S CLUB

Proceeds from the fundraiser will be used to fund the various scholarships and awards the Woman's Club presents to High School and 8th Grade Students.

The Senior's Corner



- ◆ Don't forget about the Senior Citizen Club's meetings on the first and third Mondays of each month at the Riverdale Senior Community Center, 57 Loy Avenue. The meetings start at 10:30 am and are open to all Riverdale Seniors.
- ◆ FIRE SAFETY. Many senior citizens live in high-rise apartment or condo buildings, and need to remember these special safety tips:
 1. In case of fire, stay away from the elevators! Elevators are often heat sensitive and will go directly to the floor where the fire is.
 2. Use the stairs. Stairwells may be a safe refuge from fire in many buildings, or lead to safe refuge.

- ◆ Smoking is the number one cause of fires that kill senior citizens. Elderly people on medication tend to become drowsy and "nod off" with lit pipes, cigars or cigarettes. In some cases, they never wake up. Toxic fumes from the smoke can overcome the smoker before a fire even gets started.
- ◆ Smokers should avoid smoking when drowsy.
- ◆ Always check armchairs and sofas for lit embers and sparks after a person has been smoking. An ember can smolder for hours and burst into flame after the household has gone to bed.



- ◆ Will Felegi
- ◆ Jean Mastrangelo
- ◆ Debbie Hoeflinger
- ◆ Sharon Nalbone
- ◆ Shannon & Donna Stewart
- ◆ Taylor Grosson
- ◆ Hallie Mansoor
- ◆ Ruth Annunziato
- ◆ Phily Lynch
- ◆ Lorian Gish
- ◆ Kathleen Olsen
- ◆ Tom, Celeste, Greg Langan
- ◆ Janet Cassel
- ◆ Linda and Jeff Anders
- ◆ Fran Teitelbaum

We welcome new members:

- ◆ Kan Kontoleen
- ◆ Megan Moyle
- ◆ Susan Yancy-Disbrow
- ◆ Debbie Hoeflinger

The friends of the Riverdale would like to thank all the volunteers who helped with our 13th annual book sale:

- ◆ Riverdale Brownies
- ◆ Melissa & Dennis Harsley
- ◆ Dennis Harsley, Jr.
- ◆ Jim Bittel
- ◆ David Gourley
- ◆ Carol Heinz
- ◆ Heather Berek
- ◆ Mary Jo Tambum

Olivia Rentas



This year Riverdale resident, **Olivia Rentas**, decided that instead of receiving gifts for her 7th birthday, she would collect money for children with cancer. Between online donations and birthday gifts she raised over \$1500.

Olivia said: "When I was little my grandma had cancer. She was ok even though she lost her hair. My grandma's cousin died from cancer at Christmas time. We put balloons in the air for her. I asked my mom if kids got cancer and she said, 'Yes, sometimes.' Then I found out that some kids die from cancer. I want to get money to give to doctors to cure cancer so no more kids have to die."

During the process she decided to set up a website to help children in need called Olivia Changes The World. She has already started a toy collection for a women and children's shelter and is planning a garage sale to raise money for in her cousin's name for CHARA and an Epilepsy walk for her friend Brady.

<http://oliviachangestheworld.weebly.com>

Discussion is an exchange of knowledge, argument is an exchange of ignorance.

Scrumptious Chicken, Broccoli, Spaghetti in Cream Sauce

By Librarian Linda Vogel

Ingredients:

- 3 to 4 boneless chicken breasts cooked and cut into pieces
- 2 tablespoons butter sweet
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 2 cups heavy cream
- 1/2 cup grated parmesan cheese
- 3/4 cup mozzarella cheese
- Half a head of broccoli steamed
- Sea salt and pepper for taste



Directions:

Clean broccoli and steam and set aside. Cook chicken breasts and cut into pieces. Cook spaghetti as directed on box. In large frying pan add all remaining ingredients and let it cook till butter is melted and forms a thick sauce. Add broccoli, chicken and spaghetti. Enjoy!

Workshops at Mike's Feed Farm



On Saturday, April 6 Mike's Feed Farm will host its Fourth Annual Chicken Owners Workshop. This is designed to provide information to people who have thought about raising chickens and who want to learn more about the benefits of producing their own food. This is also a great opportunity for chicken owners in the area to network and mingle with like-minded people.

Arianna Bos from Half a Chance Farm, Victor Alfieri from Big Dog Farms, and Brian, "the Purina Guy", will each present and share their expertise in this area. Bos will discuss her experiences with raising chickens and share tips on what you need to do to raise your own. Brian, "the Purina Guy", will speak about the nutritional needs for backyard chickens and highlight different feeds to meet any budget. Alfieri will focus on several topics ranging from local ordinances to the benefits of growing your own food.

Alfieri shared some information that he plans to cover in this workshop. "The bottom line is what you buy in the grocery store contains antibiotics and growth hormones and supplements. To be more in control of your food is to raise your own chickens," he said. He went on to explain how the quality of eggs from backyard chickens are night and day when compared to eggs purchased from the grocery store. When chickens are raised in a natural habitat they are able to exhibit natural behaviors. The eggs they produce are stronger and healthier than chickens from factory farms. Alfieri explained that the process is the same for chickens as it is for us humans. "If a pregnant woman is under a tremendous amount of

stress while pregnant, her baby will not be healthy. It's the same way for factory farm chickens," he said. Because they are under a great amount of stress and are not able to do things that come naturally to them, the eggs they produce are not as healthy as ones raised in a backyard!

Another thing to consider is what the USDA considers "fresh", which are eggs that are up to 45 days old. This does not include the time the eggs spend in the grocery store on the shelf, which means you can be eating eggs that are up to 65 days old when purchased from the supermarket. This is quite different from an egg laid by a hen in your own backyard!

Eggs from backyard hens are much healthier, too. They contain 1/3 less cholesterol, 1/4 less saturated fat, 2/3 more vitamin A, two times more omega 3 fatty acids, 3 times more vitamin E and 7 times more beta carotene than eggs purchased in a supermarket.

These are just some of the ways you can benefit from putting a couple of chickens in your backyard. Alfieri explained that 3 hens are all one needs to create food security and self-reliance. "One hen lays 300 eggs per year," he says.

Mike carries everything you need to be able to raise your own chickens, and this workshop is the perfect opportunity for you to get started. The workshop is free, but an RSVP is required as space is limited. Call 973.839.7747 or email lauram@mikesfeedfarm.com to reserve a spot. The workshop will be April 6 at 6 PM at Bograds, across the street from Mike's Feed Farm. **Everything in store will be 10% off immediately following the event.**

PET ADOPTION



Rosie was surrendered by a family who couldn't afford to buy medicine for her allergies, but we think she's worth every penny! She is great with children and dogs, and prefers napping on the couch to running in the park. She's two years old, spayed and ready to snuggle on your couch! If you would like to learn more about sweet Rosie, please email Ryan Earley at ryanearely123@gmail.com.

Meet **Rocky**, a big lug who is looking for his forever home. Rocky was surrendered when his owners fell on hard times and lost their home and business in the same month. The family was devastated to let him go and just want him to be safe, happy and well fed in his next home. If you are interested in learning more about Rocky, please email Ryan Earley at ryanearely123@gmail.com.



The Shade Tree Commission is having an **Arbor Day** program on **Saturday April 26th, 10:30 a.m.** at the Community Center on Loy Avenue.

This year the Shade Tree Commission will be planting five trees on the Oak Street side of the ball field next to the school that are being donated by EVS Metals. We are very grateful to Mr. Berkowitz for his donation.

Ballpoint Pens. For most of Grandma Putt's life, she, and everybody else did their letter and check writing with a fountain pen. It's not that ballpoint pens weren't around—an American inventor named John H. Loud patented the first one in 1888. But he intended the early, fairly crude models for marking cardboard and other rough surfaces, not for genteel penmanship.

The smooth-rolling ballpoint pens that we use



today owe their existence to World War II technology, and to a Hungarian-born Argentine resident named **Lazlo Biro**. Wartime contractors had perfected the process of grinding ball bearings for machinery and weapons, and fitting them tightly in place. By adapting the techniques for use in pens, Mr. Biro produced the first instruments suitable for writing on paper.

Movie Trivia **THE ROOKIE**-2002



◆ The scene where Jimmy walks out to the mound for the first time at The Ballpark in Arlington was filmed during the seventh inning stretch of a real Rangers game. All of the pitching shots were done after the game.

◆ In real life, after Jimmy Morris' first major league game in Arlington, Texas, he asked Ivan "Pudge" Rodriguez to sign a baseball.

◆ Dennis Quaid did much of his own pitching, but he was doubled in shots that required truly fast pitches, by former minor league pitcher Jeff Dowdy. No special effects were used to enhance the speed of the pitches; however, some camera tricks, such as "whip pans," were used to make Quaid's own pitches appear faster.

◆ The film's original movie poster, which features the character of Jim Morris silhouetted by a sunset, is actually a picture of pitching double Jeff Dowdy, not Dennis Quaid.

◆ Producers contacted Royce Clayton, the first batter Jim Morris faced in the Major Leagues, and got his permission to use his name, etc for the film. It actually took Morris four pitches to strike him out. Clayton managed to hit one foul. But it was too difficult to film a ball going foul, so they left it out.

◆ When Jimmy says to Brooks, "You know what we get to do today? We get to play baseball," it is a reference to a deleted scene, where Brooks tells Jimmy how his father said the same thing before every game he would play as a boy.

◆ Brian Cox who plays the father of Dennis Quaid in this film is actually less than eight years older than Quaid.

◆ The pendant hanging in Jim Morris' locker next to his blue suit coat is of St. Rita, the patron saint of the impossible.

◆ Trevor Morgan, who plays Young Jimmy, had to learn how to pitch left-handed.

◆ The park used for Durham Bulls home stadium was actually the new Dell Diamond in Round Rock Texas. The stadium was the home of the triple-A Astro farm team that has since changed to the triple-A Texas Rangers farm team. The teams name is the Round Rock Express.

◆ At one point, Dennis Quaid makes a reference to promoting "Cap'n Crunch" to Admiral. Quaid played a Coast Guard Admiral in the remake of Yours, Mine & Ours (2005).

- ◆ The montage in which Coach Jim Morris' team is playing baseball against several different teams includes clips filmed at Thrall High School in Thrall, Texas. During March of 2001, the filmmakers spent one full day of shooting at Thrall High.
- ◆ During the championship game, the final batter of the game hits a foul ball. When he hits it, he attempts to wave the ball fair in a matter identical to Carlton Fisk when he hit his famous homer in the 1975 world series.
- ◆ When the Owls win the championship, the announcer cheered, "Owls win" over and over in an obvious homage to the famous radio call when the New York Giants beat the Brooklyn Dodgers in the 1951 playoff game on Bobby Thomson's game winning homer.
- ◆ The tennis shoes young Jimmy Morris is wearing when he first moves to Texas and visits the old ball field by the oil derrick are Converse "Jack Purcells," named after a popular Canadian badminton player from the late '20s and early '30s. It was perhaps the first popular rubber and canvas American "tennis" shoe. They preceded the iconic "Chuck Taylors," which came later.
- ◆ The place they filmed the movie was not really Big Lake, Texas, but in Thorndale, Texas, northeast of Austin.
- ◆ Cameo: Jim Morris: an umpire in the Orlando games.
- ◆ Cameo: In the district championship game, with the Owls down 2-1, "Wacko" Campos is up to bat, and sends an extra-base hit to right field that scores the tying run, even when third-base coach Jimmy Morris tries to hold the runner. There are two shots during that scene where you can see the real-life Jim Morris and his wife Lorri (both wearing sunglasses) rooting the team from behind the backstop. He's sporting his trademark mustache and is wearing a gray t-shirt.
- ◆ Major League Baseball Umpires are seen with wearing black shirts. In 1999, American League Umpires wearing blue shirts would have officiated the game.
- ◆ Several of the players seen in the Rangers game (including the Rangers' Alex Rodriguez and the Devil Rays' Tanyon Sturtze) were not with their respective teams when Jim Morris made his major league debut on September 18, 1999.
- ◆ While pitching toward the camera at practice at the gravel yard, you can see the ball never leaves Jim Morris' mitt, and once you can see him drop the ball before "throwing" it. (This is done so he doesn't hit the camera.)



The Auxiliary of the Riverdale Fire Department is pleased to announce that they are again offering a \$1000 scholarship to a graduating senior from Riverdale to help defray the expenses of higher education.

Scholarship

The successful applicant:

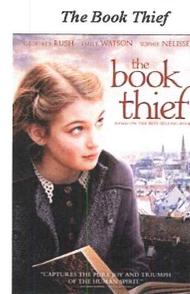
- be a resident of Riverdale
- in the top half of the graduating class
- demonstrate a high degree of community involvement.

An application can be obtained online on the town website or from the school guidance department. The scholarship will be awarded at the Memorial Day ceremony. **Applications must be received no later than May 12, 2014.**

Better Quality of Life. Give yourself a time-out when events seem overwhelming. Go someplace where you can be alone to think over the situation. When making to-do lists, do not schedule every minute of the day. Allow time for unexpected problems. When you feel stuck and unable to do anything, write down 10 choices you have for getting unstuck, pick three of them, and take action.

APRIL MOVIES @ THE LIBRARY

Join us for refreshments and these exciting new releases!



RATED PG-13

Friday, April 11
1:00 PM



RATED PG

Saturday, April 26
1:00 PM

For Information and Registration:

Call: 973-835-5044

Click: www.riverdalelibrary.org

Or Visit:

93 Newark Pompton Tpke.
Riverdale, NJ 07457

Auxiliary of the Riverdale Volunteer Fire Department



MENU	
Salad	
Spaghetti & Meatballs	
Desserts	
Italian Bread & Butter	
Soda	

Saturday, April 26 @ 4:30 - 7:30 pm
Firehouse, Post Lane All you can eat!!

Adults: \$9.00 Seniors: \$7.00
 Children (2-12 years): \$5.00

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



“Restaurants are given ratings by the local health department which rate the level of sanitation practiced by the establishment. Below is a link to a survey that will aid the health department in obtaining data on your knowledge of the current health department rating system of restaurants.”
www.surveymonkey.com/s/MJL7W52



Don't Forget the Food Pantry
 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 x 6

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.



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
- ◆ Court Fines
- ◆ Dog and Cat Licenses
- ◆ Recreation Programs
- ◆ Exercise Classes

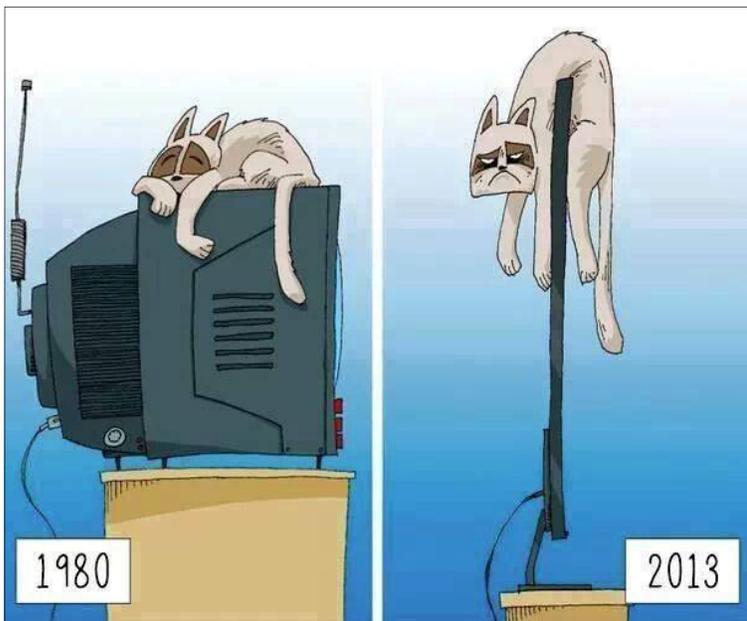
There will be a convenience fee for this service that you will review before you submit your payment. You will also be able to pay more than one bill at the same time.

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!



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- The luxury of free time
- Reduce your time spent cleaning by 40%

Salon 5
STUDIOS & GALLERY
5 Mathews Avenue
Riverdale, NJ 07457

Salon 5 Studios and Gallery
OPEN HOUSE
Saturday, April 5, 12- 8 pm
Live Music by John Sheehan 5-8pm

Printmaking **Painting** **Ceramics** **Sculpture**

Local artists with a shared gallery and studio space located in a historic brick factory in Riverdale, will hold an OPEN HOUSE fine art sale and reception. John Sheehan will be performing during the reception from 5-8 pm. John is a multi-styled, Composer/Finger Style, Guitarist/Singer/Songwriter from Ringwood, NJ.

The gallery will be open on Saturday, April 5, 12-8 pm.
Come and Support your local Fine artists!

Food Bank of NJ FOOD DONATIONS Accepted

Crisco Candle for emergency situations. Simply put a piece of string in a tub of shortening, and it will burn for up to 45 days...who knew?



The 30 Minute Homemade Jam

This homemade jam is so quick to make, and is great to partner up with your fruits or snacks! No need to purchase one at the grocery stores, make your own healthy stuff, you can choose your own fruit or berries!

Ingredients

- ◆ 1½ cups strawberries, hulled, cut into quarters
- ◆ 2½ cup blackberries
- ◆ ½ cup unsweetened apple juice or water
- ◆ ½ - ¾ cup raw honey (depending on the sweetness you want).

Directions

- ◆ Wash fruit and drain well.
- ◆ Pulse fruit in a blender or food processor until it is mashed into small chunks.
- ◆ Pour fruit into a medium saucepan and add apple juice or water. Gradually stir and mix well.
- ◆ Heat, stirring constantly, over medium high heat until it reaches a full rolling boil that can't be stirred down.
- ◆ Add honey all at once and stir well.
- ◆ Store in refrigerator overnight, then freeze.



WARNING

Computer fraud isn't limited to the Internet
Unscrupulous computer tech companies charge you for the same repairs over and over again

Call the JMOR Connection (before you need them)
A local computer tech company with a national reputation for expertise and trustworthiness

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877-767-5667

THE JMOR CONNECTION, INC. www.jmor.com

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John, a Riverdale Resident, can come to you to work on your computer or you can visit him at his Kinnelon Location

Neighbors in Nature

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

My apologies to those of you who pollinated your African Violets and did not get a seed pod! I didn't get a seed pod either! It has been a long time since I last tried. Your husband or wife may also be glad that you didn't get a seed pod either. When I was successful, I ended up with a set of three metal shelves and three four foot long fluorescent lights in the cellar and every window sill in the house loaded with African violets! At the time I was a science teacher and had a whole school and faculty who were glad for donations.

Also with seeds you are dealing with genetics. The outcome is difficult to predict. There is an easier way to expand your plants were you know what you will get. That is with cuttings. You cut a section of plant stem with leaves or just a leaf in some cases, Stick the cutting in water or dirt, keep it watered and it ultimately you get an entire plant. It will be identical to the plant from which you made that cutting.

With a woody stemmed plant, cut away a six inch of so of stem and leaves with a very sharp knife or pruning tool. Make the cut on the diagonal to give more surface for planting. There is a commercial aid to this planting called "Rootone." Dip the fresh cut deep enough

in "Rootone" to cover the wound and a bit more. Put the cut end deep enough into fresh potting soil deep enough to allow that cutting to stand on its own.

"Rootone" contains several plant hormones that promote fresh grown at the cutting wound. There is also a fungicide to protect the wound from fungal infections. The stem at the cut will grow new roots. The stem bud will grow new leaves. The result will be identical to the parent plant at maturity. You have "cloned" the plant.

For best results is recommended that you make your cuttings from plants during their normal growing season. Illustrated is a cutting from a butterfly bush by our house taken in the middle of January. It was a lucky experiment. Butterfly bushes are really tough!

With herbaceous plants like African violets, cut off a leaf with a diagonal cut with about two inches of stem. Treat the cut with "Rootone" as above. Just follow the directions on the pack. I have had success with cuttings from lantana plants, holly tree cuttings, rose bushes, and African violets.



Grandma Putt's apples were the tastiest treats in town, and she wasn't going to let apple worms (a.k.a codling moth larvae) spoil her harvest. Anytime trouble reared its ugly head, she'd fight back with this surefire strategy: In early summer, wrap an 18-inch-wide band of corrugated **cardboard** around the tree trunk, about 3 feet above the ground. As the larvae crawl down the trunk to pupate into egg-laying moths, they'll be trapped in the cardboard's nooks and crannies. Then, all you have to do is peel off the cardboard and drop it into a bucket of soapy water.

Water Bill Too High? Do You Have a Leak?

- ◆ If your faucet is leaking, it can add up to more than water running down the drain. One drop per second can add up to 165 gallons a month.
- ◆ Does your toilet have a leak? To find out, put a drop of food coloring in the tank and see if it shows up in the bowl. If it does, fix the leak to save up to **73,000** gallons per year!



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Daniel J. Salameno Jr.

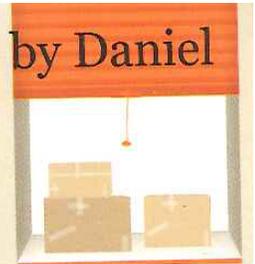
Phone: 1(800) SELL-A-CAR
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Website: 1800sellacar.com

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Announcements

Happy 3rd Birthday **Seamus Adam Hamilton**, on March 31st. We love you! Mom, Dad & Reilly

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



Happy 8th Birthday, **Alyssa Enrique**, on April 7th. We love you very much. Love, Mommy, Daddy and Hailey xoxo



Happy 15th Birthday, **Emily Clinton**, on April 23. Love, Mom, Dad and Kyle.

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



Happy 24th Birthday, **Anthony Budesheim**, on April 19. Love from all the family!

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



Mr. Peter Bankuti wishes all the Riverdale Residents a Happy Easter in appreciation for their continuous donations of Ensure to the Food Pantry for his nutritional needs.

To wish family members or friends of a birthday, anniversary, or special occasion email the announcement, with a photo if you wish, to mayor@riverdalenj.gov and riverdalemayor@gmail.com

BY and LARGE

A Monthly Column by Riverdale Resident Elaine Peacock.



Friday to Sunday from Darkness into Glorious Light

By Elaine Peacock

I've often said I couldn't appreciate Easter morning without the darkness of Good Friday. Good Friday prepares me for what Easter promises. Can you imagine what it must have been like for the first Christians when their beloved Jesus was taken from them? They had no idea what would occur in three days, all they knew is that the hope that they had was taken away and they had to go back to their lives under the oppression of Rome. When we wake up Easter morning we can celebrate the promise that Jesus has made to each and every one of us. May you live in that promise not just on Easter but each and every day. Happy Easter!

Legend of the Dogwood

~ Unknown

In Jesus time, the dogwood grew
To a stately size and a lovely hue.

'Twas strong & firm it's branches interwoven
For the cross of Christ its timbers were chosen.

Seeing the distress at this use of their wood
Christ made a promise which still holds good:

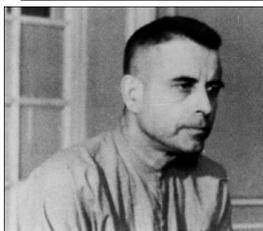
"Never again shall the dogwood grow
Large enough to be used so

Slender & twisted, it shall be
With blossoms like the cross for all to see.

As blood stains the petals marked in brown
The blossom's center wears a thorny crown.

All who see it will remember me
Crucified on a cross from the dogwood tree.

Cherished and protected this tree shall be
A reminder to all of my agony."



Jeremiah A. Denton Jr., a retired Navy rear admiral and former U.S. senator who survived nearly eight years of captivity in North Vietnamese prisons, and whose public acts of defiance and patriotism came to embody the sacrifices of American POWs in Vietnam, died March 28 at a hospice in Virginia Beach. He was 89.

The cause was complications from a heart ailment, said his son Jim Denton. Adm. Denton was a native of Alabama, where in 1980 he became the state's first Republican to win election to the Senate since Reconstruction.

Adm. Denton lost a reelection bid six years later. But he remained widely known for his heroism as a naval aviator and prisoner of war, and particularly for two television appearances that reached millions of Americans through the evening news during the Vietnam War.

In the first, orchestrated by the North Vietnamese as propaganda and

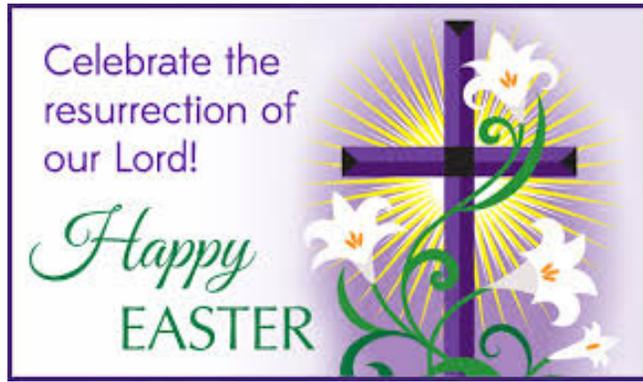
broadcast in the United States in 1966, he appeared in his prison uniform and blinked the word "torture" in Morse code — a secret message to U.S. military intelligence for which he later received the Navy Cross.

In the second television appearance, during Operation Homecoming in 1973, he became the first freed POW to step off a plane at a U.S. air base in the Philippines. He spoke through tears before cameras, expressing his gratitude for having had the opportunity to serve his country under "difficult circumstances."

Adm. Denton was shot down south of Hanoi on July 18, 1965, about a month after his deployment to Southeast Asia. A former test pilot — and the father of seven — he was a commander at the time and was flying an A-6 Intruder on a bombing mission near the Thanh Hoa Bridge. When his plane came under anti-aircraft attack and fell into a tailspin, he ejected and was captured.



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.



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Advice from Fire Chief Dan Sturm

Prepare for Unpredictable Spring Weather

Spring weather can be unpredictable. When severe weather hits unexpectedly, the risk of injury and death increases, so planning ahead makes sense. Prepare for storms, floods, and tornadoes as if you know in advance they are coming, because in the spring, they very likely will.



Spring is the time of year when many things change—including the weather.

Temperatures can swing back and forth between balmy and frigid. Sunny days may be followed by a week of stormy weather. Sometimes extreme weather changes can occur even within the same day. Mark Twain once said, "In the spring I have counted one hundred and thirty-six kinds of weather inside of four and twenty hours."

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

Because spring weather is so unpredictable, you may be unprepared



when severe weather hits—particularly if you live in a region that does not often experience thunderstorms, tornadoes or flooding. And when severe weather hits

unexpectedly, the risk of injury and death increases. So planning ahead makes sense; prepare for storms, floods, and tornadoes as if you know in advance they are coming, because in the spring, they very likely will.

Advance planning for thunderstorms, lightning, tornadoes and floods requires specific safety precautions. Still, you can follow many of the same steps for all extreme weather events. You should have on hand:

- ◆ A battery-operated flashlight, a battery-operated NOAA Weather Radio, and extra batteries for both
- ◆ An emergency evacuation plan, including a map of your home and, for every type of severe weather emergency, routes to safety from each room

- ◆ A list of important personal information, including
- ◆ telephone numbers of neighbors, family and friends
- ◆ insurance and property information
- ◆ telephone numbers of utility companies
- ◆ medical information
- ◆ A first aid kit may include
- ◆ non-latex gloves
- ◆ assortment of adhesive bandages
- ◆ antibiotic ointment
- ◆ sterile gauze pads in assorted sizes
- ◆ absorbent compress dressings
- ◆ tweezers
- ◆ scissors
- ◆ adhesive cloth tape
- ◆ aspirin packets (81 mg each)
- ◆ First aid instruction booklet
- ◆ A 3–5 day supply of bottled water and nonperishable food
- ◆ Personal hygiene items
- ◆ Blankets or sleeping bags

An emergency kit in your car. Prepare your family members for the possibility of severe weather. Tell them where to seek appropriate shelter as soon as they are aware of an approaching storm. Practice your emergency plan for every type of severe weather. Show family members where the emergency supplies are stored, and make sure they know how to turn off the water, gas, and electricity in your home.



Unfortunately, few of us get much advance notice of a severe weather event. Often by the time we are aware of an approaching storm, we have little if any time to prepare for it. But we do know that when spring arrives, thunderstorms, tornadoes, and floods are real possibilities. So why not take the surprise factor out of severe weather and prepare yourself, your family, and your home? Of course, you may not have to deal with extreme weather this spring, but if thunderstorms, tornadoes and floods do occur, you'll be ready for them. (NOTE: Customize your first aid kit to meet your individual and family needs <http://www.redcross.org/prepare/location/home-family/get-kit/anatomy>)

Five Things Everyone Can Grow in Five Square Feet: Michael Ayoub

As chef and owner of two restaurants in the Brooklyn borough of New York City, when Michael Ayoub is not in the kitchen he can be found tending his thriving organic garden that oftentimes supplies the ingredients for his restaurants' menus. And as any cramped New Yorker or backyard-less dweller should know, you certainly don't have to have a massive area to put your green thumb to good use.

1. Black cherry tomatoes

"They have a different, interesting color than other tomatoes. And though they're small, they have a rich tomato flavor. Perfect in salads and pastas."

2. Genovese basil

"This type of basil is really popular with chefs for many reasons, but mainly because its broad leaves have such great flavor. It's perfect for pesto. The plant will keep giving and giving too. All you have to do is just not let it flower."

3. Rainbow Swiss chard

"I really love Swiss chard, particularly the rainbow variety because not only is it tasty, but it grows into so many beautiful different colors. Once you cut it, it keeps coming back. Swiss chard is so versatile too: you can eat it raw in a salad, sauté it as a vegetable side or braise it with cooked meals."

4. Hot peppers

"Perfect for when you need to give that dish that extra punch. You can choose any you like, but I happen to be partial to the serrano. I love adding these to salads or putting them into sandwiches."

5. Fairy Tale Eggplant

"This plant grows pretty compactly - it's about an 18-by-18-inch bush - and grows pretty quickly. They're very sweet and you want to pick them when they're about four inches long. Roast them on the grill or serve them in pasta."



Riverdale School News



From the desks of Riverdale School Superintendent,
Dr. William DeFabiis and Principal, Dr. Rosaura Bagolie

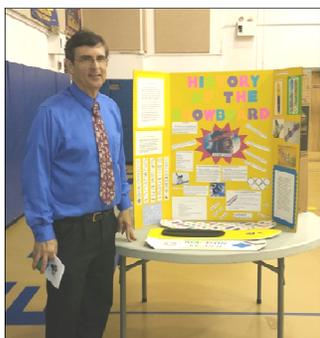
ATTENTION PARENTS AND GUARDIANS. We are grateful to the parents and guardians who attended our Parent-Teacher Conferences that were held on March 6th. Communication between teachers and parents/guardians is key to your child's success. We hope to continue this dialogue throughout the school year.

LITERACY NIGHT AT RIVERDALE SCHOOL. Literacy Night was a huge success. We like to thank all of the faculty, staff, and families who were involved in the event. Many thanks to the event chair, Mrs. Shackil-Palombi, her diligent committee, the Riverdale Public Library, and to the Riverdale PTA for supporting this night. It was a wonderful well attended event and a reminder of love of literacy that exists at the Riverdale School.

READ ACROSS AMERICA. On the first week of March, Riverdale School celebrated "Read Across America" with a week full of entertaining activities. All of the events enabled students to enhance their love of reading and brought the work of Dr. Seuss to life. A special thank you to the faculty, Mrs. Batory, Mr. Pricone, along with guest readers for making "Read Across America" a wonderful week of fun!



BUDDING SCIENTISTS AT SCIENCE FAIR. We would like to thank our Science Teacher, Mr. Steven Pricone, for all his hard work and dedication in presenting an exciting Science Fair on April 20th. Mr. Pricone, (AKA Mr. Peabody), stated: "The theme of this year's Science Fair was creativity and original thinking." In keeping up with this theme, Riverdale students from grades 4-8 built original inventions, devised original ideas to solve problems, built Rube Goldberg Machines, and honored creative scientists of the past. During school hours, the students proudly explained their projects to the primary grades and to the public in the evening hours. Also, grades 7-8 competed in the "Martha Cup Competition" by racing Hovermobiles that they designed and built.



CONGRATULATIONSTO KAYLA STYGAR Kayla Stygar has been selected by the faculty as this year's recipient of the Morris County Superintendent's Middle School Leadership Award. This award is presented annually to a graduating middle school student whose actions and deeds represent a model of citizenship and leadership in their respective school community.

Kayla embodies all levels of leadership. Her academic, extracurricular, and community leadership activities have had a positive impact on her school and she continues to serve as role model for others daily.

FAMOUS AUTHOR, WIL MARA, VISITS RIVERDALE SCHOOL We would like to thank the PTA for bringing author, Wil Mara to our school. Mr. Mara empowered our students to develop an appreciation for writing and his message was well received by the entire student body. Mr. Mara is well known for his "Boxcar Children's Mysteries" and young adult fiction which includes: Wave, The Gemini Virus, and Frame 232.

THANK YOU.

We would like to thank Target for their gracious donation to the Riverdale School Library.

Upcoming Events for April 2014

- March 31-April 3—ACCESS FOR ELLs Testing
- April 4—Dental Screenings (10:00 am)
- March 31-April 4—Student Council Spirit Week
- April 4 & 7—ACCESS FOR ELLs Testing Make-up
- April 8—Baseball Game—Assumption (H) 4:00 pm
- April 10—PTA Meeting (7:30 pm)
- April 11—Baseball/Softball—Boonton Twp. (A) 4:00 pm
- April 22-25—Staff Appreciation (PTA)
- April 23—Baseball/Softball—Mt. Arlington 4:00 pm
- April 23—School Board Elections, Community Center 2:00-9:00 pm
- April 23—Family Math Night
- April 25—Baseball/Softball—Boonton (H) 4:00 pm
- April 25-May 1—NJ ASK 7 & 8
- April 28—Baseball/Softball—Briarcliff (A) 4:00 pm
- April 30—Baseball/Softball—Rockaway Boro. (A) 4:00 pm

PIC TIPS-Lens Filters

After the focal and aperture ranges, the other measurement you'll see on most DSLR lenses is preceded by \emptyset and describes the diameter of the screw mount on the front of lens barrel. Check this number each time you head out to buy a filter or hood as you can't guarantee that it will be the same for each lens in your collection, even if they are all designed to be used on the same camera.



If you only buy one filter... make it a circular polarizer. This is the perfect beginner's filter, and one that will have the biggest effect on your day to day photography, giving holiday skies a vibrant blue tone and accentuating the contrast between the sky and passing clouds to afford your images greater texture. Although you can add blue to your images in Photoshop or a similar post-production editing tool, the

effect is never as believable when done that way as it is when shot using a lens.

Polarizing filters also cut through glare and reflection. Use it to shoot through windows and water.

Rotating a circular polarizing filter changes the strength of the polarizing effect, making skies deeper or lighter, and changing the amount of reflection they cancel out. If you plan on using such a filter then wherever possible buy lenses where turning the zoom control doesn't simultaneously rotate the end of the lens, and with it the filter, as this will change the effect. If you have no choice, set your zoom first and adjust the effect afterwards, being careful not to throw the lens out of focus in the process.



What is Autism Awareness Month All About?

April is Autism Awareness Month, and autism rates have skyrocketed over the last few decades. Back in the 1970s, autism affected 1-in-10,000 children. Now it's 1-in-88! Little boys in New Jersey have an almost 1-in-30 chance of having an autism label.

Autism Awareness Month is a chance to show the world people with autism aren't so different from the rest of us, and, in some cases, they're actually better. Here are three things that you may, or may not, know about autism.

Autistic people live in a "different world." It's said that people with autism live in a world of their own, but that's not entirely true. They live in the same world as the rest of us, but it *appears* completely different to an autistic person. A condition called Sensory Integration Disorder is a big part of autism, and it alters the way autistic people sense the world around them. Things look, feel, taste, and smell different to an autistic person. What seems like a beautiful sunny day to you, may seem like a blindingly bright nightmare for an autistic kid. Try to see the world through the eyes of a child with autism. It will open your mind...and your heart.

Autistic people are pretty smart! You ever see a guy (or girl) in a wheelchair, and notice how big and muscular their arms are? That's because their disability (lack of legs) has forced them to develop strengths in other areas (monster arms).



The same goes for autistic people, only this kind of muscular overdevelopment takes place in the brain. Sometimes the mental "work arounds" that autistic people use are far more complex and demanding than performing the task as expected. Only ten percent of the autistic population develop "splinter skills," an uncanny knack for doing something incredibly well—like "Rainman" counting cards in Las Vegas. But the other 90 percent can still do some pretty impressive mental gymnastics. Weird? Oh, yeah. Welcome to autism!

Autistic people love unconditionally, without judgment. My son doesn't lie. I'm not sure he even gets the concept of telling an untruth. Sure, he's sneaky, and waits until my back is turned to do something he shouldn't. But he'll never look you in the eye and tell you a deliberate lie. There's a pureness about him, an honesty of character that I've never found in anyone else. And when he hugs you there's no ulterior motive or hidden agenda, it's just pure, 100 percent unfiltered love—powerful and nourishing.

Want to get the most out of Autism Awareness Month? Take time to get to know someone with autism. Your efforts will be rewarded.



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

Mayor Proclaims April Autism Awareness Month at the March 17 Council Meeting.

WHEREAS, autism is a pervasive developmental disorder affecting the social, communication and behavioral skills of those affected by it, and,

WHEREAS, as more health professionals become proficient in diagnosing autism, more children are being diagnosed on the autism spectrum, resulting in rates as high as 1 in 88 children nationally and 1 in 40 in New Jersey, and,

WHEREAS, while there is no cure for autism, it is well-documented that if individuals with autism received treatment early in their lives, it often is possible for those individuals to lead significantly improved lives, and,

WHEREAS, individuals with autism often require a lifetime of specialized and community support services to ensure their health and safety and to support families' resilience as they manage the psychological and financial burdens autism presents, and,

WHEREAS, **Autism New Jersey**, is spearheading an awareness effort in order to educate parents, professionals and the general public about autism and its effects,

NOW, THEREFORE BE IT RESOLVED that I, Mayor William Budesheim, do hereby proclaim April 2014 as **National Autism Awareness Month** in Riverdale, and urge all employees and residents to participate in our municipality's National Autism Awareness Month activities, in order to become better educated on the subject of autism spectrum disorders.

A handwritten signature in blue ink that reads "William Budesheim".



John Peine retired as a Captain in the Riverdale Police Department and as a Captain in the Riverdale Fire Department.

John, a Riverdale native, retired with his wife, Dawn, to their dream home in Montana.

The Fire Department had a party for him during his short trip back home.

Our Lives, our Fortunes and our sacred Honor

The 56 signers of the Declaration of Independence risked all that they had for our freedoms. "And for the support of this Declaration, with a firm reliance on the protection of divine Providence, we mutually pledge to each other our Lives, our Fortunes and our sacred Honor." Who are these men? We owe them so much and yet how well do we know them?

John Hart.

Washington's defeat on Long Island was a harsh blow to the colonies. They began to realize what it would mean if they lost the war.

The American troops—some of the men barefoot in the snow—retreated across New Jersey. At times the pursuing British were so close that the van of the redcoats was within sight of Washington's rear guard.

The New Jersey Tories welcomed the British and hessian forces, and aided them in tracking down the "traitors" who had signed the Declaration.

The enemy encamped at Trenton. Living near the town was "Honest John" Hart, one of the five New Jersey signers. He had a large farm and several grist mills. Hart strongly resented British taxation, asserting that he felt himself a slave if taxed "to the value of a straw" without representation.



While his wife lay on her deathbed, Hessian soldiers descended upon Hart's property, damaging his mills and devastating his farmland. He was hunted like an escaped criminal as he fled through the woods, sleeping in caves or any haven he could find. One night Honest John was so hard pressed for a place of safety that he slept with a big dog.

By the time this sixty-five-year-old man could return to his scoured land, broken in health by anxiety and hardship, his wife had died. His thirteen children were scattered in every direction.

Taken from *They Signed For Us*

by Merle Sinclair and Annabel Douglas McArthur 1957

Antique & Collectible Toys

G.I. Joe, 1964-2014, Celebrating 50 Years of America's Moveable Fighting Man (Part 2)

by Riverdale Resident and Columnist **Bill Lango**

The 3-¾ inch G.I. Joe Action Figure. In 1982 G.I. Joe marched out for a new generation of kids with a 3-¾ inch action figure. The smaller size was very popular with kids. The smaller size G.I. Joe also featured individual characters like Snake-Eyes, Duke, Scarlett, Stalker and Gung-Ho. Joe's Mobile Strike Force Team was a covert operations Special Forces unit that fought terrorists everywhere. These figures reached the end of the line in 1994. Coincidentally, 1994 was the 30th Anniversary of G.I. Joe, and accordingly, Hasbro released a series of 12 inch and 3-¾ inch figures based on the original action figure team from 1964. A select assortment of figures from the "Real American Hero" line were also released by Toys "R" Us.

Return of the 12 inch figures.

1991: Hasbro began releasing new 12-inch G.I. Joe figures. The first figure, Duke, was marketed exclusively through Target stores. This was followed by an anniversary series based on the 1960s line—and was followed by the Hall of Fame Limited Editions.

1997: The original G.I. Joe figure was re-introduced in the new G.I. Joe Masterpiece Edition. The package included a book and figure for each of the four original 1960's Hasbro G.I. Joes. The G.I. Joe Masterpiece Edition is credited by many for the revival of "classic G.I. Joe" by Hasbro via their Timeless Collection and 40th Anniversary collector's line, as well as an expansion of licensing opportunities related to qualities specific to the older figures.

1997: G.I. Joe Classic Collection salutes two groups of unsung heroes in military history: women and African-Americans. For the first time since 1967, Hasbro released a 12-inch female G.I. Jane Pilot. This collection evokes memories of the original all military theme G.I. Joes with realistic uniform and gear, worn on an all-new articulated G.I. Joe figure that formed the basis of many offerings until the 12-inch line was discontinued in the new millennium.

1998-2003: Timeless Collection I and II consisted of four offerings from FAO Schwartz, Toys "R" Us, KayBee Toys, and Target. These releases brought together figure and a complete set of related accessories that were never offered in a single package in their original

60's versions. Some sets were available with African-American figures. The fact that the main audience for these figure sets was adult males in their 30's-40's certainly has bearing on the pricing and packaging of these offerings. The packaging and included graphics were designed to evoke the feel the original 60's releases. Unfortunately during these past years, Hasbro Toys has all but abandoned the 12-inch market and no longer mass produces 12-inch G.I. Joes.

Prices For Old G.I. Joes. One of the most desirable of all G.I. Joe Action figures is the hard to find G.I. Joe Nurse in original packaging and in mint condition. It can sell for around \$4,000. Without its box and depending on condition and completeness, up to around \$2,000.

Good Bye Joe. G.I. Joe Action figures have been a staple of children's playthings for over 50 years and have evolved into a collectible specialty of their own. "Joe" clubs (www.mastercollector.com) are in just about every area of the country and G.I. Joe conventions and shows are regularly held.

While older vintage Joes sometimes go for top dollar on eBay, more recent Joes such as Classic Era, Timeless Era and Masterpiece Edition figures often sell way below their original issue retail store prices. Condition is very important—G.I. Joes were designed to be played with.

Few are found today in their original packaging. Original vintage G.I. Joes in their original packaging bring big dollars. But, many collectors are hobbyists too. Sure they'll search out the rare mint Joes but many don't have a problem in restoring their old Joes, or re-dressing their Joes in new uniforms, or constructing and building dioramas using 12-inch Joes as the models.

Just don't call their Joes, dolls! They're action figures!!! The U.S. Customs service has classified Hasbro's G.I. Joe as a Doll. Under customs rules, imported dolls are subject to a 12% import tariff, while toy soldiers are not. The U.S. Court of Appeals has now upheld Customs reasoning that, like other dolls, G.I. Joe is a "representation of a human being used as a child's plaything."

Fortunately, for collectors, there are other manufacturers today that also produce 12-inch action figures, such as Dragon, Cotswold Collectibles, Elite Brigade, 21st Century and Soldiers of the World that keep the flame alive. The official G.I. Joe Collectors Club is currently attempting to keep the G.I. Joe name alive by celebrating 50 years of America's Fighting Man.



RIVERDALE Public Library

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www.riverdalelibrary.org

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HOURS

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

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

Fall programs run from the week of March 31 through the week of May 20.

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

Preschool Pals — Ages 3-5 Tues, 10:15–11:00 am or 1:30–2:15 pm.

CHILDREN'S PROGRAMS

Passover Party — Kids in grades K-5 are invited to celebrate and learn about Passover on **Mon., Apr. 7, 4:00-5:00 p.m.**, with special stories, crafts, and chocolate matzo!

Puppy Pals — Dogs certified by Creature Comforts Pet Therapy come to the library to "listen" to children in grades K-5 read on **Wed., Apr. 9, 4:00-5:00 p.m.** 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.

Easter Egg-stravaganza — On **Thurs., Apr. 10**, kids in grades K-5 can hop along to bunny tales and decorate a bag for a library egg hunt. The child who finds the most candy-filled eggs wins a prize!

Lego Lab — Kids in grades K-5 can join us on **Wed., Apr. 30, 4:00-5:00 p.m.** You bring your imagination, we'll supply the Legos and a great story!

TEEN PROGRAMS

Teen Movie Night — Enjoy popcorn and the film *One Direction: This is Us* on **Wed., Apr. 2, 5:30-7:45 p.m.** Rated PG, 96 minutes.

Teen Advisory Board — On **Thurs., Apr. 3, 5:00-6:00 p.m.**, hang out with friends, help plan programs and choosing library materials while possibly earning community service hours.

Tween Book Club — Join us on **Wed., Apr. 16, 6:00-7:00 p.m.** for pizza as we discuss *Bad Island* by Doug TenNapel. Pick up your copy at the circulation desk!

Earth Day Art — On **Thurs. Apr. 24, 5:00-6:00 p.m.**, use recycled materials to create a cool craft! All supplies are provided by the library.

ADULT PROGRAMS

Advanced Feng Shui — join us on **Wed., Apr. 9, 6:00-8:00 p.m.** as Vikki Anderson returns to discuss more on how to utilize this traditional art for achieving peace and tranquility in your surroundings.

Jewelry Design — Back by popular demand on **Thurs., Apr. 10, 6:30-7:30 p.m.**, Carol Heinz will show how to create a beautiful memory bracelet to keep or give as a gift.

Friday Matinee — Join us on **Fri., Apr. 11, 1:00 p.m.** for "The Book Thief," the story of young German girl who learns to read with the help of her foster family and the Jewish refugee they are hiding. Rated PG-13, 131 minutes.

Poetry Workshop — Writers ages 14 to adult can join NJ poet and teacher Michelle Ovalle on **Mon., Apr. 21, 6:30-7:30 p.m.** as she uses both poems with a central image and art prints to inspire writers of every skill level!

History of the Glenburn — Join Riverdale's town historian, Ruth Pasquariello, on **Thurs., Apr. 24, 6:30-7:30 p.m.** as she discusses the fascinating history of Riverdale's own Glenburn Estate from the original land purchase in 1717 to the 5.5 acre tract we know today!

Family Matinee — Join us on **Sat., Apr. 26, 1:00 p.m.** for "Frozen," the award-winning animated Disney film featuring the voices of Kristen Bell and Idina Menzel. Rated PG, 102 minutes.

COMPUTER CLASSES

Android Tablet Basics — Bring your tablet and learn the basics with Therese McClachrie on **Fri., Apr. 11, 11:00-12:00 p.m.**, Discover how to access public wi-fi; change settings like brightness and airplane mode; set up your e-mail for easy access; search for, install and remove apps; navigate the Internet and manage bookmarks.

Introduction to Excel — Join Therese McClachrie on **Sat., Apr. 26, 11:00-12:30 p.m.** to learn how to create a simple worksheet. Input data, create simple formulas, and use basic formatting techniques. Learn how to view your worksheet, and how to print a presentable report. *Note: Participants should be comfortable using a computer, keyboard, and mouse, and be familiar with Microsoft Windows.*

MONTHLY

Photography Club — Meeting on Mon., Apr. 28, from 7:00-8:00 pm. All Photographers welcome! Learn! Share!

Job Hunters Workshop—Meeting on Fri., Apr. 11, 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. 28, from 6:30-8:00 p.m., to discuss *Last Train to Paradise* by Les Standiford.

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."

RIVERDALE

Fire Auxiliary 60 Years!



Antoinette Kajor, Meg Sturm, Kristin Rosenboom, Amber Regeling, Lorrie Van Ry, Jean Sheps, Marian Budesheim, Marge Norton, Stacey Dakake

At the recent Fire Officers installation dinner, Fire Chief Dan Sturm presented the members of the Fire Auxiliary a proclamation in recognition of their 60th Anniversary.

St. Patrick's Day Dinner



Riverdale resident, **Nancy Lavorgna**, made a new friend, **Elvira Budesheim**, at the JDT Rehabilitation Center in Lincoln Park. They shared a corned beef and cabbage dinner set up for them by family members in the atrium garden. Nancy, we hope your recovery continues and you get back to town as quickly as possible.

cookies



Truck delivery of the Girl Scouts Cookies dropped off at Glenburn.

Local area Girl Scouts start sorting the cookies.

CANDIDATE

Congressional Candidate
Rick Van Glahn
and his wife, Peg, meet with Republican Club President **Will Felegi**





DAILY NEWS

Girl Scouts



Girl Scout Daisy Troop 96380 from Pompton Lakes did a Fire Department tour with Mike Simone.



"Girls Just Wanna Have Fun" at Spa 23



Girl Scout Saturday
Lakedale's First Aid Expo

Retirement



After 28 years of dedicated and faithful service to the community, **Borough Clerk Carol Talerico**, retired.



Assemblyman Scott Rumana presented Carol with a Proclamation from the NJ State Legislature.



Freeholder Hank Lyon presented Carol with a Proclamation from the Morris County Freeholders

Friends \$6,000



Friends of the Library sold thousands of books this past weekend at their 13th Annual Book Sale and raised over \$6,000!



Tom Langan and his daughter Celeste



Lorian Gish and Shannon Stewart





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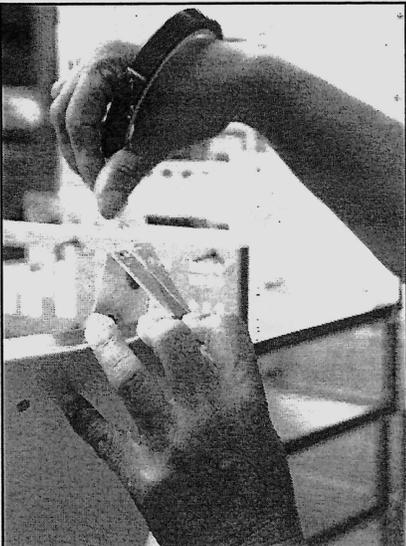


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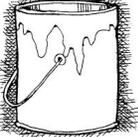
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In 1859, a Brooklyn chemist named Robert Cheesbrough acquired a few jars of petroleum residue that kept clogging up the drilling rods at a Pennsylvania oil field. He was able to extract and purify the gunk's essential ingredient - a substance he called "petroleum jelly." By 1870, he was manufacturing Vaseline. Mr. Cheesbrough lived to be 96, and said he owed his longevity to the fact that he ate a spoonful of Vaseline every day!



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Riverdale Photography Club



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www.RiverdalePhotoClub.weebly.com

Club open to all, residents and non-residents.

MAY edition of Riverdale News & Events will be published on or about Friday, May 2. Copy, photos, articles, announcements are due Friday, April 25.

Influential Women



Emily Dickinson was born on December 10, 1830 in Amherst, Massachusetts. She attended Amherst Academy for two years and Holyoke Female Seminary for one year. At Amherst Academy, Emily met the principal named Leonard Humphrey, and he gave her her interest in books. But it also seems as if a law student, Benjamin F. Newton, gave her her love of literature as well.

For most of her life, Emily was a recluse, staying in her house by herself and never really coming out or seeing anybody. Her one true acquaintance was Thomas Wentworth Higginson, who published her poetry after her death. It was in the 1850's that Emily is thought to have begun her poetry, but it wasn't till 1858 that she began writing her poems in ink and put them in little booklets (meaning they were worthy enough for her to keep forever).

In May 1855, it is thought that Emily met a man named Charles Wadsworth who touched off an explosion of her creative poems in the early 1860's. A number of letters to Wadsworth were found among her poems. Although Emily was considered a recluse most of her life, her last years were even more reclusive. She spent her days baking bread, tending her garden, and staring out the window. She grew obsessed with death, almost as if she knew that her time would come soon. Legends were even begun about her: the woman in white and the eccentric recluse.

Emily Dickinson died on May 15, 1886 of Bright's disease, leaving behind over 2,000 poems that were published by Higginson after her death. Many of her poems are compared today to those of to Henry David Thoreau, for her writing seems to echo how he wanted to live.

"If fame belonged to me, I could not escape her; if she did not, the longest day would pass me on the chase, and the approbation of my dog would forsake me." -Emily Dickinson

Athletes that Died While Playing

Howard Glenn

9/26/1934 - 10/9/1960

Howard Glenn was an American football player for the AFL. He joined the AFL's New York Titans (Jets) in 1960 as a starting offensive guard. Glenn stands as the only player to die from injuries that were sustained during a normal season football game. While Glenn's future as an offensive guard looked promising, he suffered a broken neck on October 9 in a game against the Houston Oilers in the first half. A few hours later, he died because of his injuries to his spinal cord. His #66 jersey was retired.



Did You Know?

- ◆ Istanbul, Turkey is in two continents - Europe and Asia.
- ◆ Ice cream maker Tom Carvel started out as a Dixieland musician.
- ◆ The Delicious apple was originally known as the Hawkeye.
- ◆ Rock 'n' roller Chuck Berry has a degree in cosmetology from Gibbs Beauty College.
- ◆ There are 1,860 steps to the top of the Empire State Building.
- ◆ There are 225 squares on a Scrabble board.
- ◆ Mormon leader Brigham Young invented the department store.
- ◆ Franklin Delano Roosevelt originated the word *chiseler*.

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A message from the local church: As we sign up for the many activities, teams and clubs, let us not forget the importance of Sunday school for our children. Not only is Sunday school a time of learning great truths, but it is valuable in children's spiritual development and self worth, being made in the image of God.

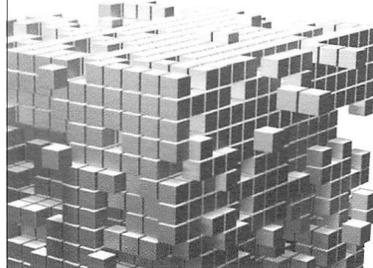
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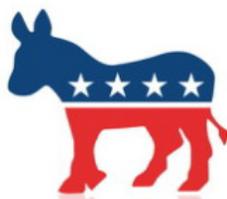
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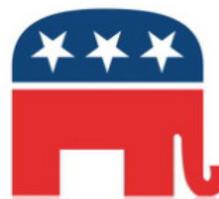


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The **Riverdale Democratic Committee** meets on the **third Monday of every month at 6:30 PM** in the Riverdale Public Library, 93 Newark Pompton Turnpike, in the conference room. Local issues will be discussed along with strategies to keep Riverdale 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 **last 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.





CAMILO CASTILLO Feature – Beginner's Watercolor

The article this month will be about beginner's watercolors. I will be teaching you how to paint basic plants and grass. The method here won't require much technique nor precision and it's a great opportunity to get an appealing piece while learning the basics of watercolor.



Watercolors are fun, messy, runny, out of control, and have a personality of its own. But you can achieve very expressive pieces with ease with a little bit of technique and structure. You can make very defined details and edges with dry-on-dry or even do a wash technique and do wet-on-wet; it will blemish out and cover more of an area, so it would be better to do large-scale paintings but if you want to do details, let it dry a bit before painting on it.

I suggest using watercolor paper because it is more absorbent and wrinkles less than regular paper. On this project, I decided to use very light-weight paper meant for ink and watercolor.



Start by saturating the paper with water as evenly as you can in order to create a softer color. When you are satisfied with how wet the paper is, work the sky with blue, leaving some spaces for the clouds. At this point, the paper is still wet enough where the sky will look soft and the edges of the clouds will not be as defined, giving them a distant look.

Once you are done with the sky, complete the first step by adding the

Famous People Who Missed the Titanic

Titanic was a British passenger liner that sank in the North Atlantic Ocean on April 15, 1912 after colliding with an iceberg during her maiden voyage to New York City. The sinking of *Titanic* caused the deaths of more than 1,500 people in one of the deadliest peacetime maritime disasters in modern history.

Guglielmo Marconi. The Italian inventor, wireless telegraphy pioneer and winner of the 1909 Nobel Prize in Physics, was offered free passage on *Titanic* but had taken the *Lusitania* three days earlier. As his daughter Degna later explained, he had paperwork to do and preferred the public stenographer aboard that vessel.

Although Marconi was later grilled by a Senate committee over allegations that his company's wireless operators had withheld news from the public in order to sell information to the *New York Times*, he emerged from the disaster as one of its heroes, his invention credited with saving more than 700 lives.

Three years later, Marconi would narrowly escape another famous maritime disaster. He was on board the *Lusitania* in April 1915 on the voyage immediately before it was sunk by a German U-boat in May.

Milton Snavely Hershey. The man behind the Hershey's Milk Chocolate Bar, Hershey's Kisses, Hershey's Syrup, and the Pennsylvania city that bears his name had spent the winter in France and planned to sail home on the *Titanic*. The Hershey Community Archives has in its collection a \$300 check Hershey wrote to the White Star Line in December 1911, believed to be a 10 percent deposit toward his stateroom, according to archivist Tammy L. Hamilton. Fortunately for Hershey, business back home apparently

main shape and structure. Don't spend too much time on this phase since the color will spread. Lighter blues suggest background foliage, while the ones closer can be done in a bright yet soft green. Do not forget to lightly use burnt umber for the ground.

By now, the paper might have dried considerably and you can add some darker areas and sharper edges. These will add further structure and solidity to your work. Remember to use dark colors sparingly, as they can affect the structure of the whole piece. You can do this by using less water and more of your paint on your brush. The heavier use of paint will allow you to add contrast. Give the blades a solid color by adding black sparingly. At the edges, use black to define the shadows. Add another layer of brown on the ground under the grass and some black in between the stems to add some shadow and separate the leaves. Add some extra colors like blues and yellows to separate the foliage even further. This will give the leaves definition. Add as much contrast as you can, but use care not to over-accentuate the leaves, unless they are the main focus.



I decided to add small red flowers to contrast the sky and the grass blades and some orange on the foreground to make the ground appear more solid and bring it closer.

When the piece dried completely, I decided to trim the edges to add some interest. This is optional and should be done with care, as something like this cannot be un-done. I used a ruler to tear the edges by hand and give it a ragged edge.

intervened, and he and his wife instead caught a ship that was sailing earlier, the German liner *Amerika*. The *Amerika* would earn its own footnote in the disaster, as one of several ships to send the *Titanic* warnings of ice in its path.

J. Pierpont Morgan. The legendary 74-year-old financier, nicknamed the "Napoleon of Wall Street," had helped create General Electric and U.S. Steel and was credited with almost singlehandedly saving the U.S. banking system during the Panic of 1907.

Among his varied business interests was the International Mercantile Marine, the shipping combine that controlled Britain's White Star Line, owner of the *Titanic*. Morgan attended the ship's launching in 1911 and had a personal suite on board with his own private promenade deck and a bath equipped with specially designed cigar holders. He was reportedly booked on the maiden voyage but instead remained at the French resort of Aix to enjoy his morning massages and sulfur baths.

"Monetary losses amount to nothing in life," he told a visiting *New York Times* reporter days after the sinking. "It is the loss of life that counts. It is that frightful death."

Alfred Gwynne Vanderbilt. The 34-year-old multi-millionaire sportsman, an heir to the Vanderbilt shipping and railroad empire, was returning from a trip to Europe and canceled his passage on the *Titanic* so late that some early newspaper accounts listed him as being on board. Vanderbilt lived on to become one of the most celebrated casualties of the *Lusitania* sinking three years later.

Tea Love: Instilling a Love of Tea, One Sip at a Time Feature – Easter Egg Dying Using Tea

CATHERINE FELEGI

Catherine Felegi is the founder and author of the blog Tea Love, a blog dedicated to all things tea-related. You can find this post and others on her page, <http://cafelegi.wordpress.com/>.

Everyone knows that tea stains. Teeth whitening commercials always address those pesky coffee and tea stains on your teeth that will be magically removed with one application of their fine product. Clothing commercials feature red wine, coffee, and split tea mugs dashed across lily-white table clothes, only to be removed with the power of baking soda, peroxide, and awesome stain-fighting power. But, with Easter just around the corner, children and adults alike can use the staining power of tea to make their own tea-infused eggs.

You can dye the eggs with one of two methods – the standard dip method where, rather than use food coloring tablets, you would use tea, or a method where you can give the eggs a marbled look.

To use the standard sip method which will produce an egg similar to your other Easter eggs, take your eggs and put them in a mixture of a tablespoon of vinegar, a cup of water, and a very strong-colored tea such as a raspberry herbal. Allow it to soak refrigerated for a minimum of two hours, though the longer you leave the egg in the tea, the stronger the color will be. When you take the eggs out and start eating them, you should get a slight taste of tea with each bite.

For a different look, you can also try the tea egg method. According to blogger Ellen Easton, writer of *Tea Travels*, the tea eggs, also called marbled eggs due to the marbled look they get when they are shelled, are sold in Asia as tasty snacks or appetizers. One can often find them on the streets being sold by vendors, though you can also find it in the restaurants and even convenience stores as well.



According to blog *Appetite for China*, to create these, hard boil the eggs prior to dying. When the eggs are cool enough to handle, gently crack the eggs either by rolling them in a paper towel or by tapping them all over the shell with a spoon. You want to be careful not to break any of the shell off the egg so that you get the cracks and lines but not a huge splotch of color. Put the eggs back into the water and add two tea bags of black tea, ½ cup soy sauce, 1 tablespoon of light brown sugar, 2 pieces of star anise, 1 cinnamon stick, 1 teaspoon of cracked black pepper, and 2 to 3 strips of dried mandarin peel. Cover the eggs by an inch, then bring the water to a boil. Lower the heat then to a bare simmer, and allow the eggs to stay for at least one to two hours or until you reach the desired flavor and color.

When you are ready to serve, get the camera and watch the pleasant surprised faces as people get to see your lovely creations.

Abandoned



Severely damaged by Hurricane Katrina, Six Flags Jazzland has been abandoned since. Several of the rides still stand, a testimony to the resilience of New Orleans. Several companies have plans to develop the park, but until then it will remain as the perfect setting for a horror movie.

Moving Large Items. Moving a large appliance or piece of furniture? Make your job easier by first placing carpet scraps (carpet-side down) under each corner—or do the same with flattened, waxy milk cartons. Either way, the piece of furniture will slide easily along your floor. If you're moving something in the kitchen (like a refrigerator), try squirting liquid dish detergent all over the floor. Watch your step, because it will be very slippery! So slippery, in fact, that your large appliance will just glide to the other side of the room.



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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



BAYBERRY. It is believed that Bayberry powder may be sniffed up the nose for relief of sinus congestion and has been used to alleviate nasal polyps. However, be warned that Bayberry snuff may cause sneezing and headaches. Bayberry is best used as a tea.

◆ Bayberry is a stimulant which invigorates and strengthens the body.

◆ Bayberry is very desirable in treating any problem associated with the female organs.

◆ Bayberry can be applied on the skin for cancerous and ulcerated sores. It is a strong cleanser and healer.

◆ When taken along with Capsicum (Cayenne), Bayberry can be helpful in warding off colds, fevers and chills at their onset.

◆ Bayberry's major effect is said to be on the mucous accumulation in the respiratory and alimentary tracts. It is also used as a gargle for tonsillitis and sore throats.

◆ In India, Bayberry and Ginger when combined together has reportedly been able to combat even the effects of cholera.

◆ Bayberry is used as a tonic, which stimulates the body, helping to raise vitality.

◆ Used as a tonic, it creates resistance to disease and helps to aid digestion, nutrition and blood building.

◆ Bayberry also is reported to soothe the mucous membranes and to stimulate blood circulation.

◆ Poultices made with the root bark are said to help heal ulcers, cuts, bruises and insect bites.

◆ Bayberry inhibits bacteria and therefore is a useful agent in fighting infection.

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

The most High hath created medicines out of the earth, and a wise man will not abhor them.... The virtue of these things is come to the knowledge of men, and the most High hath given knowledge to men, that he may be honored in his wonders. By these he shall cure and shall allay their pains, and of these the apothecary shall make sweet confections, and shall make up ointments of health, and of his works there shall be no end. (Eccles 38:5-7).

Foods For Arthritis, Gout & Inflammatory Pain



Cherries contain anthocyanocides which help lower uric acids levels reducing pain.



Ginger contains gingerols which are potent anti-inflammatory compounds.

Eat more fresh ginger, or drink ginger root tea.

Pineapple contains Bromelain which is an effective anti-inflammatory.



Tumeric contain cucumin which is an anti-oxidant and anti-inflammatory.



Raw Apple Cider Vinegar contains helpful anti-inflammatory properties. 1 Tbsp in 6-8 ounces of water; or use as part of a salad dressing.



Omega 3's contain anthocyanocides which help lower uric acid levels reducing pain. Eat more chia, fish, hemp and flax seeds.



Foods to Avoid

Sugar Foods lead to increased AGES (toxins causing inflammation), which results in more aches and pains.

Fried Foods overcooked food or foods cooked at high temperatures incite the inflammatory response because they create AGES.

Omega 6 oils. High intake of omega 6 increases inflammation in the body. Replace foods containing omega-6s with healthier omega 3 foods.

Salt. For some people excess sodium consumption can inflame the joints. Less salt may help arthritis symptoms.

EXERCISE....EXERCISE...EXERCISE

Walk-In!

<u>MONDAYS</u>	Zumba Toning, 7:30pm Hula Hoop, 6:30pm
<u>TUESDAYS</u>	Zumba Gold, 10:00am Zumba, 7:30pm
<u>WEDNESDAYS</u>	Hula Hoop Fitness, 7pm
<u>THURSDAYS</u>	Zumba, 7:00pm
<u>SUNDAYS</u>	KettleBell Fitness, 9am
<i>Payment Due At Class \$6/Class (Except...KettleBell \$7/Class)</i>	



RIVERDALE SENIORS SPRING WALKING CLUB

TUESDAY,
APRIL 22

10:00AM

FREE
(includes T-shirt)

BOB ROSS TECHNIQUE OIL PAINTING

Thursday, April 10, 6:00pm, \$35
SCENE: Meadow Sunset

Saturday, April 19, 11:00am, \$45
SCENE: Mountain Village

MUST Register: jcarelli@riverdaleborough.com



“NEW” KID’S OIL PAINTING CLASS

(Using famous Bob Ross Technique!)

Recommended Ages 8-14

Saturday—April 5, 11 am-5 pm

SCENE—Brook in the Woods
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(Includes excellent instruction, ALL supplies & student goes home with finished painting!)

No art ability necessary.

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Starts-Friday, April 11

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4:00-4:45pm (New Time!)

Pop Stars (Ages 5 - 14)

5:00 - 6:00pm

Come in 1st day Class to sign-up

FRIDAY NIGHT FROLICS

FRIDAY, APRIL 11,
7:30-9:00 pm

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April 18—Sewing Machine

Sign-Up:

soyoustudio@gmail.com

If you have a problem with any type of flying insect, keep a basil plant or two around the house. Drying the basil leaves and hanging them in small muslin bags will also repel flying insects—they hate the sweet aroma.



**GLENBURN, 211 HAMBURG TPK,
RIVERDALE**

GLENBURN HOUSE
 **YOGA**
THURSDAYS
7:30 pm



TOP OF THE LINE
DOG TRAINING
 W/TRAINER NORMA OVERLOCK
 Certified Dog Behaviorist
www.normasdogtraining.com
 MONDAYS, 6:00pm
 GLENBURN BARN
 \$155/7 Week Session
 1st Class—Pet Owner
 Workshop
 Next 6 Weeks—Pet & Owner
 Basic Training
 MUST Sign-Up in Advance
 (201) 337-6179 Norma

RECREATION NEWS



Follow us @Riverdale Rec

riverdalerec@gmail.com



"LIKE" us at Riverdale Recreation

MENS BASKETBALL

Tuesdays thru May 20, 7-10 pm
 Lincoln School in Pompton Lakes.
 \$40.00 (covers 31 weeks). Pick-up style games.
 See Bob Brown any Tuesday
 night to sign-up and pay.

WINTER WALKING CLUB

*Want to keep moving while it's cold outside?
 Come walk the Lakeside Hallways!*
 Thursday evenings at Lakeside Middle School
 7-8 pm, starts Jan. 9 thru April 24.
 The hallways at Lakeside circle the entire school
 and will be open for walking on Thursday evenings.
 Questions? riverdalerec@gmail.com



Easter Egg Hunt Saturday, April 19 11:00 a.m. SHARP

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

2014 Summer Rec.

**2nd payment (\$150 per child) is due Wednesday,
 April 23, 6:00-7:00PM at the Community Center.**

To pay online or for questions,
 contact Krista Osborne at 973-835-1234
 or riverdalerec@gmail.com.



**2014 Summer Rec. Counselor
 Applications** are now being accepted until April 30 ONLY.
 Please pick up an application at the Borough Hall (they are not available anywhere else). You must be 16 years old and a Riverdale Resident to apply. For more info. contact Krista Osborne 973-835-1234.

The next time you get your eyebrows waxed, bring a container of eye drops with you. Applying the solution to your brows after your wax will greatly reduce the redness that comes with it.

Riverdale News & Events
91 Newark Pompton Turnpike
Riverdale, New Jersey 07457

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Center**

Your Communities' Healthcare Specialists

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Comes
from Our Attitude**

Since opening our doors 17 years ago our practice has grown and expanded in ways we could have never predicted. We made a commitment from day one that we would strive to always put our patients first, and create a level of quality that would be unsurpassed. We can proudly say we have kept that promise as our Chiropractic practice has grown into our communities' leading multidisciplinary treatment center. This quality mindset has become the cornerstone of our reputation and is reflected in our staff, our innovative technology, and personalized care.

*Sincerely,
Dr's. Glenn & Christine Foss*

**We offer the
very best in
Chiropractic care
and Physical Therapy!**

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- Shoulder & Knee Pain
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- Herniated Discs
- Automobile Injuries
- Sinus Pain
- Sports Injuries
- Arthritis
- Peripheral Neuropathy
- Fibromyalgia
- Whiplash
- Headaches
- Painful Joints

18 Newark Pompton TPK. Riverdale, NJ 07457

**Call For A
FREE
Consultation
973.616.4555**

