

RIVERDALE NEWS & EVENTS

News for and about the residents of Riverdale

April 2015

Volume 10 Number 4



Our completely refurbished fields at Independence Park hosted their first four games of the season on Sunday, March 29.

William Budesheim, Editor
Lori Clinton, Associate Editor

Columnists

- Rob Errera
- Catherine Felegi
- 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

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BEHIND THE SCENES Report

Mayor William Budesheim's

It has been a very long winter and it appears that we have finally seen the last of the snow of the season. There are many things going on in town.

Today four baseball teams used our newly refurbished baseball fields down at Independence Park. Dan Salameno and Bob Lipinski have done an excellent job in bringing the fields back to their former splendor. They will be maintaining the fields and scheduling the games. The money generated from out of town leagues will go into a trust fund for field maintenance. We have a lot of ideas for improving the entire park. Exciting times!

Riverdale Recreation has been busy planning the annual Easter Egg Hunt scheduled for this coming Saturday at the Community Center. If Easter is here then it must really be Spring!

The Riverdale School Budget will be coming up for a vote on April 21 from 2pm-9pm at the Community Center. The Board and the Administration have been working diligently on their budget and are more than prepared to answer any questions you may have. They welcome your involvement in the education of our children.

During a recent meeting with some members of the School Board, Administration and Council shared services were discussed. The Borough continues to provide a number of cost-saving services to the school. It appears that the school may be able to help the town saving some tax dollars thus keeping Riverdale the affordable community it always has been. The spirit of cooperation could not be stronger.

The Friends of the Riverdale Library just held their 14th annual Book Sale. The funds raised from this event are used to sponsor many programs for children and adults throughout the year.

Please do not forget the annual Spaghetti Dinner by the Riverdale Fire Auxiliary on Saturday, April 25 from 4:30 to 7:30 pm at the Fire House on Post Lane. This is a fun evening out and great fundraiser so please show your support for our volunteers—Riverdale's Bravest.

The DPW spent most of the winter plowing and salting our roads, while at the same time maintaining and painting the inside of all our town buildings. Their focus will turn to spring clean-up and they are gearing up to spruce up our lawns and the parks.

Mark your calendars for the annual Memorial Day Parade and Ceremony—Monday, May 25. The start time is 10 am. More details in the May Newsletter.

Before we know it the school year will be finished and summer vacation begins. The Summer Recreation Program is all set and will be ready for our youths on Monday, June 29. I am sure the children cannot wait.

We haven't set the schedule yet, but we are working on the annual Summer Concerts in the Park, which has become an anticipated tradition in Riverdale. There will be more information in next month's newsletter as we get closer to the concerts.



William Budesheim



Memorial Day Parade & Ceremony

The Borough of Riverdale is holding its annual Memorial Day Parade and Ceremony. We would be honored to have your organization participate in this Special Day honoring those who gave their lives in defense of our great country.

Monday, May 25

Parade starts 10:00 a.m. at Freedom Park

If you or your organization is interested in participating in the Parade please contact:

- | | | |
|-------------------------|-------------------|-----------------------|
| Lori Clinton | 973-616-4406 | lclinton99@gmail.com |
| Mayor William Budesheim | 973-835-4060 x215 | mayor@riverdalenj.gov |

The Seniors' Corner



The March 2 meeting was opened by **President Dorothy Bowersox**, who welcomed all who braved the bad weather to attend. **Chaplain Elaine Peacock** read an inspirational piece "I Said A Prayer for You Today". This was followed by our flag salute and club pledge. Dorothy asked for a suggestion for our usual song of the

day, and one member answered with "You Are My Sunshine", which got a chuckle, but we all sang it with gusto and expectation.

1st Vice-President, Grace Chiesa was happy to announce that she did not have to send out any get-well cards since the last meeting, and then welcomed back **Joan Moran**, who had been absent since her operation. Joan thanked everyone for all their cards and good wishes. Grace called out the names of the March birthdays; we serenaded them with a birthday song and Grace then read a special "birthday greeting" poem. Secretary and Treasurer reports were given. **Treasurer Laura La Rosa** was also collecting yearly membership dues as well as the St. Patrick's Day Luncheon payments. **Warren Sheps** of the Trip Committee advised us that all monies for the Westchester Dinner Theater production of "West Side Story" in April were due at the next meeting. He also gave more details about the trip, including a rather long list of possible meal choices. Can't wait! Dorothy announced that **Lorraine Moody** will be in charge of the Telephone Squad. The meeting was closed, the raffle was conducted, jokes told, refreshments served and Bingo played.

The second meeting of the month was held on March 16th and called to order by **President Dorothy Bowersox**. The Mayor was due to attend to speak to us and take a group picture, but

this will be rescheduled. Dorothy wished us all a Happy St. Patrick's Day and most of the members wore a "bit of Green" as we were going to the Regency for a special corned beef and cabbage full-course luncheon after the meeting. **Treasurer Laura La Rosa** told us that 57 members would be attending, gave us our table numbers, and read the complete menu.

Chaplain Elaine Peacock read a humorous poem entitled "Treasure Hunt" followed by the flag salute, club pledge and a moment of silence. Dorothy led us in song, appropriately singing "When Irish Eyes Are Smiling".

1st Vice-President Grace Chiesa reported on cards sent to a few ill members, but expressed the desire that "Everybody stay well"! Treasurer and Secretary Reports were given. **2nd Vice-Pres. Jean Snyder** was back from her vacation and we were told that the publicity books, which she takes care of, would be left out on display at the next meeting. **Warren Sheps** of the Trip Committee informed us that today was the payment deadline for our April Trip to the Westchester Dinner Theater and Show.

President Bowersox announced that **Monica and Bill Coombs** will be moving to Delaware, and wished them luck on their new endeavor. They were given a round of applause. She told us that a new list is being prepared for the Telephone Squad which will be headed by **Lorraine Moody**, and reminded us of the dates of the Library Book Sale, the Firemen's Auxiliary Spaghetti Dinner, and the Food Pantry Needs. **Elaine Peacock** also reminded us of the dates of three upcoming events of the Pompton Reformed Church, which were reported at an earlier meeting.

Dorothy hoped that we would enjoy our St. Patrick's Day Luncheon, the meeting was closed and we were off to the Regency with healthy appetites! "Top o' the mornin'to ya!!"

Presented by Kay Boucher

Shameless Ham

Ingredients:

- Ham (Shank)
- 1 cup brown sugar
- 1 cup pineapple juice
- 1 cup orange juice
- 3 slices of pineapple
- 3 marachino cherries

Linda Vogel, Librarian

Directions:



Mix pineapple juice, orange juice and light brown sugar in bowl. Perice the ham with a fork all over. Put ham cut side down in pan. Pour mixture all over ham. Cook ham as indicated on wrapper. Baste ham every ½

hour. Put pineapple slices on top of ham with tooth picks and add cherries an hour before it is done.

FARMERS MARKET

EVERY TUESDAY

2:30 - 7pm

June - October

Glenburn

211 Hamburg Turnpike, Riverdale

 Riverdale Land Conservancy, Inc.



BY and LARGE

The Promises of Spring and Easter

By Elaine Peacock

Happy Easter!



After this long cold winter it seems that the promise of spring is still eluding us. I sometimes think this is what it must have been like for the first Christians. They were all looking for something better, if only they could get out from under

Rome's thumb.

When Jesus walked among them he gave them hope for the future but then their hopes were dashed on Good Friday. I can only imagine what it must have been like for them; they must have felt like that the proverbial rug was pulled right from under them. We can all relate to that feeling especially when promises and dreams we have counted on fall through.

Remember sometimes the things we treasure the most are worth waiting for just like the first buds of spring. Easter is God's promise that he will be with us even on our darkest days. This promise is not only for this spring and Easter but all the future springs, Easters and the rest of the days to come.

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.**



NO PARKING RULES

December 1 begins the no parking on the borough streets from 12 midnight till 6 AM



No Parking on borough streets when snowing or when streets are snow covered.

Under state law **NO PARKING:**

- ◆ Within an intersection
- ◆ On a crosswalk
- ◆ In front of a driveway
- ◆ On a sidewalk
- ◆ Within 50 feet of a stop sign
- ◆ Within 25 feet of an intersection
- ◆ Within 10 feet of a fire hydrant

Who Knew? Always use tongs when turning meat on the grill. A fork will pierce the meat and release some of its natural juices.

Some backyard cooks think that searing a steak at high temperature will keep the juices in. Nonsense. Searing *does* cause the browning that creates a good flavor, but it doesn't really seal in the juices. A steak cooked slowly and at a lower temperature is more tender and retains more of its juices.



Riverdale Food Pantry

Thank you for your generous and continued support.

This Month's Shopping List

- ◆ Pasta and sauces
- ◆ Pasta & Rice Sides
- ◆ Coffee, Tea, Hot Chocolate
- ◆ Healthy Snax
- ◆ Mac 'n Cheese
- ◆ Peanut Butter & Jelly
- ◆ Tuna Fish
- ◆ Mayo
- ◆ Paper towels-Tissues-Napkins
- ◆ Laundry Detergent.



Volunteers are always welcomed. Service is one to two hours per month at 10 am on Tuesday or 9 am Saturday. If interested, please call Linda Roetman at the Borough Hall (973) 835-4060.

Building Permits:

- All applications for building, fire, electric and plumbing permits **may be dropped off at the Riverdale Municipal Building, Front Office**, to be picked up by the building inspector. The phone number for the Building Department is 973-839-3000 x7120 Technical Assistant Jennifer Fiorito.

Water/Sewer/Tax Payments

- ◆ Payments for you Water and Sewer Bills and your Tax Payments may be dropped off at the Front Office at the Municipal Building just as always. If you have any questions you may call Riverdale at 973-835-4060 x6.



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
- ◆ Exercise Classes
- ◆ Recreation Programs
- ◆ Community Center Rentals
- ◆ Glenburn Estate Rentals

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!



Movie Trivia
**THE TEN
 COMMANDMENTS** 1956

- ◆ Until the release of *The Passion of the Christ* (2004) in 2004, this film was the highest-grossing religious epic in history, earning over \$65.5 million in 1956. This translates into a current-day value of \$446 million, adjusted for inflation.
- ◆ The highest-earning live-action film after *Gone with the Wind* (1939), a record that was finally broken by *The Sound of Music* (1965). Feature film debut of Robert Vaughn.
- ◆ The red smoke on top of Mt. Sinai, which symbolized God's presence on the mountain, was a matted special effect superimposed over a shot of the actual Mt. Sinai filmed on location.
- ◆ Every year since 1973, the American TV network ABC airs this film on Easter, or Passover. In 1999, when for some reason ABC chose not to televise it, they received numerous irate phone calls from people accustomed to watching it every Easter than they have for any other film they have ever telecast.
- ◆ At least 14,000 extras and 15,000 animals were used in the film.
- ◆ Cecil B. DeMille suffered a heart attack during the production after climbing 130 feet to check a faulty camera perched on one of the giant gates used during the exodus sequence, as it was occurring. He took two of days off and then, against his doctor's orders, returned to work to complete the film.
- ◆ Just under 5% of the film was actually shot in Egypt.
- ◆ Charlton Heston's newborn son Fraser Clarke Heston appeared as the infant Moses. Cecil B. DeMille deliberately timed the filming of his scenes for when Fraser Heston was about three months old--the age of baby Moses when his mother put him in the basket on the Nile, according to the Old Testament.
- ◆ The illusion of the Red Sea parting was achieved by large "dump tanks" that were flooded, then the film was shown in reverse. The two frothing walls of water were created by water dumped constantly into "catch basin areas" then the foaming, churning water was visually manipulated and used sideways for the walls of water. A gelatin substance was added to the water in the tanks to give it more of a sea water consistency. Although the dump tanks have long since been removed, the catch basin section of this tank still exists today on the Paramount lot, directly in front of the exterior sky backdrop, in the central portion of the studio. It can still be flooded for water scenes, but when not being used in a production, it is an extension of a parking lot.
- ◆ Another plague was filmed but was not used, according to the commentary on the 50th Anniversary DVD in 2006. This was the plague of frogs leaving the muddied Nile, coming up onto land, frightening and chasing Nefretiri and other Egyptians through their chambers of the palace. Cecil B. DeMille felt that the scene was not frightening enough and might even be considered somewhat humorous he omitted it from the final cut.
- ◆ The last line of the film "Proclaim liberty throughout all the land, unto all the inhabitants thereof" was taken from Leviticus 25:10 in *The Bible*. The verse is also engraved on the Liberty Bell.
- ◆ To create the effect of the sandstorms, in the narrated desert sequence, as Moses left Egypt and headed to Midian, Cecil B. DeMille used the engine blast from tied-down Egyptian Air Force planes.
- ◆ The fiery "hailstones" that fell from the sky in the background were actually animation, as were the hailstones that destroyed Sodom and Gomorrah. The "hailstones" that fell onto the pavilion of Rameses' palace were actually pieces of popcorn that had been spray-painted white; their advantage was that they were light, wouldn't hurt actors they were hit by them, and could be swept up and used again if needed in other scenes.
- ◆ Producer/director Cecil B. DeMille had his 75th birthday during the production of this film, making him the oldest working Hollywood director at the time. He later suffered a heart attack on the set, returning only two days later. He planned on making another epic production after this film was completed, but he died in 1959, before he could direct or produce another, making this his final film.
- ◆ Martha Scott, who played Charlton Heston's mother in his two Biblical epics, *The Ten Commandments* (1956) and *Ben-Hur* (1959) was only ten years older than her on-screen son.
- ◆ The cloud special effects used during the parting of the Red Sea scenes, would later be repeatedly used in various movies by director Steven Spielberg.
- ◆ Special Effects Property Master William Sapp created the effects that turned the waters of the Nile red. Red dye was pumped into the water through a hose at the point where Aaron touched the river, with his staff.
- ◆ Sapp also created the vessel that was used by Rameses' priest in an attempt to restore the waters. The vessel had two chambers: one that was filled with clear water and which was located near the vessel's opening, while the other chamber was filled with red-dyed water was located near the bottom of the vessel. As the vessel was tipped to empty its contents, the clear water poured out first, and as the vessel was tipped further, this released the red-dyed water into the "river" on the sound stage. There were six of these vessels that were made for the film, but only two were used during production. The reverse shot showing the red water extending out into the sea was created through animation onto shots of the Red Sea that had been photographed in Egypt.
- ◆ Produced at a then-staggering cost of \$13 million, the film went on to become Paramount's biggest-grossing movie to that time. For years it ranked second only to *Gone with the Wind* (1939) as the most successful film in Hollywood history.
- ◆ The special effects work was so extensive that it was not completed by the final edit. The released version contains fringing during some blue screen shots which the crew did not have time to correct.
- ◆ During the early part of principal photography, Yul Brynner was still on Broadway starring in "The King and I". All of his shots on the actual Egyptian locations were done in one day after which he had to fly back to New York.
- ◆ [June 2008] Ranked #10 on the American Film Institute's list of the 10 greatest films in the genre "Epic".
- ◆ The pillar of fire, which kept the Egyptians from getting closer to the Israelites just before they crossed the Red Sea, was not achieved through the use of actual flames, but was instead, an animated fire. Of all the special effects in the film, it is the one that looks the least realistic to modern audiences, and probably seemed just as unrealistic in 1956.
- ◆ Cecil B. DeMille picked Charlton Heston for the role of Moses because he bore a resemblance to Michelangelo's statue of Moses in Rome, Italy. Heston later played Michelangelo in *The Agony and the Ecstasy* (1965).
- ◆ There is a longstanding rumor that future Cuban dictator Fidel Castro was an extra in this film, playing an Egyptian soldier.
- ◆ The effect of clouds that appear over the Red Sea was accomplished using a "cloud tank". A glass tank is filled with water and paint is poured into it. By varying the density of the paint, and the salinity of the water, it is possible to get several distinct layers.

Those Old Wheat Cents in Your Dresser Might Be Worth a Fortune

By Matt Draiss



Everybody has found an old coin in their change or inherited something they just do not know about. From wheat pennies right on up to \$20 gold pieces, old coins are worth money. Sometimes they can be worth a fortune.

The Wheat cent is one of the most famous coins to ever be made in the United States. The coin was designed by Victor David Brenner in honor of Lincoln's 100th birthday in 1909. The coin had a long run from 1909 through 1958. The obverse or front of the coin has remained relatively the same since its inception, and the designs on the reverse or back of the coin have changed only seven times in the last 104 years. Five of those eight changes happened during the last four years, but more on that later. The Wheat cent is the longest running coin in American history to have the same Presidential figure on the obverse.

What are those Wheat cents worth? Almost everybody has found one in their change and thrown it to the side. Some people have only one or two, but I have a client mine who is trying to amass 1,000,000 coins! The Wheat cent has a number of rare "key" dates and varieties that can be worth anywhere from \$50 to over \$1,000!

In the year 1909, there were 4 different varieties of the Wheat cent made. The coin was minted in Philadelphia and San Francisco. The coins were made both with and without the initials of the designer, Victor Brenner, on the reverse of the coin near the bottom. The initials V.D.B. stood out on the bottom, and they were quickly removed from the design after only a short time because the designers of U.S. coins did not generally make their initials stand out like that. Philadelphia and San Francisco both struck coins with the initials and without the initials. The way to tell the difference between a V.D.B. and a non-V.D.B. is to simply look at the reverse for the initials. The

way to tell where the coin was made is to look under the date and see if there is a letter. If it was from Philadelphia, there will be no letter, however, if it is from San Francisco, it will have the letter "S" under the date.

Philadelphia coins with the V.D.B. initials are very common and trade generally for less than ten dollars per coin. The Philadelphia coins without the V.D.B. are even more common, and these trade at less than five dollars per coin. San Francisco coins are the ones worth more money. A San Fran V.D.B. can command anywhere from a few hundred dollars to over one thousand! A coin from San Francisco without the V.D.B. is still worth \$50 to \$150 depending upon the condition. If you have ever discovered one of these two coins from San Francisco or plan to buy one, I highly recommend getting it authenticated by a professional rare coin dealer. Counterfeit coins are much more likely to exist when a coin has a high value like one of these.

The other dates to look for in the Wheat cent series are the following: 1914-D, 1931-S, 1955 doubled-die variety, and the 1922 No Mintmark Variety. The 1914-D and 1931-S coins are worth \$50 to \$200 in most cases depending upon the condition. The 1914-D coin was minted in Denver. The 1922 coin was minted in Denver as well, but there is an error where the D was left off the coin and these are rare items. The 1955 doubled-die is one of the most famous Wheat cents out there. This coin shows two dates instead of just one! The 1955 doubled die is worth anywhere from \$500 to \$2,000 in most cases. As with the above mentioned rare dates, all of these should be professionally authenticated.

- Do NOT clean coins! This hurts the value tremendously and cleaning/conservation must be done by a professional.
- Wheat cents generally trade anywhere from two cents to twenty dollars for the most common dates.
- Wheat cents in Uncirculated or "brand new" looking condition from the 1940's and '50s are not rare by any stretch.

Riverdale Baptist Church

All welcome to celebrate Easter Sunday at Riverdale Baptist Church. Come for special music from our children's choir featuring singing and handbells.

Pastor Flynn will deliver a message on the *Impact of the Resurrection* as we show why the resurrection of **Jesus Christ** is the most significant event in human history.

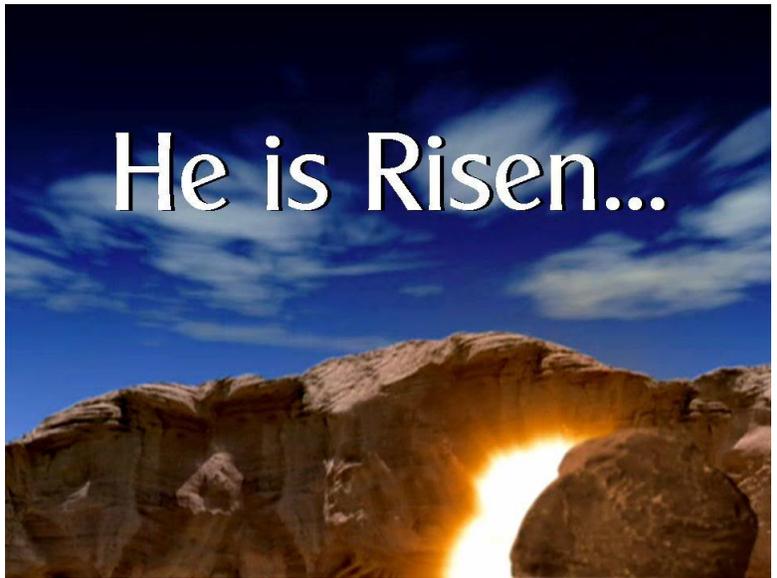
**6 Newbury Place, Riverdale
973-835-3275**

Services

**9 am - light morning breakfast
9:30 am - Sunday school for all ages
10:45 am - Worship service**

All welcome to come!

He is Risen...



Create a mixture of one part vinegar and then ten parts water. Put



the berries in the mixture and swirl them around. Drain, rinse, and put the berries in the fridge. The solution is diluted enough that you won't taste the vinegar. Raspberries will last a week more, and strawberries will last almost two weeks.



Buy an ethylene gas absorber for the fridge. The pods cost \$16. They absorb the gases let out by fruits and vegetables, which will keep them fresh up to three times longer.

Wrap the top of the bananas with plastic wrap; they will keep 3-5 days longer. They need to be kept isolated on the counter because they produce the most ethylene gas.



**THE RIVERDALE WOMAN'S CLUB
4TH ANNUAL SCRAPBOOK
CROP IS APRIL 18TH!!
SAVE THE DATE & GET THOSE
CREATIVE JUICES FLOWING**

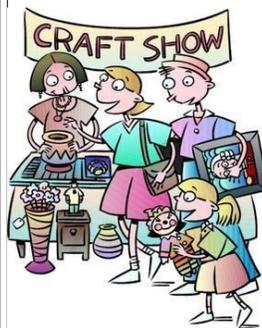


WHEN: APRIL 18, 2015 FROM 10:00AM until 10:00PM
WHERE: Riverdale Community Center .
 Located at 57 Loy Avenue, Riverdale, NJ 07457
WHAT: CROP TIL YOU DROP! With Lunch, Dinner, and snacks all included! Plus vendors galore!
HOW MUCH: \$50.00
VENDORS: Close To My Heart, Creative Memories, Mary Kay, Massage Therapist, and more!
 And don't forget all the great door prizes, raffles and giveaways!

For more information call Jenny at 973-650-8860
 Checks made payable to Riverdale Woman's Club can be mailed to
 15 Silverleaf Court, Riverdale, NJ 07457. SEE YOU THERE!!!

Craft Show

in honor of the Wounded Warriors



Crafters & Vendors Wanted

April 26 - June 28

July 19 - August 9

**Candles, Jewelry, Dog Crafts, Motorcycle
Jackets, T-Shirts, Henna and so much more.**

Glenburn

Still accepting applications for the Craft Fair. Please email Pam Sylvestri at lovinhome123@optonline.net for more information.

Did You Know?

- ◆ When Joseph Gayetty invented toilet paper in 1857, he had his name printed on each sheet.
- ◆ An ostrich's intestinal tract is up to 45 feet long.
- ◆ The national anthem of Greece has 158 verses.
- ◆ The square-topped cap worn at graduation ceremonies is a *mortarboard*.
- ◆ There are ten times as many sheep in Australia as there are people.
- ◆ The Chinese celebrate birthdays only once every ten years.
- ◆ Abraham Lincoln did not set foot in Illinois, "The Land of Lincoln", until he was an adult.
- ◆ Chewing gum magnate William Wrigley Jr. started his working career as a soap salesman.
- ◆ The handshake is a friendly gesture today, but it originated in ancient times out of suspicion. Strangers shook hands to show that they were unarmed.
- ◆ Thomas Jefferson introduced macaroni to the United States—and ice cream—and waffles.

			5	1	
2	6				
			8	7	
	1		2	8	
9		8	5	3	
	7	6			
4					8
	2	9	1	6	
7		4	9		

Question

Two cyclists race on a circular track. Dan can ride once around the track in six minutes, and Rob in four minutes. In how many minutes will Rob overtake Dan?

Answer on P. 20.



You're supposed to lay a wooden spoon over the top of your pots to prevent spillover when things boil. The wooden spoon can take more heat than its plastic counterparts and it pops the steam bubbles.

Keeping Cookies Soft
 If you prefer chewy cookies, they'll stay soft if you add a half an apple or a slice of white bread to the jar. This will provide just enough moisture to keep the cookies from becoming hard.

Flaky Crust Suggestion
 Be sure the liquid going into your piecrust is ice cold. Ice-cold sour cream instead of ice water will result in a flakier crust.



You're supposed to use your Chinese takeout container as a plate.



Are you misinterpreting your body's cries for water?

Dry mouth is the very last sign of dehydration, which is usually extreme by the time it appears

Water is essential for the vital chemical processes in your body.

- ◆ **EVERY** single function of the body is dictated by the efficient flow of water.
- ◆ The human body is 25% solid matter and **75% water**. The brain alone is made of 85% water.
- ◆ **The simple and most basic truth is that dehydration can cause disease:** Many degenerative health problems are the result of UCD (Unintentional Chronic Dehydration).
- ◆ Tea, coffee, alcohol and manufactured beverages are **NOT** sufficient substitutes because they contain dehydrating agents (sugar/caffeine/chemicals)
- ◆ **Nerve cells are composed of 85% water.** Proper hydration amplifies healing and the ability to hold chiropractic adjustments.

Tips for Healthy Hydration:

- ◆ Morning is when you are most dehydrated and full of toxins. Therefore, drink a glass of water when you get up and another before you go to bed.
- ◆ Take regular water breaks. Keep a water bottle by your side at all the times and refill throughout the day.
- ◆ Drink a full glass of water before and after every meal to aid digestion.
- ◆ Get creative and try adding citrus (lemons, limes, oranges), mint or cucumber to your water!

Symptoms of dehydration include:

- | | |
|--------------------------|------------------------|
| ◆ Headaches | ◆ Yellow or dark urine |
| ◆ Dry skin | ◆ Mood changes |
| ◆ Decreased coordination | ◆ Pain |
| ◆ Fatigue | ◆ Allergies/asthma |
| ◆ Blood pressure changes | ◆ Constipation |
| ◆ Impaired judgment | ◆ Chapped lips |
| ◆ Stress | ◆ Digestive problems |



Benefits of proper hydration:

- | | |
|-----------------------------|----------------------------|
| ◆ Regulate blood pressure | ◆ Decrease pain |
| ◆ Radiant skin | ◆ Improve sleep |
| ◆ Support organ function | ◆ Appetite control |
| ◆ Decrease bad cholesterols | ◆ Increase energy/vitality |
| ◆ Combat aging | ◆ Decrease sugar intake |
| ◆ Improve moods | ◆ Mental clarity |

- ◆ Keep in mind, for every caffeinated beverage, one additional 8 ounce cup of water must be added.
- ◆ Every one pound lost during exercise should be replaced by one 8 ounce cup of water.
- ◆ Half your weight divided by 8 equals the number of 8 ounce glasses of water per day

Dr. Hailey Coonrad, DC; Valley Natural Health; Paramus; www.valleynaturalhealth.com



Announcements

- ◆ Happy Birthday, **Morgan Hanna** on April 27! Love, Dad, Mom, Madison, Poppy & Murray.
- ◆ Happy 8th Birthday, Morgan, from Pop Pop. Hope you have a great year and do everything you want to do. Love you, Poppy.
- ◆ Happy Birthday, **Pam Ehrmann**, we love you! Dean, Pam, Chelsea, Leo, Dylan & Robin!
- ◆ Happy Birthday, **Dennis Maxwell!** We love you, Dean, Pam, Chelsea, Leo, Dylan & Robin!
- ◆ Happy Birthday, **Cindy**, on April 19th. All our love, Chris, Veronica, Matthew & Joanne.
- ◆ Congratulations to **Adam Budesheim** who recently made partner at his law firm, McCarter & English. Adam graduated from Seton Hall University and Harvard Law School. We are all so proud of him.
- ◆ Happy belated Birthday, **Danielle Mastrangelo**, on March 29. Love, Mom, Dad, Anthony, Jamie & Bella!
- ◆ Happy belated Birthday, **Anthony Sariyan**, on March 21. Love, Danielle.

Amazing Animal Facts

Raccoons live in woodland areas and rarely stray far from water. Once trapped for their fur, they are common and often live in cities and suburbs. They are more active at night than by day. Periods of rest are spent in dens in tree hollows or other sheltered places.

When on the move, raccoons will readily swim across streams and rivers and climb into trees in search of food. They use their touch-sensitive hands grab prey and then break into mouth-sized pieces.

Raccoons do not hibernate in warmer parts of their range, although in cooler parts they may do so. They only semi-hibernate, popping out every now and then to feed during breaks in the severest weather. Males are largely solitary but will tolerate the presence of females living in or near their territories. Mating takes place in spring, and the young are born a couple of months later. The young stay with their mothers until the following spring.



The common raccoon is well known for its black "bandit" mask and ringed tail. Its footprints look like those of a human infant.

Foods: Crayfish, frogs, fish, nuts, seeds, acorns and berries. **Size:** 16-24 inches; 4.5 to 26.5 pounds. **Breeding:** 3 or 4 young born in summer. **Life span:** 5 years.

Wrap celery, broccoli, and lettuce in tin foil before putting them in the fridge. They will stay crisp for up to four weeks.



Freeze fresh herbs in cubes of olive oil using an ice cube tray. The herbs will infuse the oil as they freeze. They will be ready the next time you want to use them.



Store mushrooms in paper bags. A plastic bag will trap moisture and cause mushrooms to mildew.



I'm Scared

For the first time in my 58 years I am feeling truly afraid. I was born in 1956. I wasn't scared during the cold war era when they herded us down to the basement of the school for air-raid drills. What good that would have done in a nuclear attack I don't know, but I wasn't afraid. I wasn't scared growing up during the Vietnam era, watching it on TV, and when I turned 18 I would have gone if I had been called up.

The Soviet Union never scared me and neither does ISIS or any other real or perceived outside threat. I know that America can withstand those. What scares me is when Americans call upon their own government to take away their own freedom.

When people and the government think that it's okay to have the government force everyone to inject substances in to their bodies and those of their children against their will. (forced vaccination) That scares me.

When teaching our children and preparing them for life becomes a, centralized governmental, top down, dictatorial process, instead of a locally controlled process in which the parents, the local school system and the teachers in the class room decide what is best for those specific children and how best to teach those specific children. (as in the case of PARCC testing). That scares me

When the people and the government think that it's okay to have the government decide which religions and which religious beliefs are acceptable, (as in the case of religious exemptions to vaccines). That scares me.

When the people become willing to and actually call upon the government to restrict their own right to, "keep and bear arms". That scares me.

When the people hand over their own privacy by allowing governmental agencies to listen in to any or all private conversations without due process of law. That scares me.

I am not afraid of outside threats. I am afraid of the gradual creep of big government, governmental intrusion in to our lives and especially of elected officials who think that their way is the only way even when the people who elected them and the Constitution obviously don't agree.

I am afraid when the people stand by and allow the government to set their own rules and make laws which apply to, "the people" but not to our elected public servants. (As in the case of Obama care).

When the people allow their top elected representative to make new laws by, 'executive order' instead of through the full proper process of law making. All of that scares me.

The title, 'public servant', should say it all, a common man or woman, who 'serves the people' for a time, then goes back to work in a non-governmental capacity. Public servant is what our elected representatives are actually supposed to be, not the other way around.

Yes, I am truly afraid of what is happening to America.

Dr. Gary Stewart
Riverdale



Granpa's Old Fashioned Know How

GLOW-IN-THE-DARK INK

You will need the following ingredients:

1. Ounce of Cinnamon Oil (not extract)
2. ¼ ounce of phosphorous (chemical supply houses)

Place the ingredients in a well-sealed bottle and immerse in a very warm water bath until the ingredients have melted together. Dip a pen in the ink and write, then go into a dark room to see the results.

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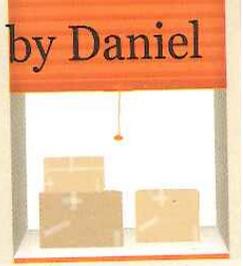
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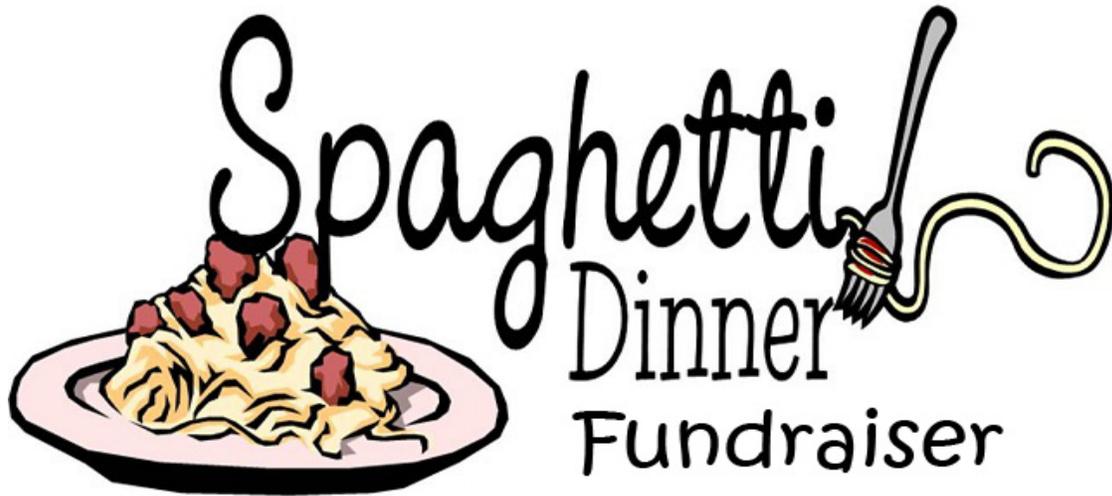
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or visit our website **www.bromilow.com**

16th Annual



Riverdale Fire Department Auxiliary

Saturday, April 25

4:30 to 7:30 pm

\$9.00 Adults

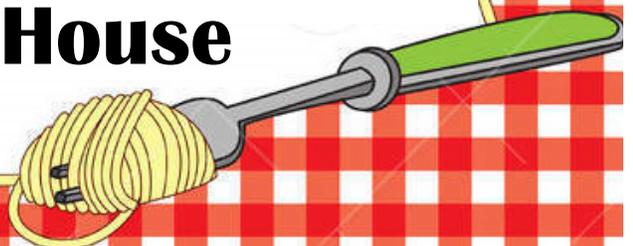
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Riverdale Fire House

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Collecting Antique Easter Chocolate Molds

by Riverdale Resident and Columnist

Bill Lango

A most recent report stated that over ninety million chocolate Easter bunnies are produced each year in the United States. Even more remarkable is that seventy-six percent of Americans polled say chocolate bunnies should be eaten ears first, five percent said bunnies should be eaten feet first, while four percent favored eating the tail first.

So it's no wonder why you can't think about Easter without thinking of the mouth watering chocolate Crosses, Lambs, Bunnies, Chicks, and Easter Eggs all of which help symbolize the festival of Easter.

Today's colorful tin-foil wrapped whimsical chocolate Easter goodies are mass produced in huge factories, but long ago, before the era of mechanization, hollow chocolate Easter candy was handcrafted using individual molds.

A heated mixture of liquefied chocolate would be poured into each mold. The mixture was allowed to cool somewhat on the walls of the mold, excess chocolate would be poured out and when the mold was thoroughly cooled it was opened and **Voilà!** A hollow chocolate Easter Cross, Lamb, Bunny, Chick or Easter Egg were created.

The first chocolate molds were fashioned almost 200 years ago by forming thin tin-coated (tinplate) metal sheets into various whimsical shapes. As the demand for hollow chocolate confections increased, more durable molds were fashioned from pewter, copper, nickel, silver plate, and brass.

After World War II, mass production of hollow chocolate Easter candy manufacture replaced many of the individual artisan candy makers and the molds were no longer used.

But now many of these original old molds are now considered antique decorative collectibles, and are eagerly collected by a small niche of collectors.



Old molds come in all sizes, shapes and configurations. Most common molds consist of two parts, hinged together and locked closed using pins, or hinges.

Values for old molds vary considerably depending on the subject matter, size, condition, and time of the year. Asking prices for Easter molds tend to rise in the weeks prior to Easter. Likewise, prices increase considerably for Halloween and Christmas theme molds in the weeks prior to their respective holidays. However, most antique chocolate molds are surprisingly inexpensive. Prices can start at \$10 for an egg mold and go as high as \$3,000 for a 20-inch tall rabbit from the 1940s.



Large, unusual and rare shaped molds with multiple sections are always more eagerly sought after than smaller two piece molds. Molds stamped with the maker's name, or the maker's hallmark also bring higher prices. Of course, with molds, just like any other antiques, condition means everything. They should be complete with no missing parts, breaks, cracks, or rust.

Reproduction chocolate molds have been produced for some time now. While some are advertised as reproductions, many are not. Adding to the confusion is that many end up on the secondary market and are sold as being: "antique" or "old original."

Reproduction molds are much lighter and less detailed. Often they are much shinier and lack an older patina finish. They are usually made of a lighter grade tin or stainless steel and are not marked.

You may happen to have a few molds that were handed down in your family from prior generations or you may have a chocolate mold Grandma kept in her cupboard. If you see a maker's name stamped into the mold, then you can be reasonably certain that the mold is genuine.

Collecting can be addicting, but with antique chocolate Easter molds, you only need a few molds to fashion a nice Easter display for your home's kitchen, mantle or dining room. This is a nice way to bring the message of Easter into your home.

RIVERDALE SCHOOL NEWS

*From the desks of Riverdale School Superintendent,
Mrs. Vicki Pede and Principal Mr. Daniel Cullen*

Don't Quit

“Don't quit when the tide is lowest,
For it's just about to turn.
Don't quit over doubts and questions
For there's something you may learn.
Don't quit when the night is darkest,
For it's just awhile 'til dawn;
Don't quit when you've run the farthest
For the race is almost won.
Don't quit when the hill is steepest,
For your goal is almost nigh;
Don't quit, for you're not a failure
Until you fail to try.”

—Bill Wolf

The above poem is found on a bookmark that I often use. Interestingly enough, the poem's words ring so true on the educational level and do coincide with the healthy risks we continue to ask students to take! The words of this poem also ring so true in our classrooms, as the teachers and students continue to tackle new challenges of education on a daily basis. In keeping with best practice instruction, we are working to provide our teachers with additional tools to support the various learning styles of our children. Professional development is an important key to support continued advancements in instructional practice, and many of our teachers participate in a monthly professional book study on the Charlotte Danielson Teacher Evaluation Model as another source of information to help perfect their craft. This type of professional development that directly impacts our learners and certainly has the “don't quit” message is what we hope to continue throughout your child's education in our school district. Upward strides continue to be made with the support of school and home working together!

Our public budget presentation was held on Wednesday, March 25th at our School Board Meeting. If you missed that, please feel free to attend the budget presentation at our next PTA meeting on April 2nd. Another presentation is scheduled for folks at the Senior Center on Monday, April 20th at 11:00 a.m. Please note that there is no reduction in programs, staff, or services to our students. Additionally, the increase is below the 2% cap that the state has

imposed. We have worked long and hard to provide a solid budget for the voters and would like to be able to share information with you, as well as answer any questions you may have. If none of these dates work for you, please feel free to contact us at the Board of Education Office with any questions on concerns. Our budget presentation and budget information will be available on our website for your review on or before April 1st, please access it at www.rpsnj.org for information you desire. Remember that your vote on April 21st is important!

In closing, let me remind you that state testing is upon us, and the pressure that your children, our students, may be feeling is real! It was great to see so many parents involved in our information and practice sessions. We all want that “don't quit” attitude to be present in a very big way. We ask that you continue to work with us in the education of our youth. In addition to the state testing, students are being assessed and instructed to help them reach their ultimate potentials. As stated at various times throughout the year, educating the whole child is important to all of us. Continue to be involved in your child's education, and attend those special school events as you are able. Being involved in your child's school happenings is such an important aspect of the educational process. Please keep in mind the words of the above poem that encourage all of us to try our best. We welcome your participation!

UPCOMING SCHOOL EVENTS AND REMINDERS:

8 th Grade Washington D.C. Trip	March 31-April 2	
PTA Meeting	April 2 – 7:30	Cafeteria
School and Offices Closed	April 3	
Board of Education Meeting	April 8– 7:30	Library
Coffee with the Principal	April 9 – 1:15 and 6:15	Cafeteria
Play: The Wizard of Oz	April 9 - 7:00	Gym/Stage
Spring Break –School Closed	April 13 – April 17	
Board of Education Meeting	April 22 – 7:30	Library

Pompton Lakes Riverdale First Aid Squad



You can make your check out to the *Pompton Lakes-Riverdale First Aid Squad* and mail in your tax-deductible contribution to:

PLRFAS, 700 Ramapo Avenue, Pompton Lakes, NJ 07442

The Squad has been serving Riverdale for the past 79 years! They are always there when we need them. They depend on our donations. Let's not let them down!

We still have a special resident who is on a special diet. For medical reasons all he can use for nourishment is Ensure (vanilla or chocolate only). Can you please help?



Where Are They Now? Erin Murphy– Bewitched: Maybe it was magic that helped Murphy avoid the troubles that befall many child stars. After playing Samantha and Darrin Stevens' spell-casting tyke Tabitha, Murphy modeled and acted in commercials. Now 49, she appears at conventions and works as a TV host.



Hidden Trigger for High Cholesterol Discovered: Too Much Acid in Your Blood. From World-Renowned Cellular Microbiologists, Dr Robert Young: The typical American diet loads your body tissues with excess acid. Your liver responds by pumping out more and more cholesterol to neutralize this acid. You need to eat more alkaline foods—like vegetables and fruit—to slow down and reverse the process. If you have stubborn high cholesterol, this could be the problem. Alkaline Vegetables: Beets, Broccoli, Cauliflower, Celery, Cucumber, Kale, Lettuce, Onions, Peas, Peppers, Spinach. Alkaline Fruits: Apple, Banana, Berries, Cantaloupe, Grapes, Melon, Lemon, Orange, Peach, Pear, Watermelon.

Baggy Pants: From Fashionable To Criminal

My pants sag. I can't help it; it's just the way I'm built. I've got a round belly and a flat butt, and it's a constant struggle to keep my pants up around my waist.

One of my most traumatic grade-school memories is sitting on the floor of the gym during a school assembly and hearing giggles and titters from the rows of students behind me. I tried to ignore it until someone tapped me on the shoulder.

"Hey, man, everybody can see your butt crack, and they're laughing three rows back," he said.

Blushing deep red, I wiggled and squirmed until my pants were back in place. But a few minutes later they had drooped back down again. It was a *very* long assembly.

I've had this "sagging pants issue" since childhood. Belts help, but they are by no means foolproof. They just give me something substantial to grab onto when I'm hoisting my pants back up. A former girlfriend used to call me "Deputy Droopy Drawers." Thanks, sweetie.

But then, as I transitioned from a teenager to a twenty-something, I was suddenly "fashion forward." It's believed the baggy pants craze started in prisons, where inmates aren't given belts (to prevent hangings and beatings). As a result, prison inmates often have saggy pants.

But by the late 80s, the trend had made it to gangster rap videos, and then migrated to suburban skateboard culture and high school hallways. Soon the droopy pants look was fashionable for kids two decades younger than me. I'm a fashion pioneer, baby!

But now I'm bordering on being a criminal. Several communities have passed laws banning saggy pants. In one Louisiana town, wearing pants low enough to show your underwear or bare buttocks will get you a \$500 fine or up to six months in jail. Trenton Councilwoman Annette Lartigue is also drafting a law to outlaw saggy pants. Under Lartigue's proposed law, wearing drooping pants will not only get you fined, you'll also have to answer questions from a city official about your employment and educational status.

"The message is clear," Councilwoman Lartigue explains. "We don't want to see your backside."

Trust me, Ms. Lartigue, you don't. But what can I do? My belly...my butt...!

Fortunately the American Civil Liberties Union is on my side. When a baggy pants ban was enacted in Atlanta, Georgia, the ACLU stepped in with a cry of racial profiling.

"This ban is going to target African-American male youths," says Benetta Standly, statewide organizer for the American Civil Liberties Union of Georgia. "There's a fear with people associating the way you dress with crimes being committed."

So what if I'm not black (and hardly a youth) – I will not be discriminated against just because I'm a misshapen male who can't keep his pants up! I will stand alongside my baggy-pants brethren (lots of plumbers and carpenters, in addition to all the hip gangster wannabes). We shall overcome!

Now, if I could only find a way to stop stepping on the hem of my pants...



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.

Riverdale Library will be exhibiting photographs from Riverdale residents Linda and Michelle Anders for the month of April!

- ◇ Linda is a lover of libraries and photography.
- ◇ She is a former Library Board Trustee, as well as one of the founding members of The Friends of The Riverdale Library.
- ◇ The photography club at the library was also started by Linda.

Through this photo exhibit she will also be raising money for **The Friends of The Library** by selling her photographs with after cost proceeds going to



Every photo purchased \$10 goes to *The Friends of Riverdale Library*



Wounded Warriors

Eight year old Riverdale resident **Olivia Rentas** asked for donations to the Wounded Warriors instead of receiving gifts for her birthday. Her fundraising page read:

This year I decided to ask people to donate to Wounded Warrior Project instead of giving me presents for my birthday. I saw the commercial on TV and I think that soldiers are very brave and important. We should all help them get better because they help us be free.

Love, Olivia

Olivia raised over \$1,000! Olivia's parents, Jess and Anthony, would like to thank all those who protect out freedom. They are very proud of their little girl who has such a big heart.



Riverdale Pride

Our Lives, our Fortunes and our sacred Honor remain neutral.

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?*



Charles Carroll and the other men of Maryland—Samuel Chase, William Paca, and Thomas Stone—felt a special risk in signing because their families and property were so vulnerably situated near the long, exposed coastline of the Chesapeake area, all patrolled by British ships.

The New Englanders considered the Maryland members unduly given to pleasure. But there was no doubting their devotion to Independence.

Carroll had been well educated in France and England. He was a talented political writer, and had become a strong influence through an anonymous newspaper discussion in which he signed himself "First Citizen." The provincial government, through the press, thanked the unknown author who so effectively opposed Britain's taxation of the colonies without their consent.

Carroll's father had given him the Manor of Carrollton, an estate of some 10,000 acres. He managed the family plantations and received an enormous income from loans, mortgages and the sale of tobacco.

Though new as a delegate, Carroll was well known to Congress. In the spring he had been sent to Canada on a delicate political mission.

The colonies hoped that their neighbor to the north could be persuaded to join the rebellion against the mother country—or, at least, to

In a letter, John Adams explained the choice of Carroll: "He speaks their language easily as ours; and what is perhaps of more consequence than all the rest, he was educated in the Roman

Catholic Religion...In the Cause of American Liberty his...Fortitude and Perseverance have been so conspicuous that he is said to be marked out for peculiar Vengeance by the Friends of the Administration; but he continues to hazard his all, his immense Fortune, the largest in America, and his life."

Carroll was accompanied by the diplomatic Franklin and persuasive Samuel Chase. But their mission failed. Dr. Franklin became ill and returned early from Montreal. He reached Philadelphia in time to serve on the committee to draw up the Declaration. Carroll and Chase presented their written report to Congress on June 12. Then Carroll hastened to Annapolis, where instructions again had been issued to delegates in Congress to vote *against* Independence. He and Chase worked hard to get these orders reversed; and on June 28, the Friday before the vote, the Maryland delegation was empowered to join with a majority in favor of Lee's resolution.

Huge, boisterous Samuel Chase was a real contrast to the small-boned, gentlemanly Carroll. This son of an Anglican clergyman was nicknamed "Bacon Face" because of his fiery complexion. He practiced law, and had served in the Assembly of his province along with William Paca, his staunch friend of law-school days. The tow began a long association in politics, fighting oppression wherever they found it and contributing to the general welfare. One time, at their own expense of nearly a thousand dollars,

they supplied rifles to a volunteer corps.

Paca was a handsome, engaging fellow. He and his friend Chase were responsible for a considerable number of high jinks in the course of their careers. On one occasion, the two led a crowd of citizens in protest against a proclamation of the colonial governor.

They copied the edict on a large sheet of paper, formed a procession to a gallows they had erected at the edge of town, and delivered the offensive word to the gibbet. After allowing sufficient time for the proclamation's demise, they enclosed it in a small coffin they had brought along, and buried it beneath the gallows. Guns mounted on an elegant schooner belonging to Paca fired regularly during the obsequies.

The perpetrators marched in close order back to town and spent the remainder of the day in gala fashion.

The fourth Marylander, quiet 33 year old Thomas Stone, had no part in such pranks. Though a lawyer, too, he seldom spoke out even in Congressional debate. But his good sense and hard work made him a valuable member of important committees. He was a firm defender of colonial rights.

Several delegates who could not be present on August 2, including General Wolcott and Thomas McKean, who were both away with the army, signed the Declaration later. Because of changes in delegates between July 4 and August 2, not all who voted for Independence were privileged to sign; and a number of those who affixed their signatures were not members of Congress when the Declaration was agreed to. For fear of reprisals against the Signers and their families, their names were not made public for six months.

Taken from *They Signed For Us* by Merle Sinclair and Annabel Douglas McArthur 1957



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Who Knew?

Weird but true: Discolored socks will return to their original color if you boil them in a pot of water with a few slices of lemon.

☞

If you're painting baseboards or other low areas, just sit on a skateboard so you can roll along as you paint.

☞

The fastest way to clean a paintbrush is to put ½ cup liquid fabric softener in a gallon of water, and vigorously swirl the brush in it for 20 seconds.

HOURS

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

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www.riverdalelibrary.org
 to sign up!

ADULT PROGRAMS

Documentary Screening - Into the Arms of Strangers — Mon., Apr. 6, 6:30 p.m. Rated PG, 122 min. The story of the British rescue operation that saved Jewish children during the Holocaust.

Friday Matinee - Into the Woods — Fri., Apr. 10, 1 p.m. Rated PG, 124 min. A baker and his wife venture into the woods in search of a cure for a witch's curse.

Pruning Ornamental Trees and Shrubbery — Wed., Apr. 15, 7:00 p.m. Marc Zukovich, president of Sterling Horticultural Services, returns to discuss the pruning techniques, practices and timing needed to achieve the best blooming performance and health of your plant material.

AARP Driver Safety Course — Sat., Apr. 18 & Apr. 25, 1:00- 4:00 p.m. The purpose of this course is to help drivers of all ages to refresh their driving skills. Cost: \$15.00 for AARP members; \$20.00 for non-members. Both sessions must be completed; participants may be eligible for auto insurance discounts.

Poetry Workshop — Wed., Apr. 22, 7:00 p.m. New Jersey poet and teacher Michelle Ovalle will be the instructor at this workshop. We'll discuss one or two poems with a central image, and you'll create your own poetry by using those images and various art prints as inspiration. Open to writers of all skill levels.

Paradise Gardens for Pollinators and Wildlife — Thurs., Apr. 30, 7:00 p.m. Create a mini paradise in your back yard! Master Gardener Gail Di Domenico joins us to discuss how to attract butterflies, bees, dragonflies, hummingbirds and other wildlife to your garden, including plants that pollinators like, and what those plants require to be successful in your garden.

TEEN PROGRAMS — GRADES 6 AND UP

Sharpie Shirts — Wed., Apr. 29, 4:00-5:00 p.m. Make a one-of-a-kind sharp shirt using only Sharpie markers and rubbing alcohol! All supplies provided.

ADULT COMPUTER PROGRAMS

PowerPoint — Sat., Apr. 11, 11:00 a.m.-12:30 p.m. Design a PowerPoint presentation with text, clip art, and animation. You'll learn about formatting, the design options available, presentations views, and how to run a slide show. Prerequisite: familiarity with PC basics and Word.

iPad and Tablet Users Group — Fri., Apr. 17, 1:00-2:00 p.m. New to using a tablet or iPad? Bring your device and learn the basics in this monthly workshop for tablet users looking to increase their skills and share knowledge and experience.

CHILDREN'S PROGRAMS — GRADES K-5

Puppy Pals — Wed., Apr. 8, 4-5 p.m. A fun way to encourage reading skills! Children can choose a book to read to Justice and Liberty, certified therapy dogs from Creature Comforts Pet Therapy.

Sunshine Celebration — Wed., Apr. 15, 4:00-5:00 p.m. Welcome back blue skies and butterflies with handmade suncatchers to let the sunshine in!

Family Matinee: Big Hero 6 — Sat., Apr. 18, 1:00 p.m. A boy prodigy and a giant robot team up with friends to form a group of high-tech heroes in this Disney/Pixar hit. Rated PG, 102 min.

Lego Lab — Wed., Apr. 22, 4-5 p.m. You bring your imagination and we'll supply the LEGOs plus a great story!

INFANT & PRE-SCHOOL PROGRAMS

Programs run the week of April 13 through June 2.

Baby Time: Up to 2 years w/caregiver. Mon., 11-11:30 a.m.

Totally Twos: 2 year-olds w/caregiver. Mon., 10:15-10:45 a.m.

Preschool Pals: Ages 3-5, Tues., 10:15-11:00 a.m. OR 1:30 - 2:15 p.m.

TWEEN PROGRAMS — GRADES 4-6

Junior Poets — Wed., Apr. 1, 4:00-5:00 p.m. Do you love to write? Just in time for National Poetry Month, learn to create original tankas, cinquains, haikus, and diamantes. Poems will be collected in our very first book of teen poetry!

Step Into a Story in April!

Step into a Story at your library! During the month of April, many of the Morris County children's rooms will allow you to "step" into your favorite children's books. The libraries will decorate portions of their children's spaces to represent favorite children's book or series – enter the world of *Alice's Adventures in Wonderland* at Riverdale Public Library! For more information, please visit our website.

MONTHLY

Photo Club — Mon., Apr. 27, at 6:30 p.m.

Gypsy Knitters — Thursdays, 4:00-8:00 p.m. Experienced knitters, bring a project and join in!

Adult Book Discussion Group — Mon., Apr. 27, 6:30-8:00 p.m. *One Hundred Years of Solitude* by Gabriel Garcia Marquez.

RIVERDALE



Hallie Mansoor of Performing Arts Academy in Pompton Lakes performing a solo entitled "Fragile" at the Kids for Kids Dance Competition in Wayne on March 8. Kids for Kids, Dancing for Life, Inc. is dedicated to raising funds for children in medical or financial need.



Michael Mansoor playing lead guitar in the band Rockapocalypse in ShamRock School of Music's 5th Annual Hungry Hearts Benefit Concert on February 22 at Bardi's Grill. Over \$500 and 40 bags of food were collected and donated to the Pequannock Food Pantry which serves 90 families within the township.



Riverdale Memorial Day 1966 with Mr. Ernest Stuber and Paul Murphy, Craig Pruden, Chuck Snover, Grey Gunther Gary Dupell



DAILY NEWS



Lakedale Girl Scouts Daisies through Cadettes earned a badge taught by Senior Troop 323 at Girl Scout Saturday. The highlight of the day was revealing the contents of a Time Capsule assembled at this traditional event 25 years ago. Even more exciting than the photos of the girls in what are now vintage uniforms and the New Kids on the Block trading cards, was one of our current Brownie leaders finding HER troop's contribution amongst contents of the time capsule!



Steven Cali at the Riverdale School Science Fair.. great idea for a heated football.



First year Daisy Scouts from Riverdale volunteered to help at the library book sale.



Memorial Day 1966





Krista Osborne, Director

In order to register for any of the programs below, to ask any questions or looking to volunteer for any of the programs, you may call 973-835-4060 x232 or email RiverdaleRec@gmail.com

Tennis Clinic

In conjunction with Pompton Lakes Recreation
Hershfield Park Tennis Courts in Pompton Lakes

Sundays, April 12 - May 17 (except Mother's Day)

1:00 - 1:45 p.m. Students in K - 8 grades.

2:00 - 2:45 p.m. for Special Needs Players
\$15 per participant

To sign up email Krista Osborne at riverdalerec@gmail.com.

FIELD HOCKEY CLINIC

In conjunction with Pompton Lakes Recreation.

Wednesdays 9:00 - 10:30 am

June 24 thru June 30

Hershfield Park in Pompton Lakes

\$70

Children in Grades 2 - 8

To register email RiverdaleRec@gmail.com

Counselor Applications

- **2015 Summer Rec:** will ONLY be accepted during April.
- 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.
- If you have any questions, please email Krista Osborne at RiverdaleRec@gmail.com

Walking Club

In conjunction with Pompton Lakes Recreation.

Thursdays 7:00 - 8:00 pm

Now thru April 23

Don't want to walk in the cold? Join us in the hallways at Lakeside Middle School.

May 7 thru August 20 switch over to Hershfield Park in Pompton Lakes.

SUMMER REC REGISTRATION: 3rd Payment Night Wednesday, April 22

6:30 - 7:30 pm -Riverdale Recreation Office in Borough Hall
Full Time Program for Children entering Grades 1 - 6 as of Fall '15
Part Time Program for Children entering Grades 7 - 8 as of Fall '15

\$150 DEPOSIT due for those students already registered

\$200 DEPOSIT due for those registering for first time.

Summer Rec: June 29 - July 31.

More information email RiverdaleRec@gmail.com

2015 Summer Rec After Care

For children attending Riverdale Summer Rec ONLY.
June 29 - July 31 * Monday - Friday * 3:00 - 5:00 pm

Riverdale Community Center

\$10 an hour per child, per day.

Must sign up and pay in advance to assure enough supervision is scheduled.

PL Rec Middle School Camp

Students entering 7th, 8th and 9th grades as of Fall 2015

July 6 thru 17

10:00 am to 12:00 noon

\$100 for Two Weeks or \$75 for One Week

PLHS Gymnasium

riverdalerec@gmail.com to sign up



Spring Yoga 2015

Riverdale Community Center—Senior Meeting Room Upstairs
Thursday Evenings at 7:00 pm to 8:00 pm

- ◇ All Levels welcome
- ◇ Hatha Vinyassa Flow and Restorative Yoga
- ◇ **\$10.00 per person 1/2 goes back to Riverdale**
- ◇ Teachers will be Sandy Scala and Vicky Betancourt
- ◇ Sandra Scala—msscala@aol.com

"Green Cleaner." Soak orange peels in vinegar for two weeks in a sealed mason jar then pour the vinegar into a spray bottle. Use as a non-toxic and yummy smelling "green" cleaner. This way you get the clean of vinegar without the smell! Once it is ready to use, go ahead and make another jar so you never run out.



MAY edition of Riverdale News & Events will be published on or about Saturday, May 2. Copy, photos, articles, announcements are due Friday, April 24.

Athletes Who Died Too Soon

Brian Piccolo October 31, 1943 – June 16, 1970 died from Embryonal Cell Carcinoma. Professional Football Player. Famously not picked in the NFL draft after 20 rounds, "Pic", as he was often called, went on to make a career in the National Football League as a running back for the Chicago Bears, despite his small size and slow speed. What he lacked in the usual qualities of a football player he made up in determination and hard work.



A letterman in a Fort Lauderdale, Florida High School, he attended Wake Forest University. During his senior year, 1964, he led the nation rushing. This

fact may have led Chicago Bears coach George Halas to sign him as a free agent. Halas actually held a press conference to announce the fact. Although on the team, he spent the year of 1965 on the practice squad while the number four pick of that year, Gale Sayers, was chosen as Rookie of The Year.

In 1966 he was active in all 14 games with 103 passes caught and 317 rushing yards. Although improved in his play each year it was a struggle for him to make the team. Piccolo and Gale Sayers, the "Kansas Comet", had become the first interracial roommates before the 1967 season. They soon became fast friends and fierce competitors. During the ninth game of the season in 1968 Sayers was felled by a knee injury that put him out for the season. Piccolo stepped in for the last five games and scored his first two NFL touchdowns, gained 450 yards and had 281 pass receptions.

Piccolo helped his friend successfully return to the game by helping with his rehab. It was a physical as well as a mental job. He was determined not to win his spot on the team due to an injured player.

When the season started in 1969, Piccolo was ready to prove his point, as Sayers had returned, fully recuperated. Suffering from a lingering cough Piccolo continued to play. A pre-season x-ray and physical exam had shown no problems. During a game on November 16th he took himself out of the game. Having never removed himself from the game the team managers and his friends and family were concerned.

A rare cancer was diagnosed and treatment began. Although he was determined to continue playing football he was not able to overcome his disease. At the time treatments for such a rare disease were not available. Piccolo died at the Sloan Kettering Hospital in New York, at the age of 26.

After his death the Brian Piccolo Cancer Research Fund was founded. It began with a group of friends, teammates and family members. Through the efforts of the fund the cancer that took his life now has a better than 80 percent cure rate. A related cancer to Piccolos disease which the fund also supports, testicular cancer, now has a 95 percent cure rate. In 1991 the fund began supporting breast cancer research.

Wake Forest University Students started the Brian Piccolo Cancer Fund Drive in 1980 in his memory. As to this date, 2009, in the 29 years of the fund, they have raised over eight million dollars which they donate to the Comprehensive Cancer Center at Wake Forest University Baptist Medical Center.

Brian's life is chronicled in the book "Brian Piccolo: A Short Season" by Jeannie Morris. "Brian's Song", a film starring James Caan as Piccolo and Billy Dee Williams in the role of Gale Sayers was released in 1971. Gale Sayers documented his life and his story with Piccolo in the book "I Am Third".

Cruciferous Cooking. When you cook cruciferous vegetables such as broccoli, cabbage, or cauliflower, never use an aluminum or iron pot. The sulfur compounds in the vegetable will react with the metal. For instance, cauliflower will turn yellow if cooked in aluminum, and brown if cooked in iron.



Influential Women

Louisa May Alcott

(November 29, 1832 – March 6, 1888) was an American novelist best known as author of the novel *Little Women* and its sequels *Little Men* and *Jo's Boys*. Raised by her transcendentalist parents, Abigail May and Amos Bronson Alcott in New England, she grew up among many of the well-known intellectuals of the day such as Ralph Waldo Emerson, Nathaniel Hawthorne, and Henry David Thoreau.



Nevertheless, her family suffered severe financial difficulties and Alcott worked to help support the family from an early age. She began to receive critical success for her writing in the 1860s. Early in her career, she sometimes used the pen name **A. M. Barnard** and under it wrote novels for young adults.

Published in 1868, *Little Women* is set in the Alcott family home, Orchard House, in Concord, Massachusetts and is loosely based on Alcott's childhood experiences with her three sisters. The novel was very well received and is still a popular children's novel today. Alcott was an abolitionist and a feminist. Alcott suffered chronic health problems in her later years, including vertigo. She and her earliest biographers attributed her illness and death to mercury poisoning. During her American Civil War service, Alcott contracted typhoid fever and was treated with a compound containing mercury. Recent analysis of Alcott's illness, however, suggests that her chronic health problems may have been associated with an autoimmune disease, not acute mercury exposure. Moreover, a late portrait of Alcott shows a rash on her cheeks, which is a characteristic of lupus.



Alcott died at age 55 of a stroke in Boston, on March 6, 1888, two days after her father's death. Her last words were "Is it not meningitis?" She is buried in Sleepy Hollow Cemetery in Concord, near Emerson, Hawthorne, and Thoreau, on a hillside now known as "Authors' Ridge".



Who Knew?

If a recipe calls for just a few drops of lemon juice, just poke a fork in a whole lemon, and squeeze out what you need. If you then store the lemon in the refrigerator, you can use it again and again.

Police Unity Tour

"WE RIDE FOR THOSE WHO DIED"

Support Local Officers

Thatcher McGhee's

6 Wanaque Avenue, Pompton Lakes NJ.

Thursday, April 9th, 2015 5-9pm

\$20 Dollars at the door. Two drink tickets and free buffet.
GAMES to be played PRIZES to be won!!!!

The Charitable Bicycle Ride begins Saturday May 9 starting in East Hanover and will end on May 12 arriving at The National Law Enforcement Officers Memorial in Washington DC.

This takes months of training to get well prepared for this 330 mile bike ride.

Our Mission

- The primary purpose of the Police Unity Tour is to raise awareness of Law Enforcement Officers who have died in the line of duty.
- The secondary purpose is to raise funds for the National Law Enforcement Officer's Memorial and Museum.



Patrolman Joe McDermott along with Pompton Lakes
Patrolman Joe Ruffo

Neighbors in Nature

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

This article would generally be written for February as that is the time when my crocuses usually bloom and when I see bees at the flowers. This year we are just short of April and my crocuses are just now blooming! Well, this at least demonstrates that "global warming" is truly a global nature and anything can happen locally.



My home on Mead Ave runs in a true geographic North/South direction that is referred to as "true" north. Magnetic north is a few degrees further to the west. In any case the longest side of my house faces southward and when we moved here in 1949 my mother selected this side of the house for her main flower garden. Not only does it get direct sunlight, but the sun reflects down from the white house siding. I can see this same effect from my shed in the back yard which has no internal heating of its own. There is no snow on the ground along the south face of the shed. As for the west face of the house, with the shoveling from the drive way and sidewalk, there was three feet of snow!

Ever since my mother started her garden we have had crocuses as our first blooms of the year in the garden. Crocuses are great for the nature photographer. Not only do you have attractive flowers, but even with blooms in February you will have visiting honey bees. Now you have the action of a bee at an attractive flower and you might even have snow on the rest of the yard. You may have to kneel or lay flat to take your shots, so dress warmly and put down a layer of plastic to keep you dry. Your biggest challenge is to get that bee at the flower and in flight! As the season progresses and other flowers bloom, try and get them with the other bees and wasps that come to those flowers. If you have only the lens that came with your camera, you can get "close-up" filters that screw onto the camera lens. It even works on telephoto lenses. The best choice is a "macro" lens designed for that close-up photography. But then you are talking bigger expenses! For some, getting close to bees is a real problem.

If you have become allergic to insect stings and yet wish to photograph them, have that medication with you at all times, and have a companion with you and a charged cell phone.

Another venture you can try is to get your own crocus seeds by pollinating the flowers yourself. Instead of a bee, use a "Q"tip! That yellow center of that purple flower is the source of its pollen. Put the cotton tip inside and to the bottom of the petals and when it comes up it should be covered with a yellow powder. Gently rub the tip with its yellow powder over the top and center of another flower. The pollen comes from below that yellow top.

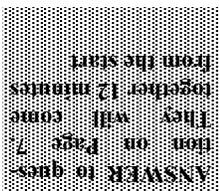
Watch a bee. It goes down to the bottom of the flower where the pollen is located and comes back up the flower petal away from the flower's center. When it goes down the next flower it brushes against that upper center part and some pollen on the bee's body gets left behind on that flower. The action of the bee and the structure of the flower makes self pollination more difficult.

The difficult part is waiting to see if your plants develop seed pods. I have found some seed pods in past years and have planted some. The seeds are less than 1/16th of an inch (about one millimeter) in diameter and brown in color. My planted seeds (just barely covered with soil) have swollen a bit but not shown much more than swelling. But, it has only been about 10 days.

The seeds of some plants need to be actually frozen over the winter in order to germinate in the spring. There are library books on growing plants from seeds that point this out and tell what plants need to have seeds frozen and for how long they must freeze. So far this is just an experiment. The seeds are swelling.

Have you ever notice that at times you find a crocus coming up in the middle of your lawn, yards away from where your garden is located, or even in a neighbor's lawn? One suggestion is that small rodents, like mice, have carried a crocus corm or bulb to some other spot and buried it for some later food source. (I think "corm" is the proper term for the crocus, though I have seen "bulbs" used in advertising.) Or perhaps just those seeds get moved!

So far less than ten plants have flowered this year. But there are at least 100 plants about to bloom and it is still a week to April!



Food-borne illnesses sicken more than 81 million Americans every year. The majority of these cases are relatively mild, and most people get over the illness in 2 to 3 days. However, about 10,000 of these cases are fatal, with 75% of the fatalities caused by salmonella and campylobacter, primarily found in meat and poultry.

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Spring is Here!

Lawn Mower Tune-up Time



Reminder for Dog and Cat Owners. There will be a canvassing done in the summer for pet licenses. Please renew your pet license if you have not done so. **There is a \$10.00 late fee for the month of March and a \$5.00 late fee for every month after March.**



North Jersey Community Animal Shelter

The North Jersey Community Animal Shelter was founded in 2012. We are located along the river on Brandt Lane in Bloomingdale. The Animal Control department manages the Municipal shelter with care and compassion. Quality care is given to every animal that passes through our doors. We reunite lost and stray pets with their owners and place adoptable animals into responsible homes. We take pride in making a difference in the lives of shelter animals by welcoming and training volunteers. We focus on providing a safe and nurturing environment to all the animals in our facility. As a team we also advocate for our animals by coordinating adoption events, collection drives and fundraisers. There are many ways where *your* help can make a difference! We also have a junior volunteer program and a senior to senior program; monthly promotions and fundraisers; come join us!

Our Services

- ◆ Adoptions
- ◆ Veterinarian referrals for low cost spay/neuter
- ◆ Micro chipping
- ◆ Cat foster program
- ◆ Dog training
- ◆ Volunteer opportunities
- ◆ Humane education (schools and scouts)
- ◆ Community service hours

Volunteer Hours

- ◇ 7 Days a Week
- ◇ 9am-12pm and 4pm-6pm
- ◇ Volunteers are needed!!
- ◇ Can't volunteer? Consider hosting a collection drive!

North Jersey Community Animal Shelter

23 Brandt Lane, Bloomingdale

973 850-6767

njcas4adoption@gmail.com

www.facebook.com/NJCAS1

CONTACT LENSES

German glassblower F.E. Muller (first eye covering designed to be seen through and tolerated), 1887; independent researchers Adolph Eugen Fick, a Swiss physician, and Paris optician Edouard Kalt (used contact lenses to correct optical defects), 1888; Hungarian physician Joseph Dallos (took molds from living eyes so lenses could be made to conform more closely to individual sclera), 1929; New York optometrist William Feinbloom (plastic lenses), 1936; American optometrist Dr. George Butterfield (corneal lens, the inner surface of which follows the eye's shape instead of sitting flat), 1950; Czech Otto Wichterle and Drahoslav Lim (soft, water-absorbing plastic for contact lenses), 1960.

The first contact lens was made by German physiologist Adolf Fick in 1888. Fick's lens was glass and was called a scleral lens because it covered the entire eye, including the sclera, the white part of the eye. By 1912, German optician Carl Zeiss had developed a

glass corneal lens, which fit over the cornea. In 1937, two scientists introduced a scleral lens made of Plexiglas. Because it was lighter than glass, the Plexiglas was easier to wear. The first plastic corneal lens was made by American inventor Kevin Touhy in 1948.

To fit these early lenses, an impression was made of the patient's eyeball, and the lens was formed in the resulting mold. This procedure must have been uncomfortable, and the lenses themselves were often problematic to wear. Around this time Bausch & Lomb developed the keratometer, which measures the cornea, eliminating the need for eyeball impressions.

The first successful soft contact lenses were developed by chemists in Czechoslovakia. In 1952, professors at the Technical University of Prague set themselves a task of designing a new material that was compatible with living tissue. They did not intend to create contact lenses, but by 1954 the team of Czech scientists had invented what is called a hydrophilic gel, a plastic that was suitable for

eye implants. The scientists immediately recognized the new plastic's potential as a corrective lens.

These efforts were met with scorn by their colleagues in the optic field, but one of the scientists, Otto Wichterle, was undaunted and began perfecting soft contact lenses in his kitchen. He and his wife produced 5,500 pairs of contact lenses from their home for testing in 1961, and their success eventually got the attention of the wider scientific community. Bausch & Lomb licensed the technology and launched their Softlens in 1971. That first year alone the firm sold about 100,000 pairs, and soft contact lenses have had great appeal with the public ever since.



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200 People at the Chicken Owners Workshop

On Sunday, March 22nd, 190 aspiring chicken farmers gathered at Mike's Feed Farm for the Fifth Annual Chicken Owners Workshop. Victor Alfieri, employee at Big Dog Farms, but better known to locals as "The Chicken Man", and Christine Siracusa-Kohrs, sales specialist from Purina Animal Nutrition, shared how to start and maintain a backyard flock.



Alfieri explained why backyard flocks are becoming so popular in northern New Jersey. He said that the quality of eggs from backyard chickens is vastly different than eggs purchased from a grocery store. When chickens are raised in a humane habitat they are able to exhibit natural behaviors, and as a result, the eggs they produce are stronger and healthier than eggs chickens lay in factory farms. "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," explained Alfieri. "Because these chickens on factory farms are under a great amount of stress and are not able to conduct themselves in a stress-free and instinctive way, their eggs are not as healthy as eggs from chickens raised in a backyard."

The USDA defines "fresh" as 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. Compare this shelf time to the immediate turnaround from eggs from your backyard, and it is easy to understand why more and more people are raising their own flocks.

The health benefits are a strong incentive for people to get started, but there are several myths that discourage families from having their own flocks. A common concern is around the noise level that accompanies owning a flock. Roosters are notorious for crowing day and night, but Alfieri explained that you do not need them. Roosters fertilize eggs, but the hens lay them, and they will lay eggs with or without a rooster. Alfieri explained that a hen's cluck is approximately 60 decibels, which is about the same decibel level of human conversation. Without the roosters, there is no noise to worry about and a coop of hens will often go undetected by neighbors.

Chickens are frequently stereotyped as dirty birds that attract rodents or carry the Avian Flu. False, false, false! Alfieri pointed out that there has never been a documented case of the Avian Flu in New Jersey. According the Center for Disease Control, there is no need to remove a flock of chickens because of concerns regarding avian influenza. The U.S. Department of Agriculture monitors potential infection of poultry and poultry products by avian influenza viruses and other infectious disease agents.

Alfieri said that chickens spend up to four hours a day grooming themselves and like to be clean. Their waste can produce a noxious odor, but a simple and effective solution to this is to routinely clean the coop. Chickens do not attract rodents; most people are surprised to learn that they eat them! Rodents show up because they eat the chicken feed, so by cleaning the excessive feed out of the chicken coop, you will eliminate any rodent issue.

Chicken coops are easy to maintain and do not take up a lot of space. Alfieri says you need about 2 square feet per chicken inside of a coop, and for an outside run you need about 10 square feet per chicken. You can build your own coop, buy one at Mike's Feed Farm, or even work with what you already have on your property. For example, if you have a shed you can convert it into a coop. Regardless of what kind of coop you choose, it is critical to cover it. Chickens are subject to predators and if the coop is uncovered they will be susceptible to predators like hawks, coyotes, raccoons and foxes.

Alfieri discussed different ways to obtain chicks, but recommended buying them from a farm over incubating and hatching them. When chicken owners try to hatch eggs, they run a risk of getting a mixture of both males and females. Because roosters are not needed for a flock, this presents a difficult situation. If you decide to hatch eggs and wind up with roosters, reach out to a local sanctuary or farm to see if they can take them in.

Siracusa-Kohrs, sales specialist from Purina Animal Nutrition, discussed several different Purina feeds, and what hens need to eat at varying stages of their life cycle. Purina Premium Poultry feed contains all natural plant protein, so there's no added animal proteins or any type of animal byproducts. The Start and Grow feed is designed for chicks from hatch to first egg and ensures chicks are getting what they need to help support their immune health, support their muscle development, and maintain good digestive health. Once chickens begin to lay eggs, they need to switch to Layena, Purina's biggest seller.

Siracusa-Kohrs said the life span of chickens is 13 years. They will produce eggs for 3 – 4 summers, depending on the breed, so it is important to plan for what you will do with your chickens once they stop laying eggs. Chickens make wonderful pets and get along with children, other animals in the barn, or pets in the home.

To get started with your own backyard flock, visit Mike's Feed Farm at 90 Hamburg Turnpike in Riverdale.

Riverdale Fire Auxiliary Scholarship



Applications available at

- ◆ Borough's website: ww.RiverdaleNJ.gov
- ◆ The Riverdale Library
- ◆ The Riverdale Municipal Building
- ◆ The Recreation Office

Must be submitted by May 1 at the Fire House



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



SLIPPERY ELM. The healing powers of the native Slippery Elm were first used by the American Indians. When Slippery Elm's inner bark gets wet the gummy mucilaginous substance surrounding its fibers swell, producing a soothing softening ointment. They used the salve externally to treat skin problems ranging from chapped lips to burns and wounds. The Indians used Slippery Elm as nature's chap stick. Its principle ingredient is a mucilage, a polysaccharide similar to that in flax seed.

Slippery Elm is a demulcent and emollient and can be applied as a poultice to all wounds or ulcers to good effect. Internally it is used for stomach and intestinal ulcers. Slippery Elm is also used internally for lung problems. For external uses it is used for all inflamed surfaces, skin diseases, abscesses, warts, ulcers, etc. The poultice quickly disperses inflammation and draws out impurities. Slippery Elm makes an excellent bolus to be used rectally to soothe any lower bowel irritation.

The main focus of the use of Slippery Elm is the GI tract where it can provide nutrition, a soothing coat over stomach and intestinal ulcers, soothing the colon, either taken orally or as a bolus used as a suppository or added to enemas.

Slippery Elm is often encapsulated and can be purchased. An interesting side note concerning the historical use of Slippery Elm. George Washington's army during the bitter winter at Valley Forge was kept alive by eating the inner bark of the Slippery Elm Tree.

Slippery Elm can be mixed into a thin and perfectly smooth paste with cold water. It then may be mixed in a number of ways to create a tonic. The drink can be flavored with cinnamon, nutmeg,

lemon rind or other flavorings. This mixture is known as Slippery Elm Gruel. It is important to make the cold water paste first and to stir steadily while adding a hot tonic as the mucilage in Slippery Elm will not dissolve in liquid. It will, however, swell as the mucilage soaks up the hot liquid tonic causing the drink to become thick.

- ◆ Slippery Elm is soothing to any inflamed or irritated area such as ulcers, or any ulcerated condition.
- ◆ Slippery Elm can neutralize stomach acidity and absorb foul gases.
- ◆ Slippery Elm helps in the digestion of dairy products. It protects against irritation and inflammation of the mucous membranes.
- ◆ When there is difficulty in holding and digesting food, Slippery Elm may be used as a food.
- ◆ Slippery Elm protects the body from impurities allowing the body to heal itself by coating the irritated areas with its mucilaginous properties.
- ◆ Slippery Elm is a good remedy for irritated kidneys and inflamed lungs.
- ◆ It helps to feed the adrenal glands and produces the cortin hormone which stimulates the entire body.
- ◆ Slippery Elm helps to lubricate the bowel, thus allowing for smooth and softer elimination.

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).



March leaving like a lion? Tame it with a hot, healthy **Coco Diablo**. It gives Milk Chocolate Ensure a devil of a twist.

- Makes: One 1-cup serving
- 1 8-fluid-ounce bottle Creamy Milk Chocolate Ensure®*
 - 1 tablespoon decaffeinated coffee crystals
 - 1 tablespoon sugar (substitute 1 to 2 packets of artificial sweetener, if desired)
 - 1/4 teaspoon vanilla extract
- Sprinkle of cinnamon

Combine ingredients in a small pan or microwave-safe cup. Heat on stove or in microwave to serving temperature.

DO NOT BOIL. Stir well before serving.

**This recipe can be prepared with Ensure® Nutrition Shake, Ensure Plus®, Ensure® Muscle Health, or Ensure Complete™. Nutrition information will vary with product used.*



Photography

Colored filters have no effect on the white clouds because white clouds contain no color. Colored filters have no effect on neutral (white, gray, black) objects because there is no color there for the filter to selectively absorb. That's why a colored filter can't darken an overcast gray or hazy white sky (although it can darken the bluish shadow portions of the clouds).

Further note: Atmospheric haze is caused by the scattering of ultraviolet light and blue radiation, and any colored filters can reduce this. But fog and smog actually consist of particles in the atmosphere, and no filter can "cut through" opaque particles.

- ◆ When packing a cooler with room temperature beverages, always pack a layer of ice, then sprinkle with salt, then repeat, until the bottles are covered. Then fill with cold water. The salt makes the temperature drop and gets your beverages frost in a flash!
- ◆ The first soda was sold in the U.S. in the mid-1800s and was invented by James Vernor, who named the drink Vernor's Ginger Ale. The extract used to produce the drink was aged for 4 years in oak casks. Ginger ale was the most popular soda until the 1920s. Ginger ale became associated with alcohol during Prohibition when it was the most popular mixer of the day. Vernor's Ginger Ale is still being sold today through select distributor.

the JILLIAN fund

Help during a critically-ill child's time of need.



The Jillian Gorman Fund establish in memory of his daughter by Riverdale resident Richard Gorman

16 year old Jillian Lauren Gorman was a normal teenager, independent in her ways. In September 2009, her family enrolled Jillian at Mary Help of Christian Academy in North Haledon, New Jersey for her freshman year. While reluctant at first, over time Jillian came to enjoy and profit from this academically challenging yet nurturing and family oriented environment. She became a responsible high school student, and life was very good.

Then everything changed. At just 16 years old, Jillian was diagnosed with aggressive Acute Myeloid Leukemia (AML,) a form of blood cancer; a condition with 5 year survival rates of less than 50% for children. The news, as well as the long road ahead, was devastating. Three and half years of grueling treatments – continuous rounds of chemotherapy, 3 bone marrow transplants, a kidney transplant, 2 full years of dialysis, hospital stays, bills, emotional roller coasters, and sleepless nights. Despite three hopeful periods of remission, Jillian eventually lost her valiant battle on March 3, 2013.

During her treatment Jillian managed to stay active and productive and became an inspiration to many others. While a student of Mary Help of Christian Academy, some of her activities included: “Gospel Roads” retreat in 2011 in Tampa, Florida, painting houses, clearing fields, and feeding the poor (while on Dialysis and awaiting her kidney transplant); Worked with disadvantaged children at a summer camp teaching and providing support and guidance; Gave witness talks to children and incoming high school students that would be attending gospel roads retreats. When hearing Jillian’s story during her hospital stays, students

facing challenges would contact her from other high schools and universities and she would respond to their questions with encouragement, assurance, and compassion.

Her family was fortunate enough to be there during all her treatments, during those precious moments when family was most needed. It was during those crucial moments they realized that many other children were not as fortunate to have someone be there during their own treatments. It became evident that the families that needed to be there were financially unable to do so. Time away from work was impossible in order to make ends meet with the ever growing and insurmountable hospital bills. It is this painful realization which brings us together to assist these families.

Jillian handled her ordeal with grace, humor, and perspective well beyond her years. Therefore we dedicate this foundation to Jillian’s memory and promise to keep her wish alive: to help lessen the burden of another suffering child and family in need and enable young students to find the type of guidance and fulfillment so important to Jillian’s short but meaningful life.

Our Mission

1. To financially support parents with children who are suffering a life-threatening illness requiring critical care, *and*
2. To reward an academic scholarship to a deserving young woman who contributes extraordinary faith and leadership within her community.

The Jillian Fund was founded in July 2013 by a group of very inspired, dedicated and caring individuals who set forth to fulfill a simple wish: Help families in need. Our inspiration comes directly from Jillian Lauren Gorman, who while living her story, impacted others by reaching out; and by example, gave strength and encouragement to the needs of young and adolescent teenagers even while confronting her own life-threatening illness. This fund is therefore dedicated to her beautiful and boundless spirit. We invite you to learn how You can make a significant difference in a child’s life during their time of need.

The Jillian Fund is a 501(c)3 <http://www.thejillianfund.org/>

Blast from the Past - 1980s



Seated: **John Lucente, Board President Robert Moyle, Business Administrator Joan Marotta.** Standing: **Barbara Lukash, William Wall, Harry Ressler, Superintendent Tony DiNocchia, Steve Revis, Michael Golding**

Cantaloupe are at their sweet. Once it reaches this prime between June and point, it should be refrigerated as soon as possible. They should be round, smooth, and have a depressed scar at the stem end. Be aware that if the stem spot should be somewhat soft, but make sure that the melon is not soft all over. Cantaloupes are best if the netting of the skin is an even, yellow color with little or no green. Melons can be left at room temperature to ripen, but they do not ripen under refrigeration. The aroma will usually indicate if a cantaloupe is ripe and



Whole melons will last for a week if kept refrigerated. Cut melons, wrapped in plastic and refrigerated with the seeds left in place, are best eaten within two to three days. 1 average cantaloupe will produce about 45 to 50 melon balls, or about 4 cups of diced fruit.

Cantaloupes have been used to lower fevers, reduced blood pressure, relieve the symptoms of arthritis, alleviate bladder problems, and maintain bowel regularity. They can also alleviate jaundice, inflammation, sunburn, and other burns.



Howard Johnson's, or **Howard Johnson**, is a chain of hotels, motels and restaurants located primarily throughout the United States and Canada. Founded by Howard Johnson, it was the largest restaurant chain in the U.S. throughout the 1960s and 1970s, with more than 1,000 combined company owned and franchised outlets.

The Howard Johnson Restaurant in Lake Placid has closed. That leaves only two remaining HoJo restaurant, the ones in Lake George and Bangor, ME. The Lake Placid one was open 60 years. The end of another era.



How To Make Lavender Lemonade to Get Rid of Headaches and Anxiety

Flavoring your lemonade with lavender is a great way to utilize the amazing medicinal properties of lavender—a wonderful aromatic herb that calms the senses.

Pure lavender oil is an incredible oil to use for your own health and wellness. It's among the gentlest of essential oils, but also one of the most powerful. Lavender oil has a chemically complex structure with over 150 active constituents, which explains its effectiveness at helping with a lot of health ailments, possessing amazing anti-inflammatory, anti-fungal, antidepressant, antiseptic, antibacterial, antimicrobial, antispasmodic, analgesic, detoxifier, hypotensive, and sedative properties.

Florida researchers have found that lavender oil benefits include reducing anxiety and lowering pulse rates and it has been demonstrated to decrease pre-surgery distress and to be more relaxing than massage or merely resting.

It has been shown to reduce depression, improve insomnia and ease labor pains. Anecdotal evidence suggests that lavender oil benefits those with headaches, hangovers, sinus congestion and pain relief.

Lavender Lemonade

Ingredients

- 1 cup raw honey
- 12 cups pure water
- 1 drop lavender essential oil
- 6 lemons, peeled and juiced
- Lavender sprigs for garnish



Directions

Mix all ingredients together and chill. Add more water or raw honey if needed.

Expires 4/30/2015

Fire Marshall Ralph Porrino

Protect Your Family From Falls

- Falls are the leading cause of non-fatal unintentional injuries for every age group, except 10 to 24 years old—for whom it's the second leading cause.
- Falls send approximately 8,000 children and 5,600 older adults to U.S. emergency rooms *every day*.
- For Americans 65 and older, falls are the *leading* cause of injury-related deaths, hospital stays and emergency department visits. Of those who sustain a fall, 20% to 30% suffer moderate to severe injuries, such as traumatic brain injury and hip and lower extremity fractures.
- Leading causes of falls for both children and adults include stairs and steps.
- Other leading causes of falls for children include trips, slips, and falls from furniture or playgrounds.

How you protect your family

1. Wipe up spills immediately.
2. Remove small rugs or tape them to the floor.
3. Remove clutter, which can be a tripping hazard—especially toys.
4. Use a bath mat or nonslip strips in tubs and showers.
5. Use night lights in bedrooms, bathrooms and hallways.
6. Make sure you have adequate lighting at the top and bottom of stairs.
7. Install handrails.
8. If you have children, use gates at the top and bottom of stairs.
9. Don't leave small children unattended on a table, bed or elevated surface.
10. Establish clear, firm safety rules for children, such as no jumping on furniture

Tea Love: Instilling a Love of Tea, One Sip at a Time
Feature – New Ways To Brew A Cuppa
 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/>.

For the month of April, I had trouble figuring out what I wanted to write. I racked my brain, searched Google for good ideas, but could not settle on anything. Then I thought, wait, *An Ode to my Lover!* A poem I wrote a while back for the Cranford Writing Group. It got some praises, so I thought why not share it with you?

So, without further ado, enjoy a Catherine Felegi original:

An Ode to my Lover

It wasn't the way that his lips
 touched mine,
 Nor the way he smiled.
 It wasn't even the way his hand
 caressed
 The top of my thigh, so gently,
 While we sat next to one another
 watching movies.
 No,

What made me fall in love with
 him
 Was the perfect way
 He poured my tea.

The water was never scalding,
 A sharp bite to the tongue.
 Nor was it ever tepid,
 Barely able to draw the juices
 Out of the leaves;
 Always the right amount of heat
 To encapsulate my senses
 In bliss.

The china
 Chosen with the care,
 Never too thin
 Since I am not delicate myself,

Nor too clunky.
 It is difficult to enjoy your drink
 that way.

Only the finest leaves can be
 used;
 No Lipton in my cup.
 Even sometimes sifting through
 the leaves

To ensure that no dustings could
 taint the amber beverage,
 Nor any grade lower than Pekoe
 Could pass my lips.

Timing had to be cared for;
 Too long might make the tea
 bitter,
 While too short will leave it
 weak.

Once the leaves open,
 The leaves *must* be removed
 Before the delicate balance
 Could be ruined
 By time.

The tender love,
 The care,
 All poured into
 The perfect cup.

Tips to Avoid Pothole Damage

**Plymouth Rock Assurance
 New Jersey**

Hitting a pothole can cause more than an uncomfortable ride. Depending on the severity of the collision, a pothole can cause serious damage to your car. Tire damage, rim damage, premature wear on shocks and struts, suspension damage, steering misalignment, exhaust system damage, and engine damage are all possible.

Potholes are not uncommon in New Jersey—especially during and after harsh winter weather—so it's important to understand how you can minimize the likelihood of blowouts and other pothole damage. Below are several tips to safely avoid potholes or deal with an unavoidable collision:

• **Steer Clear of Potholes:** Easier said than done in some cases, but your first course of action should be to safely maneuver around a pothole if there are no cars in adjacent lanes. Be mindful of puddles that could be masking potholes beneath.

• **Take It Slow:** This is extra important when traveling at night or on unfamiliar roads. Maintain a safe distance from the car traveling in front of you to give yourself time to identify potholes and react.

• **Keep Tire Pressure in the Sweet Spot:** Your owner's manual and/or door jamb should tell you

the ideal tire inflation for your car. Allowing pressure to dip under the recommended PSI could leave your tires susceptible to bottoming out quickly onto the rims and increase the likelihood of front suspension damage when faced with a pothole. Inflating your tires above the recommended PSI could increase the chances of a rigid impact when hitting a pothole because tires are harder when overinflated.

• **Don't Slam on the Brakes:** If you can't safely avoid a pothole, you don't want to brake hard into the collision. The increased downforce from slamming on the brakes can increase the possibility of damage. If possible, gradually reduce your speed into the impact, and always keep two hands on the wheel to maintain control.

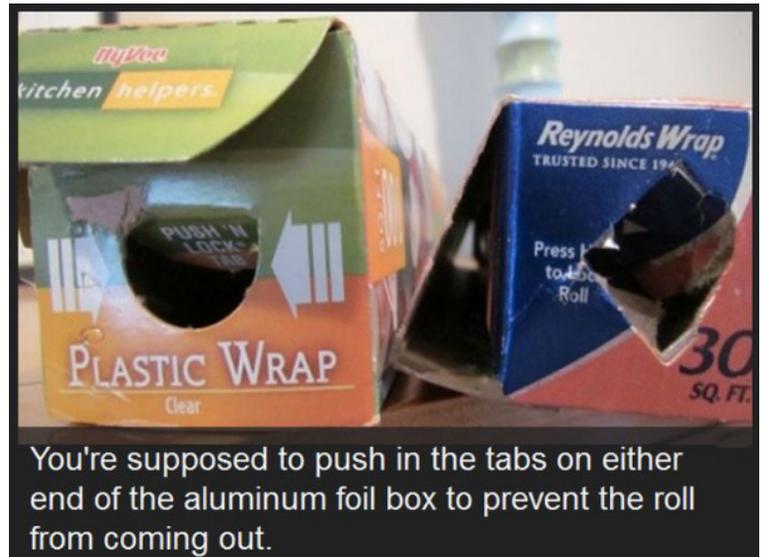
• **Inspect Your Car after Impact:** Checking your car for signs of damage following an encounter with a pothole can help you avoid safety issues in the future. If something feels, sounds, or looks "off," don't hesitate to get a professional inspection.

• Repairs for damage caused by a pothole may be covered by your car insurance if you carry collision coverage.

• Reimbursement for repairs or collision deductibles may also be available through the New Jersey Department of the Treasury for incidents that occur on state roads. Claims must be submitted to Treasury within 90 days of the incident.



New York World's Fair—1965. Notice Shea Stadium in the background



You're supposed to push in the tabs on either end of the aluminum foil box to prevent the roll from coming out.

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