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NEWS &

EVENTS

February 2014

Volume 9 Number 2



The Enclave

Alert: How To Protect Your Home from Today's Severe Weather

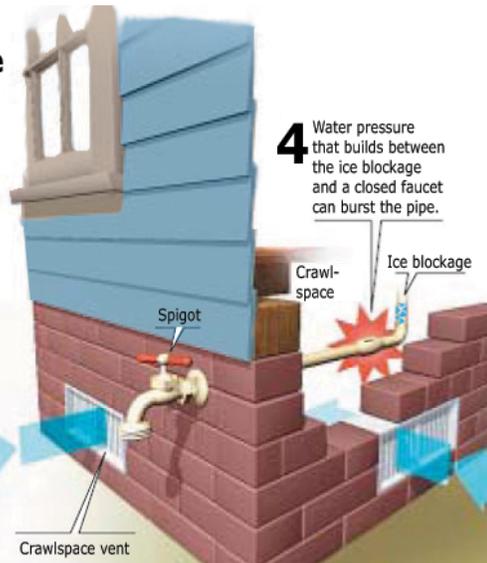
With falling temperatures expected to accompany the snow that has already started falling in New Jersey, the time to prepare your home is now. Follow these quick and easy tips to prevent the water pipes in your home from freezing and potentially causing an expensive mess:

- Keep your thermostat set to the same temperature while outside temperatures sit in the teens and single digits over the next 24 to 48 hours. You may incur a higher heating bill, but you will be preventing a more costly repair job. If you are leaving town, set the temperature in your home to no lower than 65° F.
- Open kitchen and bathroom cabinets to allow warm air to reach the plumbing. Be sure to move any cleaners or chemicals out of the reach of children and pets.
- Let cold water trickle from the faucets in your home. Turn off water leading to outside faucets and open those taps to drain any water remaining in the pipes.

Why frozen water will burst your pipe

Unprotected pipes are susceptible to cold temperatures because water expands when it goes from liquid to solid form.

- 1** A gallon of water, when frozen, will expand to a volume 9% greater than the original gallon.
- 2** Ice blockage becomes more likely when outside temperatures drop to below freezing.
- 3** A cold wind reaching unprotected pipes quickly removes heat and increases the chance of ice formation.



- Keep garage doors closed, especially if you have water supply lines in the garage.

As forecasters predict more than a foot of snow in some areas, the last thing you need is the headache of a frozen or burst pipe in your home.

Volume 9 Number 1

William Budesheim, Editor
Lori Clinton, Associate Editor

Columnists

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

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Riverdale Woman's Club

Announces its 3rd Annual Scrapbook Fundraiser

DATE: Saturday - April 5, 2014
TIME: 10:00 am to 10:00 pm
PLACE: Riverdale Community Center, 57 Loy Avenue
COST: \$40 if paid before February 15...\$45 if paid after the 15th

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

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



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

Advertising rates are on website www.riverdalenj.gov

Riverdale Woman's Club

February is Dating Violence Awareness and Prevention Month.



The Riverdale Woman's Club, a member of the New Jersey State Federation of Women's Clubs, presents the following information as a service to our community. Parents are encouraged to discuss the warning signs of Dating Violence and Abuse with their children (boys as well as girls). Teen dating abuse is an insidious thing that happens gradually over time and it is hoped that with the knowledge of these warning signs you may be able to recognize signs of possible abuse and take steps to nip any problem in the bud.

Dating abuse is a pattern of destructive behaviors used to exert power and control over a dating partner. While we define dating violence as a pattern, that doesn't mean the first instance of abuse is not dating violence. It just recognizes that dating violence usually involves a series of abusive behaviors over a course of time.

Warning Signs of Abuse

Because relationships exist on a spectrum, it can be hard to tell when a behavior crosses the line from healthy to unhealthy or even abusive. Use these warning signs of abuse to see if your relationship is going in the wrong direction:

- ◆ Checking your cell phone or email without permission
- ◆ Constantly putting you down
- ◆ Extreme jealousy or insecurity
- ◆ Explosive temper
- ◆ Isolating you from family or friends
- ◆ Making false accusations
- ◆ Mood swings
- ◆ Physically hurting you in any way
- ◆ Possessiveness
- ◆ Telling you what to do
- ◆ Repeatedly pressuring you to have sex



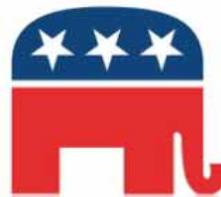
This Valentine's Day, we'd like to make sure everyone knows: we all deserve safe and healthy relationships. If you or someone you know has questions about their relationship - you can visit loveisrespect.org or text "Loveis" to 22522.

Remember, love has many definitions, but abuse isn't one of them.

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



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



Creamy Broccoli Chicken

By Librarian Linda Vogel

Ingredients:

- ◆ 1 can Cream of Broccoli Soup
- ◆ Boneless chicken breasts (as many as you may need). I buy the frozen ones with 6-7 in a package, approx. 3 lbs.
- ◆ 1 bag frozen broccoli
- ◆ Salt and pepper
- ◆ 1 cup of milk.



Preparation:

Place chicken in the crock pot. Cover with frozen vegetables and cream of broccoli soup. Add salt and pepper to taste. Cook on LOW 6 to 8 hours. (Boneless chicken breast might be dry if cooked too long.) Add milk about 45 minutes before done, or 30 minutes if cooking on high. Pour over rice.



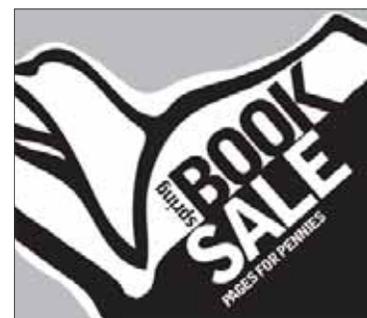
FRIENDS



Riverdale Public Library
93 Newark-Pompton Tpke
Riverdale, NJ 07457-1426
973 835-5044

The friends are in need of a moving cart to move books. If you have one you would like to donate, please let us know.

The Friends of The Riverdale Public Library is now taking donations for their annual book sale in March. Books in good shape can be donated during regular library hours.



To see the photos of many of the events taking place around town, go the Borough's Website at www.RiverdaleNJ.gov and click on Mayor's Photo Albums on the left hand side of the home page. There are nearly 120 albums on line. Also, every issue of the Riverdale News and Events are online going back to the initial issue in October 2005. On the homepage's left column click on "Newsletter, Etc."

Keeping Your Furry Friend Healthy During the Cold of Winter



Prepared by Dr. Marc Sommer, DC, CAC, DAAPM, AVCA Certified Animal Chiropractor, on behalf of Mike's Feed Farm in Riverdale

If your furry friend is a mammal (dogs, cats, horses, etc), their bodies will be affected by cold weather much as yours and mine are. Whatever aches and pains they feel during the year will be magnified by the cold. Just like you and me. So our companions with arthritis, tendonitis, spinal disc problems, degenerative joint disease, muscle spasms, and gait abnormalities might benefit from some special cold weather considerations, especially as they age.

I would like to share with you some of the things I have found helpful over the years with my four legged seniors.

- ◆ Your pet grows a winter coat. There is a reason for this. It's winter. Don't cut it off;
- ◆ If you have a short haired pet, treat him or her to a sweater or jacket;
- ◆ Even with a coat, supplied by nature or you, limit the amount of time allowed outside, and always with your focused supervision;
- ◆ While outside, make sure your pet is not in danger of any bodies of water like lakes or ponds that may freeze, allowing them to fall through the ice;
- ◆ Regarding ice, be very careful to only use pet-safe salt on your driveway and walks, to protect their sensitive paws;
- ◆ Remember to clean up any antifreeze spills in your garage, as this is poisonous to our pets;
- ◆ Regardless of the season or weather conditions, unless my dogs are within my backyard fence, when outside they are always leashed to their harnesses, and have their identification on or with them;

- ◆ Since your pets will probably spend more time inside than outside in cold weather, try to make up for their diminished activity by walking them up and down stairs more frequently, playing with them more (tug of wars, chasing balls and toys on carpeted areas, etc.), and gently massaging along their backs and legs;
- ◆ Nutrition is always important. Make sure your feeding breed appropriate, age appropriate and body type appropriate food and treats. While the initial investment in a higher quality food will cost a little more, the actual difference in the cost per serving is pennies. Those pennies will add up to dollars, possibly many dollars, that you will avoid spending in future medical (including chiropractic) bills. *Additionally, there are some really great nutritional supplements available to ease the aches and pains, and to increase the ability of the immune system to keep our best friends healthy;
- ◆ For those patients under the care of an animal chiropractor, physical therapist or holistic veterinarian, the interval between treatments might be shortened a little during cold weather. If I am treating an older patient once a month, I might suggest seeing them at 3 week intervals. If a patient is being treated every 10 weeks, they might be seen in 8 or 9 weeks during the winter.

I hope you have found this information informative and interesting. This is a beautiful time of year for you and your animal companions to enjoy together.

*Supplements to ease your pets winter aches and pains and support joint mobility and flexibility include:

- K9 Liquid Health
- DGP – Dog Gone Pain
- Cosequin
- Salmon Oil
- Omega 3 products

...and more, all to be found at

Local Animals in Need of Forever Homes



Meet **Caramela!** Caramela and her sister came to Fowa Rescue with a litter of kittens. Both sisters took turns caring for and nursing the babies. The sisters were such awesome mommies despite coming from deplorable conditions

living in a hoarding house. Caramela's sister was adopted and so were all of the babies. Beautiful Caramela has been overlooked, perhaps because she is shy. She is in a foster home with other cats and a small dog and gets along nicely with everyone. She is gentle and quiet but needs an understanding home where she will be allowed to settle in and get comfortable. Caramela is two years young, healthy, spayed, fully vetted and negative for FIV and FeLV.

Meet **Snowflake!**

Snowflake has stolen all our hearts and we know she will steal yours too. She was pulled from a local shelter where she had lived since October. We couldn't leave her there a minute longer. She is up to date on vaccines and doing great in her foster home.



Snowflake is sweet and loving and just wants a place to call home. Come fall in love ... we did!

Visit www.fowa.petfinder.com, call 973-902-7515, or email fowadogadoptions@yahoo.com to find out more about FOWA Rescue and other adoptable dogs and cats.

- ◆ Sprinkle peeled garlic cloves with a little salt before chopping them. The salt will absorb the garlic's juice and then dissolve, which will help spread the garlic flavor.
- ◆ Since many recipes call for both salt and pepper, prepare a standby mixture using 3 parts salt and 1 part pepper. Keep the mixture in a shaker by your stove.

Movie Trivia **THE LION KING-1994**



◆ In early drafts, Scar was a rogue lion with no relation to Mufasa. Eventually, however, the story writers thought relating him to Mufasa would be more interesting; a threat within. This is why Scar and Mufasa differ so much; They weren't originally designed to be related.

◆ The song that Rafiki sings, 'Asante sana Squash banana, Weve nugu mimi hapana' is Swahili for "Thank you very much, Squash banana, You're a baboon and I'm not." Simba asks, "What's that supposed to mean anyway?" and Rafiki says, "It means you're a baboon and I'm not." This is a popular children's song similar to "Cinderella, dressed in yella" for example.

◆ One of the bugs that Timon pulls out of a knothole during Hakuna Matata is wearing Mickey Mouse ears.

◆ The team working on the movie was supposedly Disney's "team B", who were "kept busy" while "team A" worked on Pocahontas (1995), on which the production had much higher hopes.

◆ There have been rumors that when Simba collapses on the cliff after talking with Timon and Pumbaa about stars, the dust that flies off the cliff forms the letters SEX. In fact it forms the letters SFX, the abbreviation of the special-effects team that worked on that portion of the film. For all subsequent releases more flowers and dust were added to the scene to avoid controversy.

◆ The wildebeest stampede took Disney's CG department approximately three years to animate.

◆ To date this movie still holds the record for being the highest grossing traditionally animated film in history.

◆ Simba's mane was supposedly inspired by Jon Bon Jovi's hair.

◆ While recording the scene where Simba gets pinned down by Nala, Jonathan Taylor Thomas was hit on his back to make it sound like he had just gotten the wind knocked out of him.

◆ The lions' roars are actually not lion roars at all. Tiger roars were used for the effect, because real lions' roars aren't as powerful.

◆ A few weeks before the film opened, Elton John was given a special screening. Noticing that the film's love song had been left out, he successfully lobbied to have the song put back in. Later, "Can You Feel the Love Tonight" won him an Academy Award for Best Original Song.

◆ Originally the film was going to be about a conflict between lions and baboons, and Scar was going to be the baboon leader. Rafiki, the only baboon in the film, was instead going to be a cheetah.

◆ During "Be Prepared", the hyenas' marching past Scar on the elevated rock was inspired by footage of Nazis marching by Adolf Hitler on a podium.

◆ Jim Cummings had to fill in for Jeremy Irons during the song "Be Prepared". Jeremy threw out his voice after singing, "You won't get a sniff without me!".

◆ In the end of the scene where Mufasa explains to Simba that the stars are old kings, we can see the constellation of Leo (the lion) in the sky.

◆ Pumbaa the Warthog was the first character in Disney films to exhibit flatulence.

◆ Unlike the other lions, Scar's claws are always displayed throughout the movie.

◆ Elton John and Tim Rice were a little shocked when they saw that the producers originally intended to have their (eventual) Oscar-winning love ballad "Can You Feel the Love Tonight" as a duet between Timon and Pumbaa.

◆ The line, "What do you want me to do, dress in drag and do the hula?" was improvised by Nathan Lane.

◆ The first Disney cartoon to be dubbed into Zulu for its African release.

◆ Although all of the animals are obviously anthropomorphic in the film, hyenas (as the villainous characters) were most given the short end of the stick from the reality. In fact, Spotted Hyenas are considered the equal of lions in terms of intelligence and ferocity. They have an equally intricate social structure and are less likely to kill their own kind than lions (hyena clan matriarchs allow very little intra-species aggression). Also, while portrayed as nearly full scavengers, in reality lions scavenge the kills of hyenas as much as (if not more so) than hyenas scavenge lion kills.

◆ The plot-line is loosely based upon William Shakespeare's Hamlet; a story of a young prince whose uncle takes over the kingdom and marries the queen after killing the king/prince's father. After being away from home for a period of time, these events lead to the prince's plans for revenge. The prince receives some advice from his father's ghost. Also, during the scene where Zazu sings "I've Got a Lovely Bunch of Coconuts", Scar Has a skull in his hand.

◆ The highest grossing movie of 1994 worldwide and the second highest in the US behind Forrest Gump (1994).

◆ When Mufasa tells Simba about the Great Kings of the Past if you look at the stars in the wide shot you can see Mickey Mouse.

◆ The animators were so impressed with Jeremy Irons's performance that they worked Irons' features into Scar's face.

◆ One of three Disney movies to win a Golden Globe for Best Picture. The other two are Beauty and the Beast (1991) and Toy Story 2 (1999) (all three were in the category "Comedy or Musical").

◆ At the end of the movie when Simba looks up to the stars and hears "Remember", you can make out a lion standing from the stars, representing Mufasa's star-sign.

◆ In the special edition release, crew had to hire a new actor to voice Young Simba singing for the "Morning Report" since the original singing voice is now an adult. They hired Evan Saucedo, making him the 4th actor to voice young Simba.

◆ 'Matthew Broderick (I)' (Adult Simba) and Nathan Lane (Timon) only saw each other once during production and that was in a hall. They both did their voice work separately.

◆ Several Disney animators went to Africa to study animal behavior and interaction in the wild. A grown lion and a cub were also brought into the animation studio as models for anatomy and musculature.

◆ When writer Irene Mecchi came on board, she was told that the story pitch was "Bambi (1942) in Africa meets Hamlet (1990)", or "Bamlet", as she termed it.

◆ The music of the little song Timon performs for the hyenas ("LUAU!") is a fast-paced parody of the Aloha Chant, which can be heard in Walt Disney's Enchanted Tiki Room in Disneyland.

◆ Nearly twenty minutes of the film were animated at the Disney-MGM Studios. Ultimately, more than 600 artists, animators and technicians contributed to The Lion King over its lengthy production schedule. More than one million drawings were created for the film, including 1,197 hand-painted backgrounds and 119,058 individually colored frames of film.

◆ The original opening to the film was supposed to have been a quiet dialogue-heavy sequence. When composer Hans Zimmer prepared his interpretation of Circle of Life, he made an extended version so he would have some flexibility as to what to cut for the film. The animators were so impressed with the work that they decided to change the beginning into the currently seen sequence so they could use the entire work that Zimmer prepared.

◆ The best selling home video of all time, with more than 55 million copies sold to date.



The Friends of the Riverdale Library welcome our 2014 new members: **Anne Burk, Sharon Nalbome, Dorothy Ratajczak, the Frast Family, Kathy Olsen, Fran Teitelbaum, the Harsley Family, Carol Heinz and Linda Anders.**

**Are You a Library Lover?
Join and Receive a Free Friends of the Riverdale Library Magnet.**

Our next meeting is Thursday, February 20 from 7 to 8 PM at the Library.

Friends of the Riverdale Public Library support the Library in many ways from book collections to programs.

To learn more about the Friends involvement in the Riverdale Library or to get membership forms visit the library or go on the library's website www.riverdalelibrary.org 

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



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



Don't Forget the Food Pantry
Please be generous with your donations to the Riverdale Food Pantry so that our friends and neighbors will not go without. Please call for a list of the most urgent needs. Thank you. 973-835-4060 x 6

Help Us Keep Our Taxes Down! Recycling saves tax dollars. Our garbage bill is based on the weight of the garbage collected in Riverdale. The less recycling materials that find their way into the general garbage collection the lower the cost of garbage removal. **The first Friday of the month is for Metal Appliances and Scrap Metal.** These are usually heavy and save the most in disposal costs.



Under state law **NO PARKING:**

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

No Parking Rules



The Borough of Riverdale is again able to accept computer monitors and televisions as part of our recycling program. Drop off your computers, monitors and televisions at the **Municipal Building.** (Projection TVs not accepted.)

CLEAN UP AFTER YOUR DOG

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

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



Borough of Riverdale now accepting Credit Card Payments for:

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

A small convenience fee applies. Go to our website www.RiverdaleNJ.gov to make your online payments. Credit cards may be used in person, too!

Antiques & Collectibles, Hummel Figurines, An End of An Era

by Riverdale Resident and Columnist Bill Lango



On October 31st, 2008, Goebel announced that they were ceasing production of Hummel Figurines. These beloved Cherub faced German Porcelain figurines have been a favorite among both casual collectors as well as die-hard collectors since their debut in 1935.

Unfortunately, the continued interest and market for new Hummels has been on a downward trend for years. Resulting in a drop in expected sales of thirty-three percent. Ultimately causing production of Hummel figurines in Germany to end.

Hummel figurines generally depicted children, in heart-warming scenes often with animals, or musical instruments. Often Christmas trees as well as religious themes were the central focus of many Hummel Figurines.

Hummel figurines were the rage in the late 1940s and 1950s. I don't think there was one husband, sweetheart or son serving in the U.S. military in Europe that didn't send home at least one Hummel during their tour of duty. Today these Hummel figurines hold great sentimentality for their owners.

In the 1960s and '70s Hummel figurines were being sold in Hallmark stores and airport gift shops and prices began to skyrocket. With the "Umbrella Boy" figurine retailing for \$1,500. More and more were being manufactured and sold including countless "Special Editions." Even QVC jumped on the Hummel bandwagon, eventually helping to flood the market.

While older generations loved Hummels, the younger generation doesn't have any interest in collecting dust collectors. The sad realization is that Hummel figurines no longer suit modern tastes. Young collectors do not have the "accumulation" passion that we Baby Boomers and our parents had.

Many of the original owners of the Post WWII era Hummels are elderly and their numbers are declining. Some are leaving vast collections to their heirs. This increasing number of old Hummels on

the secondary market has contributed to lower prices. Hummels still sell at antique shops, auctions, estate sales, garage sales, flea markets, antique shows and eBay, but there are more 'sellers' than 'buyers' so prices have tanked.

Ebay has brought accessibility to everyone with a computer and prices for Hummels have steadily decreased. Hummels still occasionally fetch big bucks on eBay, but only for the super rare pieces, many don't sell at all, and others sell for less than \$50, a once unheard of price for Hummels.

Hummels are not alone in price decline. One only has to look at the long roster of so called, "Limited Edition Collectibles" produced during the 1970s and 1980s that have ended up on the ash heap of perceived demand and value: Bradford Exchange collector plates, David Winter, Precious Moments, Dept.56, Beanie Babies, current Barbie dolls, Armanti, Lladro, and on.

The demise of the Limited Edition collectible industry is a direct result of the excessive greed of the producers and manufacturers of those items. This reinforces the rule of Supply and Demand, the First rule for any "Collectibles" value.

Hummel figurines have been a premier collectible since their inception in 1935. The end of their German factory production on October 31st, 2008, simply confirms the collecting passions in American culture is generational based. Hummels of yesteryear are out of vogue today. What's hot today in the collectible arena will be a nice topic for a future article.

I'm sure there are millions of folks like my Wife's aunt Helen and uncle Lenny (members of the Greatest Generation), who amassed a small collection of Hummels. Not because of their potential price appreciation, but only for the simple joys their Hummels gave them. Aunt Helen and uncle Lenny are gone now. Their Hummels were divided among members of the family. I'm sure if they were with us now they would agree that the end of production of Hummels is a sad day for all of us.

Bill Lango

Opinions quoted reflect the writer's experience, and as with all antiques and collectibles, may vary depending on a number of circumstances and conditions.

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If your space isn't becoming to you, you should be coming to me!!!

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Neighbors in Nature

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

From the occasional bent branches at the library's butterflybush, one can see that people have been at least curious about the seeds. Hopefully some people have also started growing them. In the 22nd of December, I also gathered some seeds onto the soil of my three inch pot. By New Year's day, 30 seeds had germinated. This week, on January 22nd, I transferred three of the seedlings to a single 2 1/2 diameter pot. The instruments are shown in the attached photo. Starting clockwise from the upper left:

1. The 3 inch pot with the original germinated seeds from the butterfly bush in a 3 inch plastic pot covered with a clear plastic drinking cup. Half a quart seltzer bottle also works well.
2. An empty 2 1/2 inch plastic pot covered with a seltzer bottle.
3. A 2 1/2 inch pot of soil with three transplanted seedlings. All of the above rest on a paper coffee filter which is cut to fit the bottom of the pots to retain potting soil.
4. A disc of coffee filter cut for the bottom of a 2 1/2 inch pot.
5. A tooth pick is useful for straightening a seedlings that get tilted.
6. Two pairs of tweezers, one in a position to be used as a two pronged spading fork and the other to show the end of the tweezers used to make a hole in the soil about 1/4 inch deep and 1/4 inch in diameter to receive the transplanted seedling.
7. Not shown: an eyedropper used to add a drop of water at the base of the newly placed seedling. This settles the soil around the base of the seedling.

Now comes the tricky part. Keep the soil moist, but for an hour or so daily, remove the plastic "greenhouse" cover. This lets the soil at the base of the seedling to dry ever so little that the seedlings roots grow INTO the soil to follow the moisture. Otherwise the microscopic root hairs of the seedling just spread out OVER the surface of the soil.

As the seedling grows, move it up to bigger pots. I do this by putting the small pot into the big pot with enough soil in the big pot so that the tops of the two pot are even. Then put soil around the small pot even with the tops of the two pots. Water the soil in the large pot until saturated.

Carefully remove the smaller pot. Push out the small pot's soil with its seedling and place this in the soil cavity left in the larger pot. Push the large pot's soil around the mass from the smaller pot. As the seedling get larger, repeat the process to newer bigger pots until the seedling can be planted outside in the garden.

For fertilizer, the directions on my source says one table spoon per gallon. I would start seedlings with 1/4 teaspoon and gradually make it stronger as the seedling gets bigger. By May you can be at the tablespoon per gallon.

For those who have success growing plants with such small seeds, next month I will tell you how to grow African Violets (Saintpaulias) from seed (from your own plant!). *Don Pruden*



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Daniel J. Salameo Jr.



Announcement Peter Bankuti wishes to thank everyone that gave him the packages of Ensure all during 2013 and he wishes each and everyone a Happy & Healthy New Year

Wishing **James & Julia Regeling** a Very Happy 8th Birthday, on February 28! We love you SO very much! Mommy, Daddy, Ruby & Princey! XOXO



Happy Belated 23rd Birthday, **Jen McClinton**, on December 25. Love Aunt Millie, Brett & Jesse

Happy Belated 26th Birthday, **Fred Taylor**, on January 25. Love Aunt Millie, Brett & Jesse

Happy Birthday, **Millie Stires**, on February 2.

Happy 15th Birthday, **Joseph Soto**, on February 17. Love Mom, Dad, Tyler, Ryan, & Matthew! Love you lots!! XOXOXOXOX

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

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

Happy Birthday, **Lori Clinton**, on February 4. Love, Brad, Emily and Kyle.

Happy Police Birthday to **Ptl. Chuck Quant** (3rd) and **Sgt. Glenn Danzo** (10th).

RIVERDALE LIBRARY

eReaders: Through a generous gift from the Friends of the Riverdale Public Library, Kindles and Nooks are preloaded with popular titles and available for loan at the Circulation Desk of the Riverdale public Library. eReaders may be borrowed for two-week loan periods, and are for Riverdale residents, 18 years and older. Visit the Riverdale Public Library for terms and additional answers to your questions.

For Rent: The Meeting room and the Conference room at the Riverdale Library are available for organizational meetings, musical and community events. For rental rates, and availability please call the Riverdale Public Library at 973-835-5044.

WARNING

Computer fraud isn't limited to the Internet

Unscrupulous computer tech companies charge you for the same repairs over and over again

Call the JMOR Connection (before you need them)
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John, a Riverdale Resident, can come to you to work on your computer or you can visit him at his Kinnelon Location

BY and LARGE A Monthly Column written by Riverdale Resident Elaine Peacock.

Love is in the Air

By Elaine Peacock

Well it is that time again love is in the air. Can you feel it? Between the expensive bouquets of roses, boxes of chocolates, racks of valentines to buy for the one you love, jewelry or an expensive dinner it's no wonder this is not a holiday for the faint of heart. Actually I miss the good old days of the valentine box by the teacher's desk where you would put your hand made or 5 & 10 valentines and hope you would get one from

that cute boy or girl that you had a secret crush on. You remember those don't you? Sure you do. So this Valentine's Day don't just show the special people in your life you love them – send a Valentine to one of our military personnel stationed far from home or a wounded warrior in the hospital help keep love in the air way past February 14th.



PUZZLER 56. Weary Gary went up a certain hill at the rate of one and a half miles per hour and came down at the rate of four and a half miles per hour, so that it took him just six hours to make the double journey. How far was it to the top of the hill?

PUZZLER 520 An Epitaph (A.D 1538). sons; Two maidens, with their two Two grandmothers, with their two mothers; Two sisters, with their two granddaughters; Two husbands, with brothers; Yet only six in all lie buried their two wives; Two fathers, with their here; All born legitimate, from incest two daughters; Two mothers, with their clear. How might this happen?



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RECREATION NEWS



Follow us @Riverdale Rec

riverdalerec@gmail.com



"LIKE" us at Riverdale Recreation

WINTER WALKING CLUB

*Want to keep moving while it's cold outside?
Come walk the Lakeside Hallways!*

Thursday evenings at Lakeside Middle School
7-8 pm, starts Jan. 9 thru April 24.

The hallways at Lakeside circle the entire school and will be open for walking on Thursday evenings.

Questions? [email riverdalerec@gmail.com](mailto:riverdalerec@gmail.com)



MENS BASKETBALL

Tuesdays thru May 20, 7-10 pm

Lincoln School in Pompton Lakes.

\$40.00 (covers 31 weeks). Pick-up style games.

See Bob Brown any Tuesday night to sign-up and pay.

Indoor Field Hockey Clinic

Thursdays from March 20 thru April 24

7:00 - 8:30 pm Lakeside Gym in Pompton Lakes
Open to students in Second thru Eighth Grades.

\$70 registration fee.

For more information or to sign up, please email RiverdaleRec@gmail.com

Indoor Softball Clinic

Tuesdays from March 18 thru April 15

7:00 - 8:30 pm Lakeside Gym in Pompton Lakes
Open to students in First thru Eighth Grades.

\$60 registration fee.



2014 Summer Rec. Registration will be starting soon! Please watch the Recreation Facebook page for more information. You can like us on Facebook at "Riverdale Recreation" to stay up to date on the latest Recreation News.

Counselor Applications will be accepted during March and April only. Please pick up an application at the Borough Hall (they are not available anywhere else). You must be 16 years old and a Riverdale Resident to apply. For more info. contact Krista Osborne 973-835-1234.

Pompton Lakes/Riverdale Youth Tennis Organization

Sundays, March 30 – May 4 (except Easter Sunday)
at the Hershfield Park Tennis Courts in Pompton Lakes

1:00-1:45 p.m. session open to students in K-8 grade

2:00-2:45 p.m. session for special needs players

Cost: \$10.00/participant

This program is being organized as part of a Girl Scout Gold Award Project to introduce more youth in the Community to the lifetime sport of tennis. Email riverdalerec@gmail.com to sign-up.

Tennis Racquets Wanted! Do you have an old racquet lying around that you don't use anymore? Donate it to the Pompton Lakes Riverdale Youth Tennis Organization. Contact Krista Osborne at (973) 835-1234 or riverdalerec@gmail.com to arrange for pick-up or drop-off.



The Friends of the Riverdale Public Library will be busy preparing for their **13th Annual Book Sale**. This year's event will be held on **March 28-30** at the Riverdale Community Center.

Volunteers are needed to help sort books before sale at the library during regular library hours as well as setting up before the sale and cleaning up after the sale.

Girl and Boy Scouts are welcome to help again!

Set up dates and times: Wednesday, March 26 from 6:00-9:00 pm; Thursday, March 27 from 6:00-9:00 pm.
Clean up date is Sunday, March 30 starting at 3:00 pm

Book Sale will be held at the Community Center, 57 Loy Avenue, on Friday, March 28 from 4:00 to 8:00 pm;
Saturday, March 29 from 10:00 am to 4:00 pm; and Sunday, March 30 from 12:00 to 3:00 pm.

For more information contact President of the Friends Steve Frast at 973-831-1721 or Friends Secretary Linda Anders at 973-838-8298 or Lpico@verizon.net

Riverdale School News



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

Santa Pays a Visit

The annual Holiday Parade featuring Santa was held on Monday, December 23rd. After the parade, Santa spent some time visiting with all the students and even posed for photos. The Riverdale Police Department gave students a metal water bottle and brought in pizza for everyone. The Home Depot also donated Kids' Workshop building kits. We thank the PBA, "Santa," and the Home Depot for their continued support to the Riverdale School.

Thank you to our Visiting Author, T.T. Faulkner

On December 23 2013, Mr. Trevor T. Faulkner an author from Tallahassee, Florida, volunteered his time to Riverdale's Middle School students. His self-published titles include: The Last Memory, The Lost Memory, and is currently working on the conclusion to the "Memory Trilogy." Mr. Faulkner graciously answered questions about the writing process and gave students advice on finding ideas to write about. Faulkner said: "Everything has a story- tell *your* story." He explained the process of self-publishing and offered to answer any other questions by email. Before he left, Mr. Faulkner autographed copies of his pre-ordered books. To find out more about T.T. Faulkner visit his website: www.ttfaulkner.com.

Celebrating Excellence in Academic Achievement

Students in grades 6-8 were recognized at the Board of Education Meeting held on Wednesday, January 15th, 2013. Students who made Honor Roll received a certificate and were acknowledged at the Board Meeting.

Preschool Open House

A preschool open house was held on January 23rd, 2014. Those interested in the program must contact the school prior to March 11, 2014 as the "lottery" will be drawn at the March 12, 2014 Board Meeting scheduled for 7:30 pm.

Kindergarten Registration

Kindergarten Registration will take place on Tuesday, February 4, 2014 from 9:00 am to 11:00 am and Wednesday, February 5, 2014 from 4:30 pm to 6:30 pm. For more information please visit

the District website at: www.rpsnj.org and follow the link on the homepage for kindergarten registration.

Riverdale School PTA Health and Wellness Fair

The Health and Wellness Fair is scheduled for Wednesday, February 12, 2014 at 7pm. The fair is intended to be both informative and fun for parents and kids. The evening will begin with a presentation on nutrition and reading food labels. There will be Karate and Zumba sessions as well as information booths and activity stations. Please bring a non-perishable food item to support the Riverdale Food Pantry. **COME AND JOIN THE FUN!**

Read to Succeed

Riverdale School students will participate in Six Flags Great Adventure's "Read to Succeed Program" offered to students in Grade K thru 6. Students who successfully complete the program will receive one free ticket to Six Flags Great Adventure in Jackson, NJ. In order to receive a free ticket each student must read 6 hours or 360 minutes from now until February 21, 2014. Thank you to the Riverdale School PTA for spearheading this event.

Acknowledgements

We thank the PTA for sponsoring two cultural arts assemblies during the month of January (Aesop's Fables and Tales from the Underground Railroad). We would also like to thank the Morris County Clean Communities program for sponsoring a "Going Green" assembly (The Big Green Clean Up Machine).

Upcoming Events for February 2014

- February 1—Performance Troup Theatre Competition
- February 4—PTA Scholastic Book Fair
- February 4—Kindergarten Registration (9:00 am)
- February 5—Kindergarten Registration (4:30 pm)
- February 5—Board of Ed. Meeting (7:30 pm)
- February 6—PTA Founder's Day (7:00 pm)
- February 10-14—PTA Food Drive
- February 12—Health and Wellness Fair (7:00 pm)
- February 26—Board of Ed. Meeting (7:30 pm)

We invite parents and students to attend our Literacy Night on February 27, 2014 at 6:30 pm

Riverdale Health and Wellness Fair!
Wednesday, February 12, 2014 from 7:00pm-9:00pm
Riverdale Public School

Test your blood pressure and take the hand-washing test * Get information about heart health, dental health and diabetic health * Take a basic first aid class and tour an ambulance * Learn alternative therapies that can help improve your health and well-being
Get new ideas about healthy school lunches and snacks * Play the food pyramid game * Learn how to make healthy juices and smoothies

Karate and Zumba * Basketball foul shot, hula hoop and jump rope contests * Run an obstacle course and test your heart rate!

Please bring a non-perishable food item to support the Riverdale Food Pantry!!

Organized by the Riverdale School PTA with the generous help of school staff, local professionals, local businesses and community organizations.

A BOOK REVIEW:

The Reason I Jump: The Inner Voice of a Thirteen-Year-Old Boy with Autism by Naoki Higashida

This book is like a Rosetta Stone, a secret decoder ring for autism's many mysteries. Author Naoki Higashida is a non-verbal boy with autism living in Japan. He's able to write using a letter board, and this book of essays was published in 2006 when Higashida was 13 years old.

While Higashida doesn't represent everyone on the autistic spectrum, his book certainly helps explain many autistic behaviors from the inside out. Higashida answers questions on a variety of topics, like, "Why do you flap your hands?" and, "Why do you like to jump?"

Higashida's answers show amazing insight into the autistic mind, detailing a unique system for filing memories, as well as a perpetual struggle with sensory input, and the concept of linear time.

The mental gymnastics needed to overcome autism's obstacles are tremendous, and sometimes brilliant. But it's exhausting being inside Higashida's head — you can only imagine how he must feel.

A quest for consistency — for something true and unchanging — is behind many autistic behaviors, as seen in Higashida's response to the question, "Why do you like to spin things?"

"Watching spinning things fills us with a sort of everlasting bliss — for the time we sit watching them, they rotate with perfect regularity. Whatever object we spin, this is always true. Unchanging things are comforting, and there's something beautiful about that."

Many of Higashida's introspective insights are universal, and written with a poet's hand.

"Invisible things like human relationships and ambiguous expressions ... these are difficult for us people with autism to get our head around."

Invisible things are hard for all of us to grasp. Thoughts, emotions, memories, and faith; germs, virus, and disease. Our lives are ruled by Invisibles. They get us all in the end.

Asked what causes his panic attacks and meltdowns, Higashida's response is perceptive and poignant:

"Stuck here inside these unresponsive bodies of ours, with feelings we can't properly express, it's always a struggle just to survive. And it's this feeling of helplessness that sometimes drives us half crazy, and brings on a panic attack or a meltdown."

Higashida's apologetic tone resonates throughout this collection. He longs to connect, but he knows his strange behavior makes others uncomfortable, and it breaks his heart. It will break yours, too.

But *The Reason I Jump* is a double-shot of hope for parents of children with autism, especially those of us raising non-verbal / limited-speech kids. This book is proof of what we've known all along — our kids are thinking / feeling / loving people trapped inside uncooperative bodies. They wear their skin like an ill-fitting suit, constantly tripping on the hems, and getting caught up in the sleeves whenever they reach for something. Sensory Integration Disorder and the strange wiring of the autistic brain makes connecting with the outside world a challenge for our kids.

Higashida says the autistic mind focuses on details (flashing lights, a ladder, hoses, black tires, loud siren); while a typical mind will immediately recognize an object (a fire truck). Higashida sees a benefit in this reverse-engineered view of the world.

"Every single thing has its own unique beauty. People with autism get to cherish this beauty, as if it's a kind of blessing given to us."

Connect with a person with autism — see the world through their eyes — and you'll be blessed, too.



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.

P
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Pixel mania

By Bill Madden

So, now there is a smartphone out there that includes a '41 megapixel' camera. As a digital photographer this seems stunning to me. Currently, among 'serious' cameras, Nikon sells a \$3,000 camera that has been 'king of the hill' at 36 megapixels for about a year-and-a-half now. In the case of the Nikon camera, 36 megapixels means that, at its highest-quality setting, the camera is churning out pictures that are 7,360 pixels wide by 4,912 pixels tall. This new smartphone produces pictures that are, in their best mode, 7,728 x 5,368 pixels. And here's the kicker: you can buy the phone (on an AT&T contract) for \$49! A no-brainer, right? Well, not so fast . . .

Ever since the earliest days of digital cameras there has been an incredible mania to have more and more pixels, as if that alone determines how good a camera is. For most of us, even very modest cameras (I'm talking about cameras with as few as 5-6 megapixels) are MORE than enough for the pictures that make most of us very happy. How do you typically enjoy your pictures? Do you mostly view them on the screen of your smart phone? Do you like to see them in photo albums? On your computer screen? As part of a web

gallery? As prints hanging on a wall? Spread across the screen of your HDTV? Projected on to a movie screen? Or do you own one of the very newest UHD-TVs? It turns out that only large-size high-quality prints on a wall need anything more than what a very modest camera can produce (at least in terms of megapixels). Even the newest UHD-TVs (and perhaps some very high end projectors) need no more than the images from an 8 megapixel camera to be entirely happy.

So, why get a camera with 41 (or even 36) megapixels? Certainly the Nikon can produce extremely high-quality images (for \$3,000 it's better!). But how about the smartphone? Is it better than the Nikon? For most of us the answer is a decided yes! However, it's a yes with some reservations. The inherent quality of the images it produces are not as good as what the \$3,000 camera can produce, but most of us would never notice the differences. Possibly, if you produced a poster-sized print from the smartphone you might wish you had something better to shoot with, but that's a rare situation. The smartphone is also not nearly as flexible or feature-rich (or as complicated) as the Nikon. Pixels and cameras make for lively conversation and so let me mention that we have a photo club which meets at the Riverdale Public Library on the fourth Monday of every month. We meet at 6:30pm. Please join us!

Mike's Feed Farm Presents... HORSE OWNERS WORKSHOP Sunday, March 16th 6PM

Do you want to learn about how to provide the best care for your horse?
Do you have questions about vaccines & vaccination requirements for showing in NJ?

Want to learn about the best nutrition for your horse?
Would you like to meet other equine lovers in the area??

Then this workshop is for you!

❖ Dr. Michael Fugaro, DVM will discuss important cases from lameness to colic, as well as vaccines and vaccination requirements in NJ

❖ A Purina Nutrition Expert will speak about the best nutrition for your horse and answer any questions you have

❖ 10% off all horse supplies & food

❖ Door prizes & give-aways

❖ Opportunities to meet and mingle with horse lovers in the area!



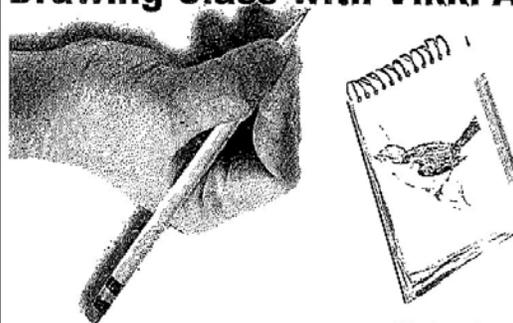
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Drawing Class with Vikki Anderson



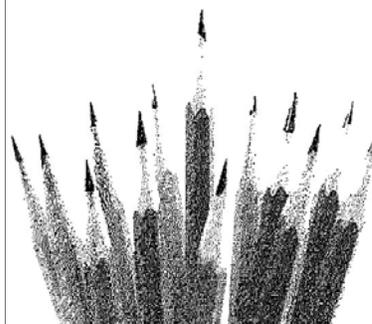
Wednesdays, 6:00 - 8:00 PM

February 5, 12, 19 & 26

(must sign up for all four sessions)

All materials will be provided
by the library

Let Vikki teach you how to draw a baby finch! She'll use the same technique for everyone.



REGISTRATION REQUIRED!

Riverdale Public Library
93 Newark Pompton Turnpike
Riverdale, NJ 07457
(973) 835-5044
www.riverdalelibrary.org

23 Hot Health Tips For The Cold Winter

By Diana Herrington

Winter brings the cold and snow. This can be stressful for us on many levels. We may notice an increase in things like dryness, body pains, lethargy, coughs, flus and even depression.

Have you noticed that in the winter your body craves more food? This is natural since the body is trying to nourish itself against these stresses. We can also be less physically active. Combining too much food with less physical activity is a recipe for poor health and weight gain.

Check out the following 23 ways we can remedy the cold and dryness of winter to maintain good health and our ideal weight.

1. Drink 6 – 10 cups of warming liquids such as hot water and herbal teas to prevent dehydration.
2. Eat freshly prepared warm food to enhance circulation and increase warmth in your body.
3. Keep warm by wearing warm, natural fiber clothes.
4. Increase your fiber intake to keep bowels clean.
5. Add these strengthening warming vegetables to your meals: avocados, beets, brussels sprouts, carrots, pumpkins, winter squash, sweet potatoes, cabbage, onions and mung beans.
6. Get enough sleep. We need 7-8 hours of sleep per night. When we are not getting enough sleep, our bodies become vulnerable to illness. Sleep is fuel!
7. Eat bitter greens like radicchio, arugula, endive, and cabbage for balancing in this season.
8. Avoid tomatoes, cucumbers and leafy lettuce (these are cooling summer foods).
9. Give yourself a daily sesame oil massage to moisten the skin in this dry season and to calm the nervous system. It is rich in fatty acids to help repair dry skin making it soft and smooth.
10. Every day go for a 20 to 60 minute walk out in the fresh air. Even when it's cold, this helps connect you with the earth and air.
11. Drink warming herbal teas with spices like ginger, cinnamon and cardamom tea.
12. Avoid refined sugar which weakens the immune system.
13. Use healthy sweeteners (in limited quantities) like Manuka Honey which will strengthen the immune system, Molasses full of iron and other minerals and coconut sugar with its low glycemic index.
14. Read books, listen to music, meditate or whatever is restful for you. Good rest is vital to balance.
15. Eat nuts and seeds (in limited quantities) like Almonds, Cashews, Brazil nuts, Walnuts, Hazelnuts, Flax seeds and Sesame seeds. These will provide necessary vitamins and natural oils and provide required nutrients to keep the body warm.
16. Use spices like Fennel, Cumin, Coriander, Ginger, Anise, Cinnamon, Black pepper, Turmeric, Mustard seeds and Cardamom to help the digestion and help eliminate gas.
17. Avoid cold foods and iced drinks; that means no ice cream too.
18. Get some direct sunlight as much as possible. There is less sun in winter but your body craves it.
19. Cut out mucous forming foods like dairy, eggs and wheat especially if you are prone to colds and flues.
20. Eat gluten free grains like quinoa, barley, buckwheat, and millet; they are full of nutrients and not clogging to a sensitive winter digestive system.
21. Eliminate refined oils and include healthy fats that are cold pressed (Almond oil, Coconut oil, Olive oil, Sesame oil, and Ghee).
22. Eat fruits rich in vitamin C like oranges, lemons and tangerines which will help flush out toxins from the body.
23. Have a warm bath or foot bath with Epsom salts daily (not too hot or too long as this can deplete energy).

Kammi's Creations Feature - Sketching with a Ballpoint Pen

By Camilo Castillo



We will be working with inks using the most readily available and popular writing tool, the ballpoint pen. First choose and image to work from. It can be inanimate objects, landscapes, plants, animals or people,

keeping in mind that mistake are usually extremely difficult to undo on this method, so choosing easy subjects first and working your way up would be advised. Plants and trees being the most forgiving for this method, while portraits are the hardest and require more precision skill.

Begin with drawing an outline if needed. The outline should be drawn lightly, if you don't want it to be visible later on. Now you can use methods of hatching, crosshatching, stippling and scribbling, mixing them if you wish. I advise practicing on a separate piece of paper, until your familiar with this method and have an idea of how to make the desired shades and textures. Keep in mind that sometimes the stroke of some pens may vary from others, as well as the color and consistency of the ink.



Light, swift strokes make softer lines, and should be used to cover most of the subject, except where you want to leave White. Keep the strokes light, while concentrating slightly more on the darker areas but leaving them lighter than what you want the final product to be. Now its time to observe your model and see where the darker areas are required. These areas should be done with more care since they can really affect the outcome.

needed. This will add character and definition to your piece, and try to not correct mistakes, done these add more character to your piece. After you are done appreciate your piece and practice as many times as you want until you are satisfied with your results since this method does require some skill. Now enjoy your new use for pens, explore different colors and brands. And most importantly, keep your mind open to possibilities, you don't know what you are capable of until you try. Good luck and enjoy your craft.

As the final step carefully add shadows and outlines where they are



Librarian Mercedes Swanson - R.I.P.



Mercedes Swanson of Riverdale, passed away on Sunday, January 19, 2014.

Born in Agnone, Italy to Frank and Teresa Amicarelli, she was a Riverdale resident for almost 30 years. Mercedes came to America with her family at the age of three. After having raised six children, she earned her associate's degree with honors and was nominated to Who's Who in America's Junior Colleges at the age of 60. She

enjoyed working at the Riverdale Library for the past 27 years where she was able to share her love of reading with the entire community.

Mercedes is survived by her four sons; James and his wife, Julia, John and his wife, Patricia, Richard and his wife, Kathy and Gerald and his wife, Linda; and her two daughters, Linda Peterson and her husband, Robert and Nancy Thompson and her husband, Richard; her 16 grandchildren and her 19 great grandchildren. She was predeceased by her husband, James.

In lieu of flowers, donations to Friends of The Riverdale Library, 93 Newark Pompton Tpk. Riverdale, NJ 07457 or Atlantic Hospice Care, 465 South St. Morristown, NJ 07960 would be appreciated by Mercedes' family.

Mercedes, we will miss you.

The Truth About Splenda

- ◆ Increases the pH level and slows down digestion.
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RIVERDALE PUBLIC LIBRARY

Understand the Early Warning Signs of



Learn about the beginning signs of Alzheimer's disease, when changes in memory, thinking, and communication become noticeable.

Learn how patients, caregivers and loved ones can adjust to living with Alzheimer's disease by understanding the early symptoms.

Registration Required!

THURSDAY, FEBRUARY 6, 2014

6:30 PM

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Riverdale, NJ 07457

(973) 835-5044

www.riverdalelibrary.org

"You can't use up creativity. The more you use, the more you have."

Maya Angelou, Author-born 1928

RIVERDALE

COUNCIL NEWS



Stephen Revis is sworn in to his first term as Councilman as his wife, Jean, holds the Bible.



Garrett Astarita is sworn in to his seventh term as Councilman by Borough Clerk Carol Talerico.



Councilman Joseph Falkoski is presented with a plaque by Police Chief Kevin Smith in appreciation of his service on the Council. Joe retired from after 11 years on the governing body.



Steve's Family stood by during his swearing in ceremony.



The Library had its leaky roof replaced.





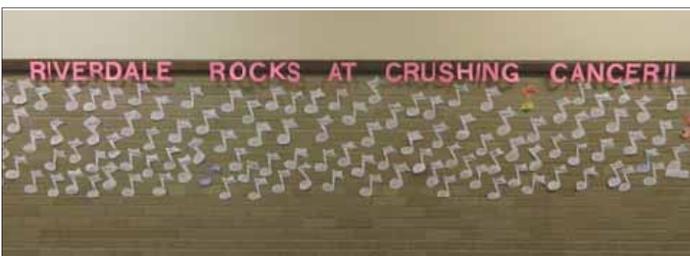
DAILY NEWS

SCHOOL NEWS



Spelling Bee

Mrs. Nardino along with the 3rd through 5th grade teachers conducted preliminary rounds that produced one winner for each class. These classroom winners then competed against one another in the presence of their peers. The overall winner was **Adam Campbell**. He outlasted all the other competitors and will move on to the next round. We recognize our 1st runner up, **Viola Shabani**. We congratulate Adam, Viola, and all the other competitors for an outstanding job!



Riverdale Rocks at Crushing Cancer

Riverdale's Student Council & National Junior Honor Society joined forces to raise awareness and money for Lung Cancer and Breast Cancer. "Music notes" were sold for \$1.00. The purchased music notes were displayed throughout the school. These "music notes" represented how Riverdale "ROCKS" at CRUSHING CANCER! The event took place from Monday, December 16th - Friday, December 20th. Students, parents, and faculty members donated \$1.00 towards research to the American Cancer Society. This fundraiser was very near and dear to many students at Riverdale. At their request, we decided to help raise money for cancer research and a theme emerged, "Because every dollar counts and Riverdale ROCKS!" Teachers decided to give this fundraising event one final push by participating in the most creative holiday sweater contest. Teacher entries were \$5.00. Congratulations to Ms. Samantha Baietti for the most creative sweater. Through these fun and interactive events, Riverdale was able to raise over \$304.00 for the cause.

WINTER SCENES



New Truck and Salter

RIVERDALE Public Library

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

Registration is required for all programs.

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

INFANT & PRE-SCHOOL PROGRAMS

Fall programs run from the week of January 6 through the week of February 25.

Baby Time — Up to 2 yrs w/ caregiver. Mon, 11:00–11:30 am

Totally Twos — 2 yr olds w/ caregiver. Mon, 10:15–10:45 am

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

CHILDREN'S PROGRAMS

Puppy Pals — Dogs certified by Creature Comforts Pet Therapy come to the library to "listen" to children in grades K-5 read on **Wed., Feb. 12, 4:00-5:00 p.m.** Bring your beginning reader, reluctant reader, or dog-lover for a session with a friendly listener. Children can read privately to a dog or participate in a group session.

Valentine's Day Party — On **Thurs., Feb. 13, 4:00-5:00 p.m.**, kids in grades K-5 can make a special Valentine craft, plus enjoy heartwarming stories and sweets!

Lego Lab — Kids in grades K-5 can join us on **Wed., Feb. 26, 4:00-5:00 p.m.** You bring your imagination, we'll supply the Legos and a great story!

Family Matinee "Planes" — On **Sat., Feb. 15, 1:00 p.m.**, enjoy this delightful new Disney film about a little crop duster with a fear of heights and a dream of winning an around-the-world race! Rated PG, 92 minutes.

Lincoln Logs — Kids in grades K-5 can celebrate Abraham Lincoln's birthday on **Wed., Feb. 19, 3:00-4:00 p.m.** by making a log cabin out of pretzel sticks!

TEEN PROGRAMS

Teen Movie Night — Anne Hathaway is your not-so-normal royal in "The Princess Diaries," on **Wed., Feb. 5, 5:30-7:45 p.m.** Rated G, 115 minutes. Popcorn will be served!

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

Just Ducty — On **Thurs., Feb. 20, 5:00-6:00 p.m.**, use colorful duct and Japanese washi tape to make a cool wallet to keep or give as a gift!

HOOURS

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

Tween Book Club — Join us on **Wed., Feb. 19, 6:00-7:00 p.m.** for pizza as we discuss *Three Times Lucky* by Sheila Turnage. Get to know hilarious 6th grader Miss Moses LoBeau, who washed ashore in a hurricane 11 years ago and has been making waves ever since! Copies available at the circulation desk.

ADULT PROGRAMS

Drawing Class — Join Vikki Anderson on **Wed., Feb. 5th, 12th, 19th, and 26th, 6:00-8:00 p.m.** for this 4-week class where she will teach you how to draw a baby finch. Materials will be provided. No experience required! Participants must sign up for all four classes.

Jewelry Design — Back by popular demand! Join us on **Thurs., Feb. 13, 6:30-7:30 p.m.** in making a beautiful Memory bracelet in time to give as a gift for Valentine's Day!

COMPUTER CLASSES

Introduction to Excel — On **Sat., Feb. 1, 11:00-12:30 p.m.**, learn how to create simple spreadsheets with Microsoft Excel. You'll input numbers, do simple formulas, and format and print. *Note: you must have a basic familiarity with the computer.*

E-mail Basics — On **Mon., Feb. 3, 3:00-4:00 p.m.**, we'll take it from the beginning and set up a Gmail account for you. You'll compose messages, send and reply, and learn the basics of the e-mail account. *Note: Must have taken Intro to PC Part 1 or have basic familiarity with the PC.*

Social Networking: Facebook and Twitter — Join us on **Thurs., Feb. 13, 2:00-3:30 p.m.** to learn how to set up your own Facebook page. Create an account, learn how to upload a profile picture, set security and access to your liking, and add friends. *Note: Must have a current e-mail account.*

Microsoft Word — On **Tues., Feb. 18, 1:00-12:30 p.m.**, learn the basics of word and learn how to create tables, headers and footers, borders and shading. Use copy and paste commands, Clip Art, Word Art, Smart Art and drawing tools to create a flyer. *Note: Must be familiar with Microsoft Word.*

Excel Part II — Join us on **Sat., Feb. 22, 11:00-12:30 p.m.** Topics include creating a chart of graph from data, freezing windows, hiding and sorting data, working with multiple sheets, and creating a pivot table. *Note: Must have taken Excel Part I.*

MONTHLY

Photography Club — Meeting on Mon., Feb. 24, from 7:00-8:00 pm. All Photographers welcome! Learn! Share!

Job Hunters Workshop—Meeting on Fri., Feb. 14, from 3:00-4:00 pm. Learn about networking, resume writing and job hunting skills.

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

Adult Book Discussion Group — Join us on Mon., Feb/ 24, from 6:30-8:00 p.m. (Book TBA).

To see the photos of many of the events taking place around town, go the Borough's Website at www.RiverdaleNJ.gov and click on Mayor's Photo Albums on the left hand side of the home page. There are nearly 120 albums on line. Also, every issue of the Riverdale News and Events are online going back to the initial issue in October 2005. On the homepage's left column click on "Newsletter, Etc."



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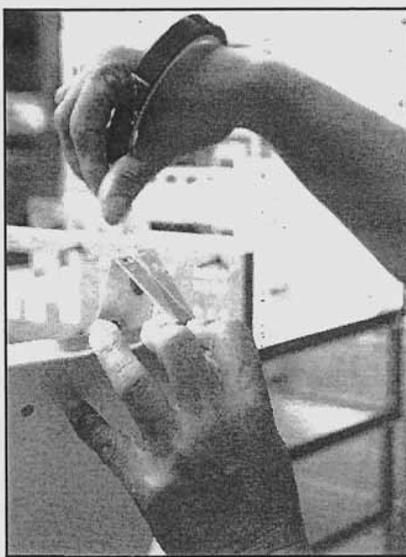


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- ◆ To fix screw hole that has become too large to hold its screw, make a plug out of a cotton ball by soaking it in Elmer's Glue-All and stuffing it into the hole. Let dry, then reinsert the screw.
- ◆ You can also repair an enlarged screw hole by making a paste of sawdust and Elmer's Glue-All. Fill the hole, let the glue dry overnight, then reinsert the screw.
- ◆ Fill cracks and small gaps in wood, metal, and plastic by sprinkling Baking Soda into the opening and then dripping Instant Crazy Glue over it until the gap is filled.
- ◆ If the glue on a floor tile has dried out and the tile is coming up, you may be able to revive it. Cover the tile with a sheet of aluminum foil and heat with an iron until the glue melts. Place a heavy object on the tile until the glue dries.
- ◆ Use a Post-it Note to clean a keyboard. Run the sticky side between the keys to pick up crumbs and lint.



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Riverdale Photography Club



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

www.RiverdalePhotoClub.weebly.com

Club open to all, residents and non-residents.

MARCH edition of Riverdale News & Events will be published on or about Friday, February 28. Copy, photos, articles, announcements are due Friday, February 21.



Manon Rheaume, a goalie from Quebec City, **Influential Women**

Canada, was no stranger to firsts: She was well-known for being the first female player to take the ice in a major boys' junior hockey game. In 1992, Rheaume was the starting goalie for the National Hockey League's Tampa Bay Lightning in a preseason exhibition game, making her the first woman to play in any of the major men's sports leagues in the U.S. In that game, she deflected seven of nine shots; however, she was taken out of the game early and never played in a regular-season game. Rheaume led the Canadian women's national team to victory in the 1992 and 1994 World Hockey Championships. The team also won silver at the 1998 Olympics in Nagano, Japan.

In 1999, she was hired by Mission Hockey as head of global marketing for women's hockey. One of her projects was helping develop hockey skates for women. Rheaume formed the Manon Rheaume Foundation in 2008, which provides scholarships for young women.

Her brother, Pascal, played center for the New Jersey Devils.

Athletes that Died While Playing

Ed Sanders



was a boxer that competed on the minor level, the professional level, and even in the Olympics. His first Olympic boxing championship was in the 1952 summer games. He easily knocked out his opponent, Hans Jost, and went on to beat Giacomo DiSegni in his second fight. At this time, the only person keeping Sanders from the gold was Ingemar Johansson. After the Olympics Sanders went professional and fought eight fights in nine months, losing two of them. On December 12, 1954, Sanders was boxing Willie James. This would be his last fight. During the first ten rounds, the two traded heavy blows. By the 11th round, Sanders appeared to be tired. James hit Sanders with a punch combination and he fell and lost consciousness. He never regained consciousness and died after doctors tried to relieve bleeding in his brain. Sanders was laid to rest in Santa Monica, California after a 21-gun military salute.



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Did You Know?

◆ The only four letter word that

ends in "e-n-y" is *deny*.

◆ Half of the peanuts grown in America are used for peanut butter.

◆ Leonardo da Vinci could draw with one hand and write with the other at the same time.

◆ When the first White House telephone rang in the 1880's, President Grover Cleveland answered it himself.

◆ Only one word can be formed by rearranging the letters of the word "chesty" - *scythe*.

◆ At one time the Parker Bros. game company prints more play money in a year - \$18,500,000,000,000 - than the total sum of real money printed in the whole world.

◆ The only brothers to sign the Declaration of Independence were Richard Henry Lee and Francis Lightfoot Lee.

◆ Ben Franklin coined the word "battery".

◆ Showerheads can get clogged with mineral deposits from your water. Remove deposits by mixing 1/2 cup vinegar and 1 quart water in a large bowl or bucket. Remove showerhead and soak it in vinegar solution for 15 minutes. For plastic showerheads, soak for 1 hour in a mixture of 1 pint vinegar and 1 pint hot water.

◆ A bathtub ring requires a strong solvent. Try soaking paper towels with undiluted vinegar and placing them on the ring. Let towels dry out, then spray with vinegar and scrub with a sponge.

◆ Once a year, dump 1 gallon vinegar into your hot tub, and run it. This will help keep jets from clogging with soap residue.



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Tea Love: Instilling a Love of Tea, One Sip at a Time Feature – Tea and The “L” Word

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/>.



During the month of February, *l'amour* is found wafting in the air. The birds seem to chirp a little bit more merrily, the sun shines a little more brightly and roses and chocolates are flying off the grocery store shelves.

Now is also the month where more people search for the elusive love potion, the elixir that is destined to make men and women fall in love and bind fast to one another for the rest of eternity. People have been searching for that special mixture for ages with parties searching for items that were moist, produced flatulence (per eighteenth century Europe) and were warm. Martin Downs, author of *Aphrodisiacs Through the Ages*, explains, “Almost everything edible was, at one time or another” considered an aphrodisiac.

Of course, tea is no exception to this rule. In fact, it is a common belief that foods and drinks containing caffeine such as coffee and tea might stimulate the senses and cause excitement, thus setting an ideal mood. However, Paola Sandroni MD, neurologist at the MayoClinic and author of *Aphrodisiacs past and present: a historical review*, states, “I think the effect is much more general,” she says. Though the caffeine might stimulate the central nervous system, they do not seem to give the body the love bug.

That still does not stop stores from cashing in on this idea. Popular tea brand Adagio Tea, which has a warehouse in Garfield, NJ, sells an aphrodisiac tea that claims to be “Like a warm summer's kiss on the beach, this tea will take your breath away. It's love at first sip! Need to feel some love? Tangerines and strawberries are natural and tasty aphrodisiacs.” The *NY Daily News* wrote an article in May 2013 about how Ceylon tea can help rev the libido and improve blood circulation. Going down the aisle of the Asian supermarket, one can often find a box of Horny Goat Weed herbal tea for sale.

Whatever the case may be, what harm would there be to brew up a tasty cup of Masala chai and a box of truffles? Travaasa.com published a recipe that is designed to stir the senses and send the drinkers to Cloud Nine.

INGREDIENTS

Bay leaves	Anise
Cinnamon	Cloves
Ginger	Black Pepper
Green cardamom	Darjeeling or Black Tea
Fennel	

- ◆ Combine all the ingredients except the tea in a pot of water and bring it to a boil
- ◆ Allow the mixture to simmer for five minutes
- ◆ Steep the mixture for 15 minutes
- ◆ Add two teaspoons of tea. Note, if you want a stronger brew, simply add more tea
- ◆ Boil the water for another five minutes
- ◆ Serve in your favorite tea cup and enjoy



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



MARSHMALLOW. The generic name, *Althaea*, is derived from the Greek, *altho*, meaning “to cure”. The family name, *Malvaceae*, comes from the Greek word *malake* or “soft” with reference to the soft mucilaginous character of this herb. Marshmallow was advocate as a wound healer by the Greek physician Hypocrites and has been used for hundreds of years in treating wounds with excellent results. The leaves are often used as poultices and

fomentations and is excellent to draw out poisons, and or any debris that might be imbedded in an open wound. In this case, Marshmallow used as a poultice on an open wound of any sort will benefit and shorten the healing time of that wound due to its ability to cleanse the wound by its drawing abilities. Due to its drawing power, Marshmallow is added to many formulas.

Marshmallow is a unique plant that is very valuable in several categories of healing. As a demulcent, it is used as an excellent poultice for a variety of uses. Marshmallow is very soothing for any sore or inflamed part of the body. In fact, a poultice of Marshmallow powder can be used anytime a poultice is needed. Due to the high content of mucilage and starch, the powdered Marshmallow plant will draw out and absorb moisture from damp surfaces. If Marshmallow were used for not other purpose than as a poultice, it would be immeasurable valuable to mankind.

Marshmallow is a mucilaginous calcium-rich herb and can be used to soothe and heal mucous membranes such as the lungs, digestive tract and bowel. It has been used as a food from very ancient times of which many different mallow plants had been eaten. In the Bible, we find that Mallow was eaten in time of famine.

Marshmallow will enrich the milk of nursing mothers and at the same time increase milk flow. It is effective to combine Blessed Thistle and Marshmallow together as nutrient for enriching mothers milk. Marshmallow works as a natural fiber to regulate bowel activity and increase colonic flora. Marshmallow, being both mucilaginous and nutritive, is an excellent “coating” of the intestinal tract when the natural mucous of the intestine has been, scraped or rubbed off, whatever the cause may be.

Marshmallow’s highest medicinal acclaim is as a demulcent. Internally, it has a soothing effect on inflammation and irritation of the alimentary canal and of the urinary and respiratory organs. It is said to ease the passage of kidney stones. Marshmallow is used in combination with other diuretic herbs during kidney treatments to

assist in the release of stones and gravel. As a constituent of a diuretic formula. Marshmallow is of special value due to its non-astringent soothing effect. It is used externally for varicose veins and skin abscesses or dermatitis.

When eaten as food, Marshmallow’s non-absorbable polysaccharides coat the mucous membranes of the digestive tract and absorb toxins. Tannins (acid) along with the volatile oils of Marshmallow are responsible for its diuretic effects. Their presence irritate the mucous membranes of the urinary tract until mucous is secreted to isolate and neutralize the toxins. Marshmallow has factors allowing it to combine with and eliminate toxins, aiding the body to cleanse. This ability to combine with body toxins makes Marshmallow excellent when added to other formulas to help neutralize toxins that are the causative factors of arthritis.

- ◆ Marshmallow is anti-inflammatory in nature and also works as an anti-irritant making it a soothing treatment for the gastrointestinal tract.
- ◆ Marshmallow is very soothing for any sore or inflamed parts of the body.
- ◆ Marshmallow works well for urinary problems.
- ◆ Scientific evidence discloses that Marshmallow contains 286,000 units of vitamin A per pound.
- ◆ Because Marshmallow is an anti-irritant, it may be used effectively in treating soreness associated with diarrhea or that of dysentery.
- ◆ When Marshmallow is used as a poultice with Cayenne, it has been discovered as an effective treatment for cleaning infections such as blood poisoning, gangrene and to help the healing of bruises, burns and wounds. Its power in the decoction form for arresting mortification or putrefaction has been so great that it has been popularly called the “mortification root.”
- ◆ Marshmallow is one of the best mucilage agents, giving off about 35% each of the vegetable mucous and starch which accounts for it demulcent effects on the digestive tract.

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

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

Riverdale Baptist Church

6 Newbury Place Riverdale, NJ 07457
973-835-3275

riverdalebaptistchurch.org



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

Thank you. Pastor Flynn, Riverdale Baptist Church.

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Less is More Winter is the perfect time to de-clutter. You are already stuck inside. Why not make use of this "forced opportunity"? Trust me, by the time Spring rolls around you'll thank me. Cleaning will be a lot easier when the clutter is gone.

Ever notice how you can spend hours or even days cleaning up an area of your home just for it look like you'd never touched it in no time flat? That clutter comes creeping back when we least expect it. The challenge is to set into motion new systems and processes to help keep a space functioning like a well oiled machine. In the simplest of terms, **de-clutter, create a system and organize.**

De-clutter Although it may seem easier to do it all yourself, even the "less than eager" helper can help lessen the work load. More importantly, by getting the whole family involved, everyone will be on board with the final goal. This is NOT the time to buy organizers. We will get to that a little later. However, put aside all of the containers and organizational systems you already have, as you may find another use for them later on.

Now it's time to de-clutter! That sounds so much scarier than it really is. I'm certainly not suggesting you throw away all of your stuff. On the contrary, many of the "things" we own are perfectly good and may simply need to be relocated. However, keep in mind that some of those things would be better off used by someone else. Be honest with yourself and remember the final goal... a clean, neat, organized space. Start by asking yourself a few important questions.

"Am I ever going to use this again?" "Is this good enough?" "When was the last time I used this?" "Do I own more than one of these?" "Why should I keep this?" "Do I have an immediate use for it?" "Can I get by without it?" (These are great questions to ask yourself when shopping.)

Create a system Once you have decided what items to keep, reassess the situation. This is the time to look at your "stuff" vs. your "space".

First, what items need to be readily accessible and what can be packed away? Second, what storage solutions do you already own or have in place. Third, what changes need to be made to closets and storage areas and what storage needs should be purchased? **Remember: Never purchase an organizational product unless it serves a specific function in a specific space. An organizer which does not maximize the space can create more mess than it can help contain.

Organize Think outside the box and keep an open mind throughout this step! Remember, the entire reason for implementing this change is because the old system needed improvement. Give some thought to the flow of a room, like the kitchen. Do you have the spices in the cabinet next to the stove and the dishes closest to the dishwasher/sink for ease of putting them away? When designing a closet, think vertical! Be sure to utilize space above the closet dowel you hang your coats on, as well as the floor space. Consider an upper and lower closet dowel, if squeezing the entire families' coat collection into limited closet space is becoming impossible. (A lower dowel is perfect if you have small children, that way they can easily retrieve AND put away their own coats).

New processes are more likely to be accepted and to be continued if they make logical sense and if they are easy to use. For example: Although you want your children to keep their shoes in their bedroom closet, you constantly find them lying by the front door where they got kicked off. Rather than fighting a never ending battle of constant scolding and frustration, simply add a basket just inside your door. Everyone is much more likely to toss their shoes into an open basket than walk them upstairs. The shoes still haven't made it to their final destination; however, the new holding zone is so much more appealing than shoes scattered around the room. Now, the basket just needs to get emptied at the end of the day.

Dawn Gosson ASP www.distinctivetransformations.com

Building Department

The Riverdale Council voted to establish a shared service agreement with the Borough of Wanaque for the Building Department.

All applications for building, fire, electric and plumbing permits must be submitted to the Borough of Wanaque, 579 Wanaque Avenue, Wanaque, NJ 07465. (3.6 miles from the intersection of Hamburg Turnpike and Ringwood Avenue - Pompton Reformed Church.) The phone number is **973-839-3000**. www.wanaqueborough.com

When paying for construction permits please make checks payable to **Borough of Riverdale.**

Inspections

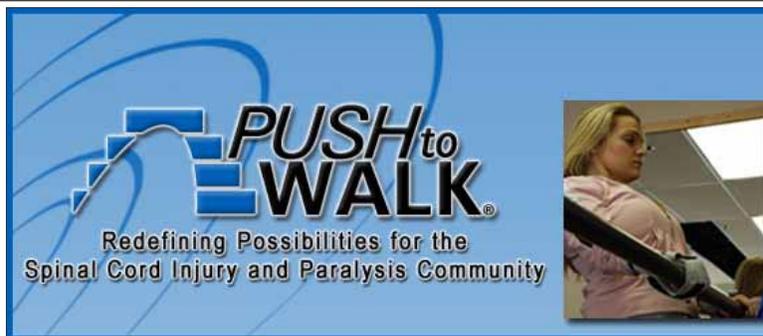
Construction Official/Building Inspector	Jeffrey Brusco	x7121
<i>Monday thru Friday 10:00 am to 1:00 pm</i>		
Plumbing Inspector	Don Stambaugh	x7120
<i>Monday and Wednesday 8:00 am to 11:00 am</i>		
Electrical Inspector	James Hoffman	x7120
<i>Monday and Wednesday 8:00 am to 11:00 am</i>		
Fire Inspector	Ralph Porrino	x7120
<i>Tuesday and Thursday 12:00 pm to 2:00 pm</i>		
Technical Assistant	Jennifer Fiorito	x7120
<i>To arrange for inspections, please call Jennifer.</i>		

Zoning

The Borough of Riverdale will continue to maintain its own Zoning Office with Linda Roetman serving as Zoning Officer. Before Building Permits are brought to Wanaque, a zoning permit must first be obtained. **Linda Roetman 973-835-4060 x6.**

The following Building Permits do not require a zoning permit:

1. Replacing a roof, siding, kitchen cabinets
2. Upgrading/replacing electrical service, existing plumbing
3. Replacing interior appliances such as H/W heater, furnace, etc.
4. Any interior work not resulting as an addition or a change of use.
5. Underground tank removal/replacement



Push to Walk will hold its 5th Annual Casino Night featuring Texas Hold'Em

Saturday, March 22nd, 2014
 Route 23 AutoMall in Butler, NJ.
 Doors open at 6:30pm.
 First card will be dealt at 8:00pm.

Tournament entry costs \$150 and includes buffet dinner, wine & beer. Price increases to \$175 after March 14th. Spectator entry costs \$100 and includes buffet dinner, wine & beer.



COMMUNITY CENTER KIDS



**MAD SCIENCE PRESENTS
FROSTY THE SNOWMAN**

Visits Riverdale Community Center
Friday—Feb 7th, 6:00pm
Great for Pre-K—4th Grade

A Mad Scientist decides to create a snowman friend (small version, of course) using a few chemicals that will be explained later in the show. He realizes that once the weather warms up, the snowman will melt, so he decides to take him to the North Pole! Through multiple experiments the scientist tries hot air balloon, hover-sled and a boat to get Frosty to the North Pole. Experiments are explained and also about how animals in the water (whales, etc.) are able to stay warm in the cold water. We end with dry ice experiments!

E-MAIL TO CONFIRM ATTENDING:
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(Includes excellent instruction, ALL supplies & student goes home w/ finished painting!)

No art ability necessary.

MUST SIGN UP IN ADVANCE

Call (973) 706-6471 Community Center Office or E-Mail:
icarelli@riverdaleborough.com

**KIDS WINTER SESSION
DANCE CLASSES**



Tap & Ballet

Ages 3—5
FRIDAYS 4:00pm

Pop Stars

Ages 5—14
FRIDAYS 5:00pm



Come in to sign-up & participate
Each Class : \$8/Student (Ends Before Easter)
Pay on 1st Day of Class

**TOT’S
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Every Friday
9:30AM
(1 Hour)

\$9/Student

(\$7/2nd Child)

KIDS WINTER WORKOUT

Ages 5—7

Class Begins - FEB 4 til MAR 18
3:30—4:15pm

ONLY \$5/Class (10 Classes)
Keep your kids moving during the Winter months! Class includes sports conditioning, obstacle courses, group games & more....

Pre-Register with Instructor Jen:
busybodiesRfit@gmail.com

FUN STUFF TO DO....

Thursday, Feb 6 , Applique a T Shirt
Thursday, Feb 20, Sew Monster/Ugly Dolls
Thursday, Feb 27 Learn to Sew on Real Sewing Machine
Thursday, Mar 6, Fun Felt Barrettes & Headbands
4:00—5:30pm, Each Class, \$10/Student (Incl’s ALL Supplies)
Sign-Up : soyoustudio@gmail.com

KIDS CARDIO BOXING

Grades 3—8
THURSDAYS, 4:00—5:00PM
8 Sessions—\$48

Instructor-Jennifer
busybodiesRfit@gmail.com

MIDDLE SCHOOL MADNESS

NIGHT
FRIDAY, FEB 24, 7:30-9PM





**RIVERDALE SENIORS
SPRING WALKING
CLUB
STARTING TUESDAY,
APRIL 22
10:00AM**

EXERCISE...EXERCISE...EXERCISE

Walk-In!

MONDAYS Zumba Toning, 7:30pm

TUESDAYS Zumba Gold, 10:00am
Zumba, 7:30pm

WEDNESDAYS Hula Hoop Fitness, 7pm

THURSDAYS Zumba, 7:00pm

SUNDAYS KettleBell Fitness, 9am

Payment Due At Class \$6/Class (KettleBell \$7/Class)

BOB ROSS TECHNIQUE OIL PAINTING

Thursday, Feb 13, 6:00pm, \$35
SCENE: Winter Forest on Lake

Saturday, Feb 15, 11:00am, \$45
SCENE: Winter Cardinals at Bird Feeder

MUST Register: jcarelli@riverdaleborough.com

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