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NEWS &

EVENTS

March 2014

Volume 9 Number 3

SNOW

SNOW

AND MORE SNOW



William Budesheim, Editor
Lori Clinton, Associate Editor

Columnists

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

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

Advertising rates are on website www.riverdalenj.gov

SAVE THESE APRIL DATES

Auxiliary of the Riverdale Volunteer Fire Department

ANNUAL



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

ANNUAL



Easter Egg Hunt

Saturday
April 19
11:00 AM
Community Center



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.



Riverdale Lady Rams Champions



Riverdale vs. Butler
On Saturday, February 1, the Riverdale Lady Rams opened the game with some scoring from **Kayla Stygar**, **Nicolette MacDonald**, and **Paige Pirollo** to end the 1st Quarter 10-0.

Coming back and playing some tough defense, Butler closed the gap at the end of the first half with the score 10-8, with Riverdale in favor.

Keeping up the strong defense on both sides, each team traded some 3rd Quarter baskets and foul shots. Battling to the end, Butler slipped ahead nearing the end of the 4th Quarter. Riverdale managed to get a basket from **Angelica Duong** to knot the score at 16-16. With the final minutes approaching, Kayla Stygar scored the winning basket, and the Lady Rams won the game 18-16.

The Riverdale Rams earned the Greater Morris County Junior School Coaches Association Group 1 Title for the 2014 basketball season. **Coach Tom Schneider** attributes the success from the hard work and leadership from all the 8th Graders. Also, a big thank you to all the fans who cheered the team on throughout the season.



The earliest written salt reference is in the Book of Job, written in about 2250 B.C. The Bible contains 32 salt references.

Sumptuous Thighs

By Librarian Linda Vogel

Ingredients:

- 1 large package of chicken thighs
- Olive oil
- 1 Tbsp of butter
- Sea salt
- Garlic and pepper seasoning in grinder
- Italian seasoning in grinder



Directions:

In baking dish, cover bottom with olive oil and add chicken. Lightly brush chicken with olive oil, add seasoning and sea salt on top of all thighs. Add a pinch of butter on top of each thigh. Cook in oven at 350 for 1 hour.



Age-Appropriate Chores for Children



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Ages 2-3

- Put toys in toy box
- Stack books on shelf
- Place dirty clothes in laundry hamper
- Throw trash away
- Carry firewood
- Fold washcloths
- Set the table
- Fetch diapers & wipes
- Dust baseboards

Ages 6-7

- Gather trash
- Fold towels
- Dust mop floors
- Empty dishwasher
- Match clean socks
- Weed garden
- Rake leaves
- Peel potatoes or carrots
- Make salad
- Replace toilet paper roll

Ages 10-11

- Clean bathrooms
- Vacuum rugs
- Clean countertops
- Deep clean kitchen
- Prepare simple meal
- Mow lawn
- Bring in mail
- Do simple mending (hems, buttons, etc.)
- Sweep out garage

Ages 4-5

- Feed pets
- Wipe up spills
- Put away toys
- Make the bed
- Straighten bedroom
- Water houseplants
- Sort clean silverware
- Prepare simple snacks
- Use hand-held vacuum
- Clear kitchen table
- Dry and put away dishes
- Disinfect doorknobs

Ages 8-9

- Load dishwasher
- Change light bulbs
- Wash laundry
- Hang/fold clean clothes
- Dust furniture
- Spray off patio
- Put groceries away
- Scramble eggs
- Bake cookies
- Walk dogs
- Sweep porches
- Wipe off table

Ages 12 and up

- Mop floors
- Change overhead lights
- Wash/ vacuum car
- Trim hedges
- Paint walls
- Shop for groceries w/lift
- Cook complete dinner
- Bake bread or cake
- Do simple home repairs
- Wash windows
- Iron clothes
- Watch younger siblings

Digital Magazines Available for Download on Computers, Tablets, E-Readers and Smart Phones. Riverdale Public Library, as a member of the Morris Automated Information Network (MAIN) library consortium, now provides Zinio, a digital magazine provider. All you need to access this service is your library card. Fifty popular magazines are yours to download - *Martha Stewart Living*, *The Economist*, and *Car and Driver* are just a few of your choices. Magazines are always available, and never due back. Visit the library website to see a complete list, and for download instructions.

Workshops at Mike's Feed Farm



It might be hard to believe after all the February snow, but Spring is right around the corner and with that comes free educational workshops at Mike's Feed Farm! **On March 16th at 6pm**, equine lovers are invited to attend the Horse Owners Workshop. Dr. Michael

Fugaro, DVM will discuss important cases from lameness to colic, as well as vaccines and vaccination requirements in New Jersey. Purina Nutrition Expert Christine Siracusa-Kohrs will speak about the best nutrition for owned horses. Both Dr. Fugaro and Siracusa-Kohrs will be available to answer any questions you have pertaining to equine health or nutrition. This is a great opportunity to meet and mingle with horse lovers in the area. The workshop is free, but an RSVP is required as space is limited. Call **973-839-7747** or email lauram@mikesfeedfarm.com to reserve a spot.

The annual Chicken Owners Workshop, April 6th at 5pm, is designed for owners who are just starting out or are thinking about raising chickens. If you are interested in learning more about chickens, then this is perfect for you. Be sure to RSVP for this free event at the name and number listed above.

And, as always, every weekend a local rescue is in-store for weekly

adoption events. Come by to visit for a cuteness overload as the adoptable kittens and pooches strut their stuff looking for their forever homes. Feel free to stop in to adopt, foster, volunteer... or just say hello! Or rather, WOOF!

Adoptables

Malibu is handsome young adult cat who is looking for his new home. He is very sweet and loves people and he also likes to play! He loves other animals too and he will be a great addition to any home!



Ping and Pong are Maltese mixes who were picked up stray together and never reclaimed. They are 8 years old and are sweet and silly little lap dogs looking for a new home. They can be adopted separately but they would really love to stay together!

For more information on Malibu, Ping and/or Pong, please visit North Jersey Community Animal Shelter, 23 Brandt Lane in Bloomingdale any day of the week from daily 4-6pm or call (973)850-6767. Mike's Feed Farm!

Why You Need Magnesium

Magnesium is a mineral that is responsible for numerous bodily processes. It is the fourth most abundant mineral in our bodies and is essential for carrying out over 300 reactions within the body.

Magnesium is commonly known for helping relieve constipation, but that is just one of its many crucial roles in the body. Magnesium is important for the functioning of your heart, muscles, kidneys, and balancing many other nutrients such as calcium and potassium. Having adequate magnesium levels has been found to ward off diabetes, prevent osteoporosis, and improve blood pressure.

12 Common Magnesium Deficiency Symptoms:

- | | |
|------------------------------|------------------------------------|
| 1. Anxiety | 8. Nervousness |
| 2. Weak Bones | 9. Headaches |
| 3. Low Energy | 10. Abnormal Heart Rhythm |
| 4. Weakness | 11. Muscle Tension, Spasms, Cramps |
| 5. Inability to Sleep | 12. Fatigue |
| 6. PMS & Hormonal Imbalances | |
| 7. Irritability | |

These are just a few of the most common magnesium deficiency symptoms. Additional magnesium deficiency symptoms include: constipation, vertigo, stiff and achy muscles, insomnia, and muscle weakness. There are many more health problems that having low magnesium can cause. If you think you may be experiencing a magnesium deficiency symptom, but it's not listed above, make sure to do a thorough search online.

Additional Conditions/Diseases Associated with Magnesium Deficiency:

Much research has found that individuals with magnesium deficiency are at an increased risk for developing diabetes, high blood pressure, Parkinson's, kidney stones, and restless legs syndrome, just to name a few.

How to Increase Your Magnesium:

There are several ways you can increase your magnesium.

1. Use Epsom salts – Add Epsom salts to your bath or make a foot bath. Magnesium is highly absorbed through the skin (transdermally)
2. Apply magnesium oil – Similar to Epsom salts, magnesium oil is made from adding the magnesium flakes to water. You can add them to your bath, make a small mixture and spray it on your skin or rub it on with a washcloth. You can also, buy it pre-made.
3. Eat foods high in magnesium – such as leafy green vegetables and nuts. (however, with magnesium deficiency, it would be tough to raise your levels enough solely through diet) This is a helpful chart that lists foods high in magnesium.
4. Take a magnesium supplement.

My Experience with Treating Magnesium Deficiency:

After I started researching magnesium deficiency, the more I explored it, the more I thought I found the cause of my health issues. However, my doctor ignored me when I brought up the fact that magnesium deficiency may be behind my anxiety, menstrual cramps, or difficulty sleeping, so I had to find out for myself if my self-diagnosis was right. I started to increase my magnesium slowly, first by adding more green vegetables into my diet and taking baths with Epsom salts. This did make a great improvement and decreased the occurrence of my magnesium deficiency symptoms; however, I still felt that I wasn't getting an adequate amount. So, I started making and applying magnesium oil, once every morning and this helped very much. After a full month, nearly all of my symptoms had been resolved.



Movie Trivia THE STING-1973

◆ The movie is based on the real-life exploits of grifter brothers Charley and Fred Gondorf, whose experiences culminated in a scam similar to the one shown in the film, known in 1914 as "the wire" or "the big store". Unlike the movie, however, the actual "mark" was more than happy to testify against Charley

Gondorf, the front man of the scam, and he spent time in Sing Sing, as did his younger brother a year later for running another scam. Both served a few years and were released. As late as 1924, when Charley was 65 and Fred 60, they were still active, and running new scams. 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.

- ◆ Robert Redford didn't see the movie until June 2004.
- ◆ Technical advisor John Scarne doubled for Paul Newman's hands in the film. It was he who did all of the card manipulations and deck switching in the film. It would have taken a long time for someone to be able to master all of the card routines shown. In the film, we see Scarne's hands disappear off screen; a clever invisible cut hides the switch; Newman's hands return, and the camera pans up to his face.
- ◆ Jack Nicholson turned down the role of Johnny Hooker before Robert Redford changed his mind and decided to play it.
- ◆ The movie was filmed on the backlot of Universal studios and the diner in which Hooker meets Lonnegan is the same diner interior used in Back to the Future (1985) in which Marty McFly first meets his father and calls Doc Brown.
- ◆ The rigged Black 22 at the roulette wheel, where Hooker loses the bet at the beginning of the movie, is the same spot that Rick Blaine uses for both Captain Renault and the Bulgarian couple to set them up to win in Casablanca.
- ◆ First Universal Studios film to win the Best Picture Oscar since All Quiet on the Western Front (1930).
- ◆ Robert Shaw injured his knee and incorporated the resulting limp into his performance. According to "You'll Never Eat Lunch in This Town Again" by Julia Phillips, Shaw split all the ligaments in his knee after slipping on a wet handball court at the Beverly Hills Hotel a week before filming started. He had to wear a leg brace during production which was kept hidden under the wide 1930s style trousers he wore.
- ◆ The score of the film consists of Scott Joplin ragtime compositions, which were composed between 1900 and 1910. Although The Sting (1973) helped bring Joplin's ragtime back into American popular culture, they actually predate the period of the story by 25 years.
- ◆ Edith Head won her 8th and final Best Costume Design Academy Award for this film. "Just imagine," she said during her acceptance speech. "Dressing the two handsomest men in the world and then getting this."
- ◆ The deck of cards Henry uses when showing Johnny his shuffling ability were the 1970s-style Bicycle brand cards that would not have been available in the 1930s.

- ◆ Julia Phillips, one of the film's producers, became the first woman to be nominated for and to win the Academy Award for Best Picture, when The Sting (1973) won the award that night. It became a historical milestone for acceptance of women doing greater positions in film productions, than just merely acting roles or others.
- ◆ The gin that Paul Newman uses in the train scenes is Gordon's Gin, the same gin that Humphrey Bogart drinks on The African Queen.
- ◆ Chicago Mayor Richard J. Daley had refused for two years to allow any filming in the city if it was depicted negatively, but allowed the producers of this film to shoot there for three days.
- ◆ Characters Henry Gondorff, JJ Singleton, Kid Twist and Eddie Niles have names similar to genuine con artists of the first quarter of the twentieth century, whose exploits are detailed in Maurer's "The Big Con".
- ◆ Many characters are seen drinking Schlitz beer during the film. Schlitz was the largest beer company in the world during the 1930s.
- ◆ The 'wife' in the family photograph that Kid Twist put on the desk in the Western Union office was the great character actress, 'Kathleen Freeman'.
- ◆ The Chicago Elevated stop used in the sequence where Snyder chases Hooker is the 43rd Street station. There is still a stop there, on the current Green Line, but the building shown in the film was destroyed by a fire in 1974 and replaced in 1976. Though shown painted white in the movie, the old station probably would still have been the original natural brick color in the 1930s. The A/B signs on the platform are also an anachronism: skip stop service was not introduced until after WWII.
- ◆ Writer David S. Ward taped a five-minute pitch of the project, but refused to reveal the ending until the producers read the entire script.
- ◆ When the briefcase containing \$100 bills is opened in extreme close-up, the bills have "modern, small-size" green Federal Reserve seals that are wrong for the '30s. In that era the green seals would be much larger, and a very light green in color.
- ◆ David S. Ward got the idea for this movie when he was working on the script for Steelyard Blues (1973), which includes a pickpocketing scene. Researching this, Ward found himself reading about con artists. Ward had shown the other screenplay to Tony Bill, so he now gave him an outline of this story. Bill liked it immediately and brought in Julia Phillips and Michael Phillips; the three then produced both films. Ward wrote the script with Robert Redford in mind as Hooker, but Redford initially turned the part down. Even after changing his mind, he didn't expect the movie to be a hit. Robert Shaw got the part of Lonnegan only after Richard Boone and another actor had declined it. George Roy Hill saw the screenplay by accident and asked for the director's job. He routinely showed his projects to Paul Newman, and Newman was pleased to join this one. Hill wanted to film the picture on location, but Henry Bumstead was adamant that it would be much too hard to get the period appearance right; for example, things like lane markings on the streets. In the end, the only location shooting was a few days' worth in Chicago and Los Angeles; most of the exteriors were filmed on Universal's back lot.

Shirley Temple was easily the most popular and famous child star of all time. She got her start in the movies at the age of three and soon progressed to super stardom. Shirley could do it all: act, sing and dance and all at the age of five! Fans loved her as she was bright, bouncy and cheerful in her films and they ultimately bought millions of dollars worth of products that had her likeness on them. Dolls, phonograph records, mugs, hats, dresses, whatever it was, if it had her picture on there they bought it. Shirley was box-office champion for the

consecutive years 1935-36-37-38, beating out such great grown-up stars as Clark Gable, Bing Crosby, Robert Taylor, Gary Cooper and Joan Crawford. By 1939, her popularity declined. Although she starred in some very good movies like Since You Went Away (1944) and the Bachelor and the Bobby-Soxer (1947), her career was nearing its end. Later, she served as an ambassador to Ghana and Czechoslovakia. It was once guessed that she had more than 50 golden curls on her head. **Shirley Temple April 23, 1928 - February 10, 2014**



The Friends of the Riverdale Library welcome our 2014 new members: Delores Bostrom, Lorrie Van Ry and family, Ruth Pasquarillo and family and Trup Patel

Are You a Library Lover?

Join and Receive a Free Friends of the Riverdale Library Magnet.

Our next meeting is Thursday, March 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.



Credit Card Payments

Welcome to Riverdale Borough's Pay On-Line Service

- ◆ Property Taxes
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- ◆ 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:

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

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

Antique & Collectible Toys

G.I. Joe, 1964-2014, Celebrating 50 Years of America's Moveable Fighting Man (Part 1)

by Riverdale Resident and Columnist **Bill Lango**

G.I. Joe made his official entry into the toy arena in February 1964, at the International Toy Fair in New York, when he was introduced as "G.I. Joe, America's Moveable Fighting Man." Some fifty years later and billions in sales, G.I. Joe continues to be the world's most successful boy's toy!



Don Levine's first G.I. Joe Prototype

In 1963, recognizing Mattel's success with Barbie doll for girls, rival toy maker Hasbro began looking into ways to come up with a commercial success of their own that could be marketed to boys. Stan Weston, a toy creator and licensing agent discussed his idea for a Barbie-like toy with a military theme with Don Levine creative director of Hasbro.

Mr. Levine liked the idea but was puzzled on how to go forward. One day while walking passed a window of a Manhattan Art Supply store, Levine noticed the small wood manikins artists and sculptors use as models. The manikins were jointed and, poseable. The manikin served as Levine's

inspiration for the first G.I. Joe. It wasn't long before the creative team at Hasbro perfected a 21 jointed toy that was fully poseable, could throw a grenade, ride in a jeep, could stand on its own, and could hold weapons or equipment.

Many names were tossed around for the new 12-inch military action figure, such as: Ace the Fighter Pilot, Rocky the Marine, Salty the Sailor, and others. After watching the Hollywood Movie, "The Story of G.I. Joe," starring Robert Mitchum, Levine named the action figure G.I. Joe and the rest is history.

The first Joes were represented by a Soldier, Sailor, Marine and Pilot with painted hair and a trademark cheek scar. They were dressed in U.S. Military branch specific uniforms with boots, a dog tag, gear and weapons. Early sales were enormous and Hasbro aggressively released a host of accessories such as the Five Star Jeep, the Mercury Space Capsule and others. Wildly successful was the release of the G.I. Joe Footlocker. Heck, any red blooded American Boy would need a G.I. Joe footlocker to store all his G.I. Joe's uniforms, boots and weapons.

In 1965 Hasbro introduced an African American G.I. Joe in select markets, which today is one of the most sought-after versions.

A Soldiers of the World line was released in 1966 with Joe Deep Sea Diver; Green Beret and Soldiers of the World that included a German

Storm-trooper, Japanese Imperial Soldier, French Resistance Fighter, Russian Soldier, Australian Jungle Fighter, and a British Commando.

Talking Joes were introduced in 1967 and included the Talking Action Soldier, Marine and Pilot. Later the Talking Astronaut; Talking Adventure Team Commander and the Talking Man of Action with Lifelike Body and Kung-Fu Grip Hands, were produced. Pull and release his Dog Tag string and the Talking Action Soldier would utter: "G.I. Joe, U.S. Army, Reporting for Duty." or another of eight sentences or commands.

In 1967 Hasbro also released a G.I. Nurse, It was a flop yet today it remains one of the most sought-after G.I. Joe toys. Another 1967 disaster was the short run release of Hasbro's "Vietnam" series outfits, which were quickly pulled off the market due to the negative response to the Vietnam war. Today these outfits and uniforms are the most sought after and scarcest.

G.I. Joe in the 1970s

By the end of the 1960s, and in the wake of the Vietnam war, Hasbro began to downplay the war theme that initially defined G.I. Joe. In 1970 Hasbro changed the line to "The Adventures of G.I. Joe." and relaunched G.I. Joe under this new, non-military banner. Now, whenever he was facing Mummies, ferocious white tigers, pygmy gorillas or sharks, Hasbro equipped him with the latest gear and gadgets to complete his tough assignments. Joe's painted hair was replaced with "life-like" flocked hair and beard. Also added to the 1970 line-up was a retooled black adventurer.

In 1974 because of the increasingly popular martial art style, Joe was given a Kung-Fu-Grip to allow him to hold his weapons better. Joe's hands were produced from a softer plastic that allowed his fingers curl like a real fist and to grip objects in a more lifelike fashion.

G.I. Joe was given "Eagle Eye Vision" in 1976. A movable eye mechanism was added that would allow Joe to appear as if he was looking around when a lever in the back of his head was moved. This was the last major innovation for the original line of 12-inch figures that was phased out in 1978 in the U.S. market. Foreign licensees continued to produce their own versions successfully into the eighties.

In 1977, Hasbro released the "Super Joe Adventure Team." The figures were now scaled down to 8-1/2 inches. The Super Joe line was discontinued by the end of 1978.

WARNING

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



Neighbors in Nature

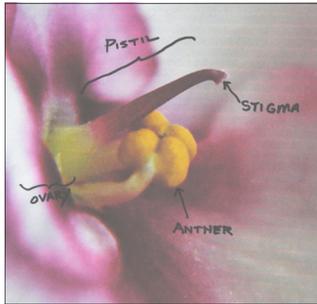
by award-winning photographer and Riverdale resident, **Don Pruden**



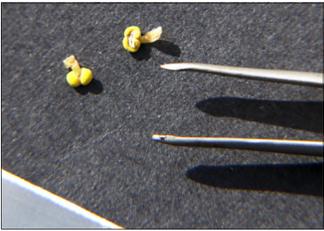
I realize that growing plants from very tiny seeds can be challenging. You can see some of the result with the seeds from the Butterflybush at the library. Linda your librarian has some results at the window behind the desk. It will be interesting to see what color the flowers will be on the plants that mature. The parent plant of the bush at the Library had white flowers. The library bush had lavender flowers.

Another plant with even smaller seeds is the African Violet (aka Saintpaulia). The flowers of the butterfly bush are pollinated by insects. When an insect contacts the flower, pollen from the plant sticks to that insect and is transported to another plant and is left behind to pollinate flowers on that plant. Some plants just put their pollen into the air and the wind does the job of transporting pollen. All of us allergy sufferers know that only to well.

Some plants do not give up their pollen so easily. They keep their pollen in a sealed container. African Violets are that type of plant.



Those yellow objects called anthers are the pollen containers. To get at the pollen you need a nice pair of tweezers to grab the "stem" of the anther and a single edge razor blade or Xacto knife to cut the anther open. In this photo you see a long thin thing labeled the "pistil" (nothing to do with the NRA).



The tip end of the pistil is a bit fuzzy. With the tweezers lift the opened anther and place the fuzzy "stigma" into it. This tip is now covered with microscopic pollen grains. Make a label to go around the stem of the pollinated flower.



That pollen moves down the pistil via growing tubes and into a swelling at the base of the pistil, the ovary containing the other genetic half of the pollination process. Egg plus pollen = seed. In this case you will get a seed pod (green at first), about 1/8 inch diameter by 1/2 inch in length. When mature (in about a month or so) the seed pod is brown and dry. Inside are over 100 seeds. Perhaps only half of them grow into plants ... that's another six months...!

Open the seed pod over a sheet of white paper and you will see what looks like finely ground pepper grains. This is another case where to "plant" the seeds, just scatter them on the surface of moist potting soil in a three inch pot.



There are two books about African Violets I have used to guide me.

All About African Violets

by Montegue Free
The Literary Guild of America, 1951

and
African Violets, The Complete Guide
Joan Hill and Gwen Goodship
The Crowood Press 1998



Don Pruden

**Coney Island
Wood Fired Brick Oven**

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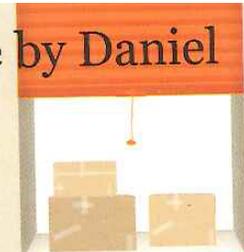
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FREE use of truck with Move-In**

Daniel J. Salameno Jr.



Announcement

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

Happy Birthday to **Jessica DeGroot** on

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

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

Happy 16th Birthday, **Kevin Miller**, on March 11. We love you very much!! Love, Mom, Ron, R.J., Matthew and Kevin T.

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

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

Happy 18th Birthday, **Jennifer Pezzuti**, on March 17. Love, Mom, Dad and Jack.

Happy 5th Birthday, **Elizabeth Budesheim**, on March 25. Love, Mom, Dad, Caroline, Stephen and rest of the family.



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

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

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

A "Tail" of Two Ohio Carousels

By Elaine Peacock

My cousin Jean and her husband Fred live in Cleveland Heights, Ohio. Fred grew up riding Carousel PTC #19 at Euclid Beach Park. I was lucky enough to enjoy a ride on the Euclid Beach Park carousel when I was about 6 or 7 years old and I still remember walking into that magical park.

After the park closed in 1969 PTC #19 was sent to Palace Play land in Maine. Fred tells me that after Palace Play land closed there was renewed interest in bringing PTC #19 home to Cleveland. After years of fund raisers, and efforts to bring PTC #19 back to its roots their

dream was realized when the carousel was brought by the Western Reserve Conservancy. Fred tells me that all the horses have been restored and the few horses that were not repairable were duplicated at the carousel works in Mansfield, Ohio.

I visited Mansfield a few years ago it was a delightful experience and I was able to walk around in the carving area and see all their beautiful creations in different stages of competition. The Euclid Beach Park Carousel, PTC #19, will again delight the residents of Cleveland as it takes its place on the property of the Western Reserve alongside the art and antique car museums. The carousel is in a brand new building with large windows built just for PTC #19.

Fred tells me that it will be lit at night and rides will be offered at night also but the carousel will spin at only 2 mph slower than rides given during the day. Fred tells me the target date for the grand opening is target for Memorial Day Weekend 2014. I'm sure it

will be a beautiful sight to see and I for one will definitely pay a visit to Cleveland so I can ride the Euclid Beach Park Carousel again.

The second "tail" takes place at Geauga Lake Park in Aurora, Ohio. This story has a special twist which will soon reveal itself to you. The carousel at Geauga Lake Park was a 1937 Marcus Illions Grand Carousel. Fred and his brother Don owned a furniture stripping business and also sold unpainted furniture.

Fred told me that one day two men came into their shop and offered them a special job. They were representatives from the carousel at Geauga Lake. The carousel was slated for restoration and the two men wanted to know if Fred and Don would be interested in stripping the old paint off some of the horses. As the men searched for a company to complete the job they were advised that if they wanted the job done right the Schultze brothers would be the people to see. Fred told me it didn't take them long to say yes.

Over a period of a few months they would take delivery of a few horses at a time. Fred said due to the age of the horses plus all the intricate carvings each horse would be gently put in the stripping tank. Fred said the tails were the trickiest part of the process. All together they did between 25 and 30 horses. Fred told me he, Jean, Don and his wife took a ride to see the finished carousel when it

reopened for the following season; of course they took a ride. The carousel remained at Geauga Lake Park until 2007 when the amusement area was closed and it became just a water park.

The carousel was sent to Worlds of Fun in Kansas City, MO in 2011. I guess the best we can hope for is when the next restoration is due they will be able to find someone just like Fred and Don to take care of the horses.

This is the kind of carousel updates I like to read and report on that two more of our beautiful carousel treasures have been preserved, not only for now, but generations to come so they can experience the simple pleasure of going round and round.





Happy
St. Patrick's Day!

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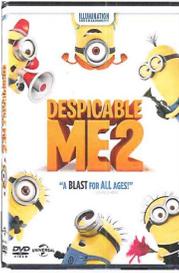
P.O. Box 208, Riverdale

1971 COST OF LIVING

| <u>Living</u> | | <u>Food</u> | |
|-------------------------------|-------------------|--------------------------------------|-------------------|
| New House | \$25,200 | Granulated Sugar | 62¢ for 5 pounds |
| Average Income | \$10,622 per year | Vitamin D Milk | \$1.17 per gallon |
| New Car | \$3,560 | Ground Coffee | 98¢ per pound |
| Average Rent for Apartment | \$150 per month | Bacon | 80¢ per pound |
| Tuition to Harvard University | \$2,600 per year | Eggs | 45¢ per pound |
| Movie Tickets | \$1.50 each | Fresh Ground Hamburger | 61¢ per pound |
| Gasoline | 40¢ per gallon | Fresh Baked Bread | 25¢ per loaf |
| U.S. Postage Stamp | 8¢ each | <i>Seek Publishing Remember When</i> | |

MARCH MOVIES @ THE LIBRARY

Join us for coffee, donuts, and these exciting new releases!



Despicable Me 2

DESPICABLE ME 2

"A BLAST FOR ALL AGES!"

RATED PG

Saturday, March 8
1:00 PM



Blue Jasmine

Blue Jasmine

Woods Allen

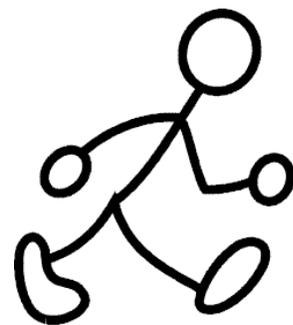
RATED PG-13

Friday, March 14
1:00 PM

For Information and Registration:
 Call: 973-835-5044
 Click: www.riverdalelibrary.org
 Or Visit:
 93 Newark Pompton Tpke.
 Riverdale, NJ 07457

20 Benefits of Walking

1. Helps with weight management.
2. It's accessible to everyone
3. Doesn't require special equipment
4. One of the easiest ways to get more active
5. Reduces symptoms of depression and anxiety
6. It's a low impact exercise
7. Lowers LDL cholesterol
8. Raises HDL cholesterol
9. Lowers blood pressure
10. Reduces the risk of some cancers
11. Helps reduce risk and aids with the management of type 2 diabetes
12. Improves mood
13. Helps maintain strong bones
14. Reduces the risk of heart attack
15. Less likely to lead to injuries
16. Reduces stress
17. Reduces risk of heart disease
18. You don't have to pay for it
19. Builds aerobic fitness
20. Helps maintain lean muscle tissue.



FRIENDS



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

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*

We hope that families have recovered from shoveling all this beautiful snow. Let's hope that this winter weather is gone for good! It's hard to believe that we have been in school for more than 100 days. The kids have learned so many new skills and concepts throughout the year and are eager to learn even more. As I walk around the school I am amazed at the awesome teachers that we have and everything that the students are doing in the classrooms.

Riverdale School Performance Troupe



Congratulations to the Riverdale School Performance Troupe for achieving high scores at the New Jersey Secondary School Theatre Competition held on Saturday, February 1st at the theatre facilities of Rutgers University. The students competed in the following categories and achieved success against students throughout the state in grades 7 -12.

Paige Pirolo received a 90 for her comedy monologue. Paige Pirolo and Kayla Stygar received an 88 for their improvisation. Julia Phillip, Natalie Jablonski, Feriha Tosca, and Frankie Negrini received an 85 for their group scene.

Riverdale School/PTA Health and Wellness Fair

The Health and Wellness Fair was a huge success by all accounts! The fair was very well attended and delivered on its intent to be both informative and fun for parents and kids. We are grateful for all the hard work and cooperation from parents, PTA, teachers, administration and custodial staff, not to mention the many sponsors who donated their products or funds and professionals who donated their time.

Food Drive and Bagel Breakfast

During the week of February 10th we held a school wide food drive to donate to Riverdale families in need. To celebrate the student's hard work in collection food we held a bagel breakfast for the students in the school gym on February 21st. The kids ate bagels, drank juice and danced to the tunes of Grease and Beauty and the Beast. A great time was had by all.

Second Marking Period Honors

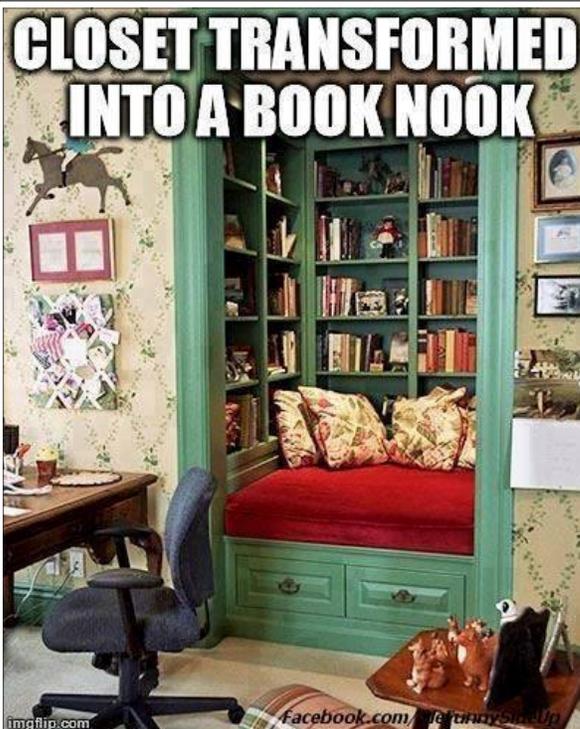
Dr. DeFabiis Interim Superintendent, Dr. Rosaura Bagolie, Principal, and the staff of Riverdale School congratulate those students who attained Superintendent's List, High Honors and Honors during the second marking period for the school year 2013-2014.

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). For the hard work and support they provided us during the Book Fair and Health and Wellness Fair and the bagel breakfast. We also thank Target of Riverdale for their continued support of the Riverdale School.

Upcoming Events for March 2014

- March 3-7—Bystander.us
- March 3-7—Read Across America
- March 4—Wil Mara Author Visit (PTA)
- March 6—Parent/Teacher Conferences (7:00 pm)
- March 7—Dr. Seuss' Birthday
- March 7—Valentine's Day Dance—Snow Date (7:00 pm)
- March 12—Board of Ed. Meeting /Preschool Lottery (7:30 pm)
- March 13—8th Grade Parent Meeting (6:30 pm)
- March 13—PTA Meeting (7:30 pm)
- March 14—Dental Screenings (begin 10:00 am)
- March 20—Science Fair (6:30 pm)
- March 21—Mad Science Assembly (PTA)
- March 26—Board of Ed. Meeting (7:30 pm)



Resisting The Siren Call of New Jersey's Virtual Casinos



Do you hear that? It's the return of online gambling to the state of New Jersey. It's calling to me, but I'm ignoring it. For now.

Poker is the ultimate card game, a great combination of skill, intuition, and luck. I love playing, but sadly I'm coming to the realization I might not be very good.

In poker terms, I'm an "elephant" (this would be a good place for a fat joke, but why state the obvious?) An "elephant" is someone who plays too many hands, especially ones they have no chance of winning. I stay in, hoping to draw an inside straight, even though I'm pretty sure somebody else at the table already has a flush or full house. Sure, it's stupid, but I want to *play*, you know? (My wife, by contrast, is definitely a "mouse." She bets conservatively, and will fold most hands if the betting gets too hot and heavy. For an elephant and a mouse we get on pretty well.)

I inherited my love of poker from my father. He used to play with his "poker buddies" every Thursday night. As a kid, I always loved when poker night was at our house — my Mom bought extra snacks that I got to sample. My father enjoyed gambling in general; he was a fan

of blackjack, horse racing, and playing the stock market. He was always waiting for his ship to come in, but it never did. When he passed away in 1995, we buried him with a winning blackjack hand in his pocket.

I wonder if I'm not waiting for that same elusive ship. I played in a poker tournament in Central Jersey and lost. A few weeks later I played in a charity tournament in Pequannock. I lost there too. Over Thanksgiving I invited my college-age nephews over for a Hold 'em Tourney — they promptly fleeced me for \$25. A couple of nights later I played poker with a few friends. I was a big loser ... again.

I'm starting to see a pattern emerge: I gamble, I lose. I have fun during the game, but afterward I feel stupid. I'm not quite in Gamblers Anonymous territory yet, (I can quit anytime...honest... it's as easy as quitting cigarettes...) but I can see how people develop problems.

I try to abide by the old OTB adage: "Bet with your head, not over it." In my case, however, it might be better rephrased; "Empty head, empty wallet." Better to resist the call of New Jersey's new online casinos.

But seriously, you hear that, don't you?



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.



PIC TIPS Aperture

Understand aperture The most fundamental element any photographer should understand is aperture. The aperture is the physical opening within your lens that allows light through to the sensor (or film in an older camera). The wider the aperture opening, the more light can pass through, and vice versa.

The size of the opening, which is regulated by a series of fins encroaching from the edge of the lens barrel, is measured in so-called f-stops, written $f/2.8$, $f/5.9$ and so on, with smaller numbers denoting wider apertures. If you find this inverse relationship tricky to remember, imagine instead that it relates not to the size of the hole but the amount of each fin encroaching into the opening.

A narrow opening is regulated by a large amount of each fin encroaching into the barrel, and so has a high f-stop number, such as $f/16$, $f/18$ and so on. A wide opening is characterised by a small number, such as $f/3.2$, with only a small amount of each fin obscuring the light.

Aperture measurements. Lenses almost always have their maximum aperture setting engraved or stamped on one end of the barrel. On a zoom lens you'll see two measurements, often stated as $f/3.5$ - $f/5.9$ or similar.

Rather than being opposite ends of a single scale these describe the maximum aperture at the wide angle and telephoto (maximum zoom) lens positions respectively. Always buy a lens with the smallest number you can afford in each position.

Avoid using aperture to compensate for poor lighting. Changing the aperture has a dramatic effect on the amount of light coming into the camera, as we have already said. You'll notice this is the case when shooting landscapes with a narrower aperture (higher numbered f-stop) as your camera will often want to take a longer exposure -- so much so that you may have to use a tripod to avoid motion blur.

You should avoid using the aperture scale to compensate for unfavorable lighting, however, as it also changes the amount of the image that remains in focus, as we'll explain below.

Use a wide aperture for portraits. Anyone with a cat knows that when they're hunting or playing their irises contract to enlarge the size of their pupils. This has the same effect as widening the aperture in a camera lens: it makes the subject they are focusing on very sharp while causing everything behind and in front of it to blur. We call this a shallow depth of field. This is perfect for portrait photography, as it draws forward your model within the scene, making them the central focus while the background falls away. Choose $f/1.8$ or similar wherever possible.

Use a narrow aperture for landscapes. For landscapes, on the other hand, you want to have everything from close-at-hand foliage to a distant mountain in focus. This is achieved by selecting a narrow aperture. If possible stray towards $f/22$, or whatever the tightest setting your camera allows.

'f/8 and be there'. Static models and immobile landscapes are easy to shoot as you can predict with a great deal of certainty which aperture setting you need to get the best out of either. Reportage and street photography, weddings, Christenings and so on are less predictable as your subjects will be moving in relation to the frame. In these circumstances, adopt the pro photographer's adage, "f/8 and be there".

Set your aperture to $f/8$ for a practical, manageable balance of fairly fast shutter speeds and broad depths of field, allowing you to spend more time thinking about composition within the **frame** than you do about optical algebra. When shooting indoors without a flash, and depending on the lighting conditions, you may need to increase your camera's sensitivity setting at this aperture, but be careful not to push it so high that you introduce grain into your images, unless you are chasing that specific effect.

Riverdale Residents Tom and Grace Batelli's Granddaughters need our help.
The Knights of Columbus Council 943 is sponsoring a Casino Night to benefit the

D.J.B 329 MEMORIAL COLLEGE FUND

1st Annual Texas Hold'em Tournament



To benefit Dan Batelli's daughters

Saturday, April 5 @ 7:00 PM

Knights of Columbus, 65 Hamburg Turnpike, Butler



Cost: \$100 includes buy in ~ beer, wine, soda and food

Gift card prizes will be awarded to the 1st, 2nd & 3rd place winners

Mail registration form below and mail to Anthony DeBiase, 13 Highview Trail, Wharton, NJ 07885

Make checks payable to: Knights of Columbus 943

Name: _____

Address: _____

Email (for future events): _____

Phone: _____

*****All registration forms and money must be received by March 22, 2014*****

This Inexpensive Omega-3 Source Can Protect Against Radiation

By Paul Fassa - Natural Society

A study published in a recent issue of *BioMed Central Cancer* and conducted by the *Pearlman School of Medicine* at the University of Pennsylvania has once again revealed the radiation protective properties of flax seeds. The researchers noted that the protection offered by flax seeds even included repair of tissues after exposure.

The research focused on the ability of flax seeds to protect lung tissue prior to radiation exposure and the ability of flax to *repair damaged lung tissue after exposure*. They used mice for their published study, but now they're doing a clinical study on humans receiving radiation for cancer treatment.

....They found that both before and after radiation, flax-fed mice survived even lethal doses of radiation in good health, while many mice not fed flax died.

Not only did the flax-fed mice survive, but they also managed to get healthier. They had higher body weight and minimal lung inflammation, which is common with radiation therapy. The purpose of this study was to find a way for cancer patients to survive radiation.

But there is more to radiation than cancer treatments. Radiation is almost ubiquitous and affects most if not all of us, especially in the northern hemisphere. We are faced with a continuously spewing radioactive Fukushima leak that may go on much longer.

Then there is all that vaporized "depleted uranium" (DU) from armor piercing weaponry used throughout the Middle East. Those vapors

formed clouds that managed to drift westward through the air.

Two years ago, it was discovered that radiation poisoning can be cumulative. So add ionizing radiation from medical X-rays or CT scans and TSA airport scanner checks into the above mentioned mix. All this adds up to a **significant accumulation of radiation**.

Supplementing with Flax

Even the researchers discovered firsthand the other health benefits of flax: An anti-oxidant, an anti-inflammatory, and a source of abundant omega-3 essential fatty acids. It's rumored the whole team is now using flax on a daily basis.

Flax seeds can be supplemented by cold pressed flax seed oil, or **ground** flax seeds directly. Dr. Johanna Budwig, who developed an effective dietary cancer treatment using a basic diet of flaxseed oil with quark or cottage cheese, discouraged the use of flax seed oil capsules. She favored organic cold pressed flax seed oil in its original bottled form and often used ground flax seeds in her cancer treatment diet recipes. How you use flax, though, is up to you.

But *the only way* to consume raw flax seeds is by **grinding the seeds into a powder** with a coffee grinder and adding the powder to food or water, or simply eating the powder by the spoonful with a water chaser. Make sure you use inexpensive bulk *organic flax* seeds, either gold or brown.

Consume them immediately after grinding, within a couple of hours at most. They lose their potency rapidly when ground. Bulk organic flax seeds are very inexpensive. Some health experts recommend two tablespoons of ground flax seeds per day. There are no negative side effects from consuming flax seeds.



Artists' Corner Feature – Painting on Clay CATHERINE FELEGI

Camilo Castillo is temporarily unavailable to write the column Artists' Corner this month. He will continue to write next month.

Painting on clay can be an intricate art form, involving precision and patience with each brush stroke. The reason that clay painting is different from other forms such as watercolor or oil painting is because of the nature of the clay. Paint is absorbed into the clay, allowing the paint to dry very quickly. However, while the paint might dry faster than other forms, the pieces also require more layers of paint.



Clay painting also involves a keen imagination since the colors change when the pieces are placed in the kiln for firing. Often, an artist can combat this problem by taking smaller pieces, painting them, and firing them to show which paint will produce which color. Patrons of paint-your-own-pottery stores often find small magnets such as butterfly magnets painted with the coordinating colors so as to show what their final product will look like.

Seen here are pictures of a clay yarn bowl, made to look like a watermelon. This particular piece required a layering technique. The dark green lines representing the veining on the rind of the watermelon was painted only once so that it was semi-transparent, while the rest of the piece was covered with two or three coats, letting the piece become more opaque.



However, there are numerous techniques at an artists' disposal. For example, one can take a bit of paint, place it in a cup, and use a straw to blow bubbles such as one would with a glass of milk. When the artist gets a sufficient amount of bubbles starting to flow over the brim of the cup, they can hold it over their piece to create a light

and pleasant bubble effect on the final piece.

After a few hours of patience and precision, the piece is ready to be glazed and placed in the kiln. The glaze will actually melt onto the piece and create the glossy finish, common to what we know and often see in our plates and ceramics nestled around our house. The artist needs to take great care to ensure that the entire



piece is covered by the glaze, or there will be portions of the piece that will appear duller than the others.

Finally, the piece is ready to be placed in the kiln, a large oven-like appliance that is used to "cook" the piece, allowing all the colors to set and creating the final artwork. In order to create the final product, an artist will fire an average piece at 2300 degrees for about 18 hours. The piece then needs to cool two to three days after for everything to properly set.

Finally, the piece is ready to be placed on display for all to enjoy.

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!



**WIN A TON OF
FREE HORSE FEED!**
*details in store

Workshop is FREE!!

Call (973) 839-7747

Or email

lauram@mikesfeedfarm.com

To reserve a spot!!!



The Benefits of Snow

While opinions may vary on how desirable snow is, in particular the amount that falls, snow actually has several benefits for yard and garden plantings.

One major benefit of a good snow cover is snow functions as an excellent insulator of the soil. Without snow, very cold temperatures can freeze the soil deeper and deeper. This could lead to damage of root systems of trees and shrubs.

The insulation effect of snow also helps protect perennials, bulbs, ground covers, and strawberry plantings from alternating freezing and thawing cycles. Without snow, milder temperatures and the sun could warm the soil surface, leading to damage from soil heaving, which can break roots and dry out plant parts. Snow also helps conserve soil moisture over the winter.

If you have not yet mulched perennial beds, with snow, you may not have to. If little snow is on the beds, however, it would be good to mulch. Evergreen branches, such as from the used Christmas tree, are a good material choice. Straw is another suitable material. Mulches could be applied

over existing snow.

There are a few drawbacks to snow. Heavy snow can damage trees and shrubs as the weight accumulates on branches. If there are heavy snows, carefully brush off snow from branches.

The other drawback of snow in the landscape is small animals, such as voles (field mice) are now protected from predators. These pests may gnaw on tender bark at the base of young tree trunks and the stems of shrubs. Voles also will tunnel on the surface of lawns under the snow, making very visible winding trails as the snows melt in spring. Rabbits will also be more likely to feed on tender bark when the ground is covered.

One final positive on the snow is the enhanced visibility of some landscape plantings. Trees and shrubs with ornamental bark, such as red twig dogwood or river birches, look more brilliant. Ornamental grasses left standing from last season are much more visible. Evergreens may look much greener, especially when a bright red cardinal is sitting in them.

Snow cover makes winter complete.

by Don Janssen, UNL Extension Educator

RIVERDALE



PTA HEALTH & WELLNESS FAIR



MAD SCIENCE



DAILY NEWS

WINTER SCENES



Jonathan Nicoll, 7 Macopin Ave., displays his snowman creativity.



Clearing the snow out of the storm drains just in time for the heavy rains we were hit with after the snow storms. Great job done by our Department of Public Works!



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 March 31 through the week of May 20.

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

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

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

CHILDREN'S PROGRAMS

Seussical "Selebration" - If there's a wocket in your pocket and you like green eggs and ham, don't miss Dr. Seuss's 110th birthday! Kids in grades K-3 can join us on **Thurs., Mar. 6, 4:00-5:00 p.m.**, where we'll read silly stories, play Seussical trivia, and create a *wubbulous* craft!

Puppy Pals — Dogs certified by Creature Comforts Pet Therapy come to the library to "listen" to children in grades K-5 read on **Wed., Mar. 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.

Breakfast Book Club — Children in grades 2-5 enjoy a potluck breakfast from parents, discuss the book of the month, and make a fun craft on **Sat., Mar. 15, 4:00-5:00 p.m.** Pick up your free copy of this month's book at the circulation desk!

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

TEEN PROGRAMS

Teen Movie Night — Enjoy popcorn and the film *Soul Surfer* on **Wed., Mar. 5, 5:30-7:45 p.m.** Rated PG, 106 minutes.

Teen Advisory Board — On **Thurs., Mar. 13, 5:00-6:00 p.m.**, hang out with friends, help plan programs and choosing library materials while possibly earning community service hours.

Tween Book Club — Join us on **Wed., Mar. 19, 6:00-7:00 p.m.** for pizza as we discuss *Hera: The Goddess and Her Glory*, the first graphic novel in the *Olympians* series by George O'Connor! Copies available at the circulation desk.

HOURS

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

ADULT PROGRAMS

Drawing Class — Join Vikki Anderson on **Wed., Mar. 5, 12, & 26th, 6:00-8:00 p.m.** as she teaches you how to draw a baby finch. Materials are provided, no experience needed!

Alzheimer's Program — Join us on **Thurs., Mar. 6, 6:30-7:30 p.m.** to learn about the early symptoms of Alzheimer's and how family caregivers can adjust to living with the disease by understanding these symptoms.

Saturday Matinee — Join us on **Sat., Mar. 8, 1:00 p.m.**, for "Despicable Me 2," the all-new comedy adventure featuring the return of super villain Gru, his adorable girls, and the hilarious minions. Rated PG-13, 132 minutes.

Friday Matinee — Join us on **Fri., Mar. 14, 1:00 p.m.** for "Blue Jasmine," the story of a New York socialite who moves into her sister's San Francisco apartment to pull herself back together after everything in her life falls to pieces, including her marriage. PG-13. 98 minutes.

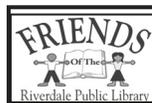
The Canine Cure — Join Mary Jean Alsina from The Canine Cure on **Wed., Mar. 19, 6:30-7:30 p.m.** for a presentation about the basics (and myths) of dog training, and how people can work best with their dogs. There will be a short Q & A session following the program.

COMPUTER CLASSES

Introduction to the PC — This course is for the novice computer user. On **Fri., Mar. 14, 11:00-12:30 p.m.**, we'll practice using the mouse, open, size and close windows, and we'll visit the Internet.

Introduction to Excel — On **Thurs., Mar. 20, 2:00—3:30 p.m.**, learn how to create simple spreadsheets with Microsoft Excel. You'll input numbers, do simple formulas, and format and print. *Note: Participants must have a basic familiarity with the computer.*

Introduction to PowerPoint — On **Sat., Mar. 22, 11:00-12:30 p.m.**, learn how to create a slideshow presentation with text, photos, and animation. *Note: Participants must have a basic familiarity with Microsoft Word.*



The Friends of the Riverdale Library Book Sale will be held at the Riverdale Senior Community Center, 57 Loy Ave, on **Fri., Mar. 28, 4 - 8 PM; Sat., Mar. 29, 10 AM-4 PM., & Sun., Mar. 30, 12-3 PM.** Directions to the senior center are available at the library.

Photography Club Meeting on Monday, March 24, 7:00-8:00 pm. All Photographers welcome! Learn! Share!

Job Hunters Workshop Meeting on Friday, March 14, 3 - 4 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., Mar. 24, from 6:30-8:00 p.m., to discuss *The Day I Ate Whatever I Wanted* by Elizabeth Berg.

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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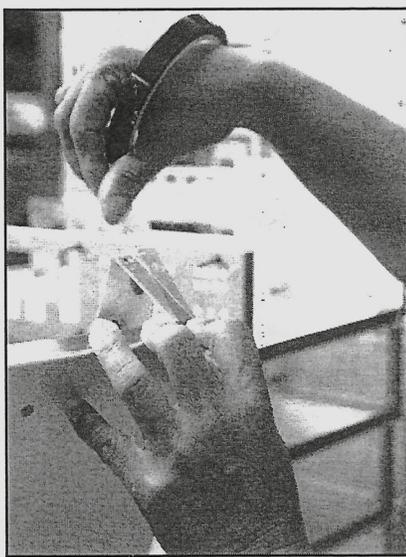


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Pennsylvania: 1941 Paradise Trail E. Stroudsburg, PA 18301 (570) 476-1800

- For Artists of All Ages**
- ◆ Make a disposable palette for paints by wrapping a piece of cardboard in aluminum foil.
 - ◆ If you need to stop a painting project midstream, instead of washing out your brush, tightly seal it in aluminum foil or in a food storage zip-lock bag.
 - ◆ Parchment Paper is an excellent choice when you need tracing paper for any project.
 - ◆ An ice cube tray makes a perfect paint palette, especially for very young artists.
 - ◆ Line work surfaces with freezer paper to prevent paint and glue stains.
 - ◆ Most kids love stickers. But once they're stuck, they're stuck. Give kids a sheet of wax paper to put stickers on. They can arrange and rearrange the stickers to their hearts' content before putting them in a scrapbook or album.
 - ◆ Make your own colorful glues by using Elmer's Glue and adding a few drops of food color.



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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.

APRIL edition of Riverdale News & Events will be published on or about Friday, April 4. Copy, photos, articles, announcements are due Friday, March 28.

Influential Women

Marian Anderson 1897 - 1993 In 1939, the Daughters of the American Revolution



refused to let Anderson sing in DC's Constitution Hall because she was black. First Lady Eleanor Roosevelt resigned from the DAR, and her husband's administration arranged an outdoor concert at the Lincoln Memorial for a crowd of 75,000 and millions of radio listeners. Anderson was the first African American to sing with the Metropolitan Opera, and in 1958 became a delegate to the United Nations.

Music critic Alan Blyth said "Her voice was a rich, vibrant contralto of intrinsic beauty." Most of her singing career was spent performing in concert and recital in major music venues and with famous orchestras throughout the United States and Europe between 1925 and 1965.

She participated in the civil rights movement in the 1960s, singing at the March on Washington for Jobs and Freedom in 1963. The recipient of numerous awards and honors, Anderson was awarded the Presidential Medal of Freedom in 1963, the Kennedy Center Honors in 1978, the National Medal of Arts in 1986, and a Grammy Lifetime Achievement Award in 1991.

Athletes that Died While Playing

Korey Stringer

May 8, 1974 - August 1, 2001



Football training camps are notorious for exhausting conditions which push players to their mental and physical limits. Minnesota Vikings offensive tackle Korey Stringer was about to enter his sixth year in the league when died from a heat stroke during training camp. His death led to the start of the Korey Stringer Institute at UConn..

Stringer's death brought about major changes regarding heat stroke prevention throughout the NFL. His death also addressed complications of pressuring players to "bulk up" to well over 300 pounds. Stringer, who at the time of his death was 6'4" and weighed 335 pounds, was at the lowest weight he had ever been in his pro career.^[2] Many professional football teams now train in light color uniforms, water and shade are made readily available, and a team doctor is at practice sessions at all times.

Did You Know?

◆ If you have just come down with a cold, the

National Health Foundation says you should wait at least six days before kissing someone.

◆ Vichyssoise does not come from France. The thick potato soup was created at the Ritz-Carlton Hotel in New York by head chef Louis Diat.

◆ Because of a reflex action, a rattlesnake can bite you up to a half hour after it's dead.

◆ In 1851 Benjamin T. Babbitt became the first manufacturer to put soap bars in a wrapper. Up till then, soap was made in loaves which the grocer sliced and then weighed, much the same as cheese.

◆ All polar bears are lefties.



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 EXPIRES 3/31/14



Zinc Orchestrates Immune Response.

Many have heard that zinc can stop a cold in its tracks, and new research from Ohio State University tells us why; it turns out that zinc gently taps thy brakes on immune responses, slowing them down and preventing inflammation from spiraling out of control.

The researchers' work with human cells and animals found that zinc serves to balance the immune response within the cells so that the consequences of insufficient zinc at the time of an infection include excessive inflammation. Of all the zinc contained in our bodies, only about 10 percent of it is readily accessible to help fight off an infection, notes Daren Knoell, professor of pharmacy and internal medicine and lead author of the study, publishes in *Cell Reports*.

The research team suggests that proper zinc balance is especially important in battling serious and potentially deadly infections. Zinc deficiency affects about 2 billion people worldwide, including an estimated 40 percent of the U.S. elderly.



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Riverdale Baptist Church

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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.

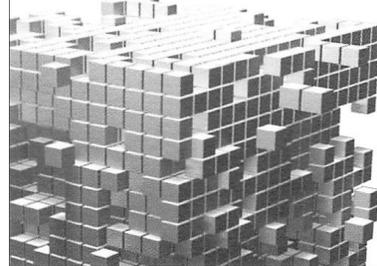
Thank you. Pastor Flynn, Riverdale Baptist Church.

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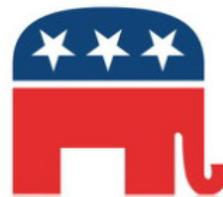


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The Riverdale Democratic Committee meets on the **third Monday of every month at 6:30 PM** in the Riverdale Public Library, 93 Newark Pompton Turnpike, in the conference room. Local issues will be discussed along with strategies to keep Riverdale as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



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



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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/>.

“Greening” our world is a hot topic nowadays. Everyone wants to reuse, reduce, and recycle, cut down on greenhouse gases, and drive smart cars everywhere we go. Tea is no exception to this rule. Organic tea is being sold in the supermarket and a quick Google search yields numerous ways to reuse tea ranging from tea baths, cleaning with tea, dying with tea, and a personal favorite, composting using old tea leaves. However, limiting tea recycling to just the tea leaves or tea bags does not seem environmentally friendly when, in fact, it is quite easy to make handy crafts out of tea containers.

For those of you who are fans of Tea Love on Facebook (<https://www.facebook.com/CAFelegiTeaLove>), you can see that during the month of February, I was talking quite often about how I was using an old tea container as a gift for my boyfriend. However, since he is a fan of the page, I obviously did not want to give away what I was making for him. Thus, for a few months, I posted teasers and asked for ideas about how others reuse tea and tea containers. Readers talked about making old tea tins into candles, composting tea, or even just using the tea bag more than once. All the while, I worked at home on what was destined to be a gift barely recognizable as being a recycled tea container.

A while back, my sister-in-law gave me some chocolate mint tea from a tea company called Metropolitan. The 25 tea bags came wrapped in a small foil bag and was housed in a charming wooden box. She wasn't a big fan of the tea, but she thought that I might like it.



Metropolitan Chocolate Mint Tea from my sister-in-law, containing 25 tea bags in a foil bag

The tea was rather tasty, but I must admit, my main attraction was to the box. The top slides back and forth on the top, keeping the tea inside fresh. While the box is not made of a high-quality wood, nor is it very durable, it is not exactly meant to last forever. However, for some reason, I just could not bring myself to throw away this cute box. Something stopped me. It had way too much potential

and, as an avid crafter (after all, I have made earrings and necklaces out of used tea bags, which you can see both on my blog and in person at my *Tea Love* talks), I knew I would find some use for it. Thus, I stored it away for safe keeping.

Then I met my boyfriend, Camilo, writer of the crafting column *Artists' Corner* found on page XX. Also an avid artist and a

The Vernal Equinox - March 20. Ah, spring! This season brings increasing daylight, warming temperatures, and the rebirth of flora and fauna. The word *equinox* is derived from the Latin words meaning “equal night.” Days and nights are approximately equal everywhere and the Sun rises and sets due east and west. At the equinoxes, the tilt of Earth relative to the Sun is zero, which means that Earth's axis neither points toward nor away from the Sun.

The vernal equinox (equal night) on March 20 does not have the same number of hours for day and night. Astronomer George Greenstein had this to say: “There are two reasons. First, light rays from the Sun are bent by the Earth's atmosphere. (This is why the Sun appears squashed when it sets.) They are bent in such a way that we are actually able to see the Sun before it rises and after it sets. The second reason is that daytime begins the moment *any part* of the Sun is over the horizon, and it is not over until the last part of the Sun has set. If the Sun were to shrink to a star-like point and we lived in a world without air, the spring and fall equinoxes would truly have ‘equal nights.’”



Camilo and me on a recent trip to the Museum of Modern Art.

tea lover, he thrives on the creative. You can often find him at my Tea Love talks, helping me unpack, repack, serve tea, and just chatting away with anyone with a listening ear.

About a year ago, I got into the television series *Dr. Who*, a BBC show first aired in 1963 with a time-and-relative-dimension-in-space-traveling alien. The series follows the exploits

of the alien, simply known as The Doctor, as he travels around the universe and through time, saving various worlds and wrestling with age-old philosophical arguments such as whether or not it is right to kill the few for the many, the benefits and ramifications of religion, and what our purpose of being here truly is. After falling in love with the series, Camilo and I had frequent *Dr. Who* binge nights, where we would spend hours munching on popcorn, drinking tea, and watching our favorite doctors battle the evils of this life.



A picture of the TARDIS from the show, traveling through time and space

For Valentine's Day this year, I was wondering what on earth I could do for him. Then, I realized that I still had my Metropolitan tea box. So, why not make him a TARDIS, the space ship shaped like an old 1960's phone box?



My TARDIS, made from an old tea box.

I got together some clay, paint, nails, fishing line, beads, and glow-in-the-dark gel and got to work. In total, the TARDIS took about two months to construct. First, I assembled the top portion with clay. Then, after white-washing the tea box so that the logo would not show through, I nailed the box tightly together to ensure that the box would not break with time. I then painted the box to look like the TARDIS and included glow-in-the-dark gel on the windows, POLICE BOX sign, and lantern so that it would shine in the dark. Finally, I strategically tied some fishing

line to it so that it could “fly” and came up with my own replica of the TARDIS.

It just goes to show that, with a little creativity and hard work, you can reuse and recycle anything that you want to make a good product, including old tea boxes.

Got a creation using tea that you would like to share? Go to **Tea Love's** Facebook page at <https://www.facebook.com/CAFelegiTeaLove>. Post your pictures, let us know how you made it, and help people reuse their tea and tea boxes in ways they never thought possible!

When Julius Caesar established his calendar in 45 BC he set 25 March as the spring equinox. Since a Julian year (365.25 days) is slightly longer than an actual year the calendar drifted with respect to the equinox, such that the equinox was occurring on about 21 March in AD 300 and by AD 1500 it had reached 11 March.

This drift induced Pope Gregory XIII to create a modern Gregorian calendar. The Pope wanted to restore the edicts concerning the date of Easter of the Council of Nicaea of AD 325. So the shift in the date of the equinox that occurred between the 4th and the 16th centuries was annulled with the Gregorian calendar, but nothing was done for the first four centuries of the Julian calendar.

The days of 29 February of the years AD 100, AD 200, AD 300, and the day created by the irregular application of leap years between the assassination of Caesar and the decree of Augustus re-arranging the calendar in AD 8, remained in effect. This moved the equinox four days earlier than in Caesar's time



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



HAWTHORN. The Hawthorn tree has been regarded as sacred according to Christian tradition, that the crown of thorns placed on the head of Christ was of its origin. In fact, a grove of Hawthorn trees still stands outside of Jerusalem on the Mount of Olives.

Hawthorn has a variety of ways in which it has been shown to be beneficial.

It has the ability to increase oxygen utilization by the heart, it increases enzyme metabolism in the heart muscle, it acts as a very mild dilator of coronary vessels and serves as a peripheral vasodilator (dilating the blood vessels away from the heart, thereby lowering the blood pressure and reduces the burden placed on the heart).

Hawthorn is used primarily as a cardiac tonic and considered valuable for improvement of cardiac weakness, angina pectoris, valve murmurs from heart valve defects, an enlarged heart, sighing respiration, nerve depression or unexplained chronic fatigue. There is evidence that it is effective as facilitating mitral regurgitation, easing cardiac pain, regulating rapid or feeble heart beat, helping with difficulty in breathing owing to ineffective heart action, lack of oxygen in the blood, helping heart strain due to overexertion and useful in cholesterol reduction.

- ◆ Scientists have discovered that Hawthorn increases coronary blood flow and improves myocardial metabolism allowing the heart to function with less oxygen. Hawthorn dilates the blood vessels, allowing blood to flow more freely and thus, is effective at lowering blood pressure. In addition, it acts directly on the heart muscle to help a damaged heart work more efficiently. Recent knowledge concerning the action of Hawthorn on the circulatory system seems to indicate its active principle is provided by its flavonoids which act on cardiac and circulatory problems by its dilation effect on the blood vessels which causes some reduction in blood pressure.
- ◆ It is very effective in relieving restlessness and insomnia.
- ◆ Studies have shown that Hawthorn is excellent for both the prevention and treatment of coronary heart disease when used on a regular basis.

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).

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 Ringwood 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.



EXERCISE...EXERCISE...EXERCISE

Walk-In!

| | |
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| <u>TUESDAYS</u> | Zumba Gold, 10:00am Zumba, 7:30pm |
| <u>WEDNESDAYS</u> | Hula Hoop Fitness, 7pm |
| <u>THURSDAYS</u> | Zumba, 7:00pm |
| <u>SUNDAYS</u> | KettleBell Fitness, 9am |

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\$6/Class (Except...KettleBell \$7/Class)*

RIVERDALE SENIORS

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STARTING TUESDAY, APRIL 22

10:00AM

BOB ROSS TECHNIQUE OIL PAINTING

Thursday, Mar 13, 6:00pm, \$35
SCENE: Sunrise over Mountains

Saturday, Mar 15, 11:00am, \$45
SCENE: Boat on Water Sunset

MUST Register: jcarelli@riverdaleborough.com



"NEW" KID'S OIL PAINTING CLASS

(Using famous Bob Ross Technique!)

Recommended Ages 8-14

Saturday—Mar 8, 11 am-5 pm

SCENE—Tropical beach
\$45/Student

(Includes excellent instruction, ALL supplies & student goes home w/ finished painting!)

No art ability necessary.

MUST SIGN UP IN ADVANCE

(973) 706-6471 (Community Ctr Office)
or jcarelli@riverdaleborough.com

KIDS BUSY BODIES FITNESS

Ages 5—7

March 25—May 27 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 by emailing Instructor Jen at busybodiesRfit@gmail.com

TOT'S MUSIC

Every Friday
9:30am (1 Hour)

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

KIDS CARDIO BOXING

Grades 3-8

THURSDAYS, 4:00-5:00 pm

8 Sessions—\$48

Instructor-Jennifer

busybodiesRfit@gmail.com

FRIDAY NIGHT FROLICS

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

FUN COMPETITIVE GAMES W/PRIZES, SNACKS & DRINKS

For 3rd, 4th & 5th Grade Riverdale Students

MIDDLE SCHOOL MADNESS NIGHT

FRIDAY, MARCH 28, 7:30-9:00 pm

MUSIC, GAMES, PRIZES, SNACKS, DRINKS

For 6th, 7th & 8th Grade Riverdale Students



**GLENBURN, 211 HAMBURG TPK,
RIVERDALE**

GLENBURN HOUSE

NEWSFLASH
YOGA IS BACK!

THURSDAYS
MARCH 6—1ST CLASS!



TOP OF THE LINE
DOG TRAINING

W/TRAINER NORMA OVERLOCK
Certified Dog Behaviorist

www.normasdogtraining.com

MONDAYS, 6:00pm
GLENBURN BARN

\$155/7 Week Session

1st Class—Pet Owner
Workshop

Next 6 Weeks—Pet & Owner
Basic Training

MUST Sign-Up in Advance

(201) 337-6179 Norma

RECREATION NEWS



Follow us @Riverdale Rec

riverdalerec@gmail.com



“LIKE” us at Riverdale Recreation

MENS BASKETBALL

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

WINTER WALKING CLUB

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

2014 Summer Rec Registration

Wednesday, March 19, 6:30-7:30PM at the Community Center.
For children entering 1st – 6th grade in Fall '14 – Full Time Program.
For children entering 7th – 8th grade in Fall '14 – Part Time Program.
\$150.00 deposit required per child.

Summer Rec dates are June 30 – Aug 1.

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

2014 Summer Rec. 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 pm session open to students in K-8 grade 2:00-2:45 p.m. session for special needs players
Cost: \$10.00/participant for five weeks

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.

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

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Daylight Savings Time
Sunday, March 9
Put your clocks ahead One Hour

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ADVANCED
973.616.4555

**Sports Medicine &
Physical Therapy
Center**

Your Community's Healthcare Specialists

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from Our Attitude**

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

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

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

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Our State -OF -The Art Facility Specializes In:

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

18 Newark Pompton TPK. Riverdale, NJ 07457

**Call For A
FREE
Consultation
973.616.4555**

