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EVENTS**

News for and about the residents of Riverdale

March 2015

Volume 10 Number 3

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Columnists

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

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Mayor William Budesheim's



BEHIND THE SCENES Report

Spring is only four weeks away, hard to believe.

Our DPW has been putting in many long hours keeping our streets cleared of snow. We can make life easier for them by making sure that all vehicles are off the road when plowing. If there is a fire hydrant near your house, it will be a big help to you and your neighbors if the snow could be cleared away.

A tip of our hats to the Police and Fire Departments who have been responding to their respective emergency calls when called upon, no matter the weather.

As we get closer to spring we can look forward to exciting programs, both new and those that have become a tradition in our community.

Saturday, April 4 is the Annual Easter Egg Hunt at the Community Center.

Shortly after the Hunt, Riverdale will be introducing the one week only Spring Break Recreation program, a sort of mini-Summer Rec. This will give working families peace of mind knowing that their children will have supervised fun. Thank you, Krista, for a great idea.

Our Recreation Department headed by Director Krista Osborne is coordinating with Pompton Lakes Recreation a number of programs including a Softball Clinic and an Indoor Field Hockey Clinic for children in grades 1 - 8.

As Major League Baseball is about to launch its 2015 season with its exhibition schedule, we will be hearing "Play ball!" in our Little League. The fields at Independence Park have been restored to a former grandeur through the dedicated work of volunteer Dan Salameno working with our DPW.

Before you know it we will be announcing our annual Memorial Day Parade and Ceremony. Recognizing the solemnity of the day it is also looked upon as the official beginning of summer.

As you can see in a few short weeks we will be crawling out from under this long, bitterly cold, snowy winter into an exciting Riverdale Spring.

And while we are waiting for the cold to subside, do not forget about our Riverdale Library, the pride of our community. Peruse their list of events on page 15. There is a wide array of programs covering all ages. Need a good book to help keep you warm, do not forget the annual Book Sale at the Community Center March 27—29.

For a small town we have so very much to offer through the dedication of volunteers, who could always use an extra pair of hands.

Please stay warm and looking forward to seeing you around and about town.



William Budesheim

Help Wanted - Police Dispatcher

The Riverdale Police Department is accepting applications for the position of part time dispatcher. The successful candidate must be available on short notice, holidays, weekends, and overnight. Experience is preferred but not required. Strong verbal communication skills, attention to detail, and the ability to work under stressful situations are necessary. Starting pay is \$13/hour. The Borough of Riverdale is an Equal Opportunity Employer.

Council Meetings
New Nights
2nd & 4th
Wednesdays
7:30 pm

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

The Seniors' Corner



The first meeting of the month was cancelled due to the snowstorm.

Our second meeting was held on February 16th and opened by **President Dorothy Bowersox**. She greeted everyone and thanked them for coming out in this very cold weather. We did have a lower attendance than usual – approximately 45 members. Dorothy announced that we have entertainment planned, which would help brighten up our day.

Chaplain Elaine Peacock read an appropriate piece for Valentine's Day entitled "Meaning of True Love". This was followed by our flag salute, club pledge, and singing of "God Bless America" in honor of President's Day. **1st Vice-President Grace Chiesa** sent cards to two of our ill members, **Joan Moran** and **Frank Sorgi**, and we were brought up-up-to-date on their progress. Dorothy read a thank-you note from **Arlene Gormley**, who appreciated all the prayers and good wishes received during her illnesses and she was welcomed back. February birthdays were recognized and members sang "Happy Birthday".

In the absence of **Secretary Jean McMichaels**, **Annette Lucente** sat in and read the minutes of our last meeting and recorded today's minutes. Thank You Annette! **Treasurer Laura La Rosa** gave her report and announced that all monies for the St. Patrick's Day Luncheon are due at the next meeting.

Warren Sheps of the Trip Committee reminded us that there is still a sign-up sheet and money to be collected for the Westchester Dinner Theater Production of "West Side Story" in April. He also told us that the Police Chief is looking for a temporary crossing-guard replacement for Frank Sorgi. **Gerry Mahler** then reported on Library News. There will be a Personal Computer Training Class (30 minutes) for which one must register. Also, they are offering an AARP Driving Course, for which there is a fee, and this will enable one to receive a discount on their auto insurance. The library is also starting to collect books for their upcoming book sale.

Dorothy then asked anyone if they had "Happy News" to share with us. Several members either recently became new great-grandmothers, or were anticipating the arrival of the babies. Other proud members individually announced the acceptance of two grandsons into medical school – and a grandson who won the Top Medal as a competitive swimmer. Congratulations to all!

The meeting was ended, jokes were read, raffle conducted, refreshments would be served and Bingo played after our entertainment program. **Mark Dacey** then took the stage and performed a "cabaret-style show" which featured his many talents. He sang familiar songs, played the guitar, did vocal impressions of other instruments, and ended the show with impressions of Ed Sullivan, Johnny Mathis, Frank Sinatra and Elvis Presley, etc., etc. It was an enjoyable morning!

Presented by Kay Boucher

Corn Beef and Cabbage

Ingredients:

- 1 corn beef brisket, about 3lbs
- 1 cabbage, cut into wedges
- 1 package, medium carrots
- 6 potatoes, cleaned and cut into ½ inch chunks
- Sea salt and pepper for taste
- 1 box of beef broth
- Spice packet that comes with the meat



Directions:

In crockpot add potatoes, cabbage wedges, carrots, meat and spice packet. Pour box of beef broth over ingredients. Cook on high for 6 to 7 hours until meat and vegetables are tender. If the cabbage wedges do not fit in crockpot add the wedges in a pot on stove add salt and 3tbsp. butter and ½ cup water simmer for an hour.



PARENTS ARE NOT AROUND FOREVER...



.... call them, visit them,
take their
grandchildren to see
them,
laugh with them, hug
them, let them speak
and tell you the same
old stories over and
over again, take them
their favorite foods
and sweets, treat them
with respect, patience,
and plenty of love...

TOMORROW MIGHT BE TOO LATE !

BY and LARGE

March Winds / Irish Gold

By Elaine Peacock

When March starts you will hear all the predictions of the arrival of spring. Forget what the ground hog predicted just a month earlier it's a brand new game; the countdown to spring's arrival on March 20th. March can be a fickle month one day will be warmer and it gives you a taste of what is to come only to trip you up the next day with a cold wind and snow showers to remind you no matter what your calendar says Mother Nature has her own agenda.



Almost right smack in the middle of the month is St. Patrick's Day. Nothing puts a spring in your step like the sound of bagpipes and some Irish tunes to put smile on your face. Join in the fun and maybe the wee people will share their pot of gold with you. March is the turning point from winter to spring its GOD's promise of longer, warmer days to come and the return of being able to spend more time outside enjoying GOD's beautiful world – a world full of promise and new beginnings.



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



NO PARKING RULES

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



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

Under state law **NO PARKING:**

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

Neighborhood Changes Can Mean Lower Insurance.

A big factor in how much you're charged for homeowners insurance is where you live. So if there have been improvements to you neighborhood or subdivision, such as storm drains being installed or a fire hazard being cleared away, make sure to alert your insurance company and see if they will lower your rates.

Riverdale Food Pantry

Thank you for your generous and continued support.

This Month's Shopping List

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



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

Building Permits:

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

Water/Sewer/Tax Payments

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



Credit Card Payments



Welcome to Riverdale Borough's Pay On-Line Service

- ◆ Property Taxes
- ◆ Water and Sewer Bills
- ◆ Court Fines
- ◆ Dog and Cat Licenses
- ◆ Recreation Programs
- ◆ Exercise Classes

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

We accept Visa - MC - Discover - American Express As well as Electronic Checks from your personal checking account.



Borough of Riverdale now accepting Credit Card Payments for:

- ◆ Property Taxes
- ◆ Water and Sewer Bills
- ◆ Dog & Cat Licenses
- ◆ Exercise Classes
- ◆ Recreation Programs
- ◆ Community Center Rentals
- ◆ Glenburn Estate Rentals

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



Movie Trivia SOUND OF MUSIC 1965

◆ When Maria is running through the courtyard to the Von Trapp house in "I Have Confidence", she trips. This was an accident; however, director Robert Wise liked this so much that he kept it in the movie. He felt it added to the nervousness of the song and of the character.

- ◆ Julie Andrews sang "Supercalifragilisticexpialidocious" to the children in the cast to entertain them between shooting. Since *Mary Poppins* (1964) hadn't yet been released, they just thought she'd made up the song for them.
- ◆ The day after the von Trapp family left Austria (by train to Italy, not trekking over the mountains to Switzerland as the film depicts), Hitler ordered the borders of Austria to be shut.
- ◆ Julie Andrews nearly turned down the role of Maria Von Trapp, fearing the character was too similar to her role in *Mary Poppins* (1964).
- ◆ Christopher Plummer intensely disliked working on the film. He's been known to refer to it as "The Sound of Mucus" or "S&M" and likened working with Julie Andrews to "being hit over the head with a big Valentine's Day card, every day." Nonetheless, he and Andrews have remained close friends ever since.
- ◆ Julie Andrews had to learn how to play the guitar especially for the film.
- ◆ While the von Trapp family hiked over the Alps to Switzerland in the movie, in reality they walked to the local train station and boarded the next train to Italy. From Italy, they fled to London and ultimately the USA. Salzburg is in fact only a few miles away from the Austrian-German border, and is much too far from either the Swiss or Italian borders for a family to escape by walking. Had the von Trapps hiked over the mountains, they would have ended up in Germany, near Adolf Hitler's mountain retreat.
- ◆ The house that was used as the Von Trapp home was actually owned by actress Hedy Lamarr.
- ◆ Very little was known or available to Christopher Plummer about the real Captain von Trapp so the actor took to the Salzburg mountains with an interpreter. There, they met with Georg's nephew and asked him what the real man was like. The nephew told them that he was the most boring man he'd ever met.
- ◆ The song "Edelweiss" was written for the musical and is little known in Austria. The song was the last that Oscar Hammerstein II wrote before his passing in 1960.
- ◆ "Sixteen Going On Seventeen" was shot in the gazebo, one of the last to be done. On the first take, Charmian Carr (Liesl) slipped while leaping across a bench, and fell through a pane of glass. Although she was not badly injured, her ankle was hurt and the scene was later shot with her leg wrapped and makeup covering the bandages.
- ◆ Debbie Turner (Marta) had many loose teeth during filming. When they fell out, they were replaced with false teeth.
- ◆ At the beginning of filming, Heather Menzies-Urich (Louisa) was about three inches taller than Nicholas Hammond (Friedrich). He had to wear heel lifts to make him look taller. By the end of the shoot, Nicolas Hammond had grown six inches (5'3" to 5'9"). He often filmed in no shoes and Charmian Carr had to stand on a box to make her taller. All of the Von Trapp children grew a lot during filming, so heel lifts and various camera tricks were used to keep their heights steady.
- ◆ The first musical number in the film, *The Sound of Music* (1965), was the final sequence shot in Europe before the cast and crew returned to Los Angeles. It was filmed in late June and early July of 1964. Despite the warm and sunny appearance, Julie Andrews notes that she was freezing running up that mountain over and over again. Director Robert Wise has said that he had to climb one of the trees nearby to be able to overview the helicopter shoot without getting in the picture.
- ◆ In real life, Georg Von Trapp was not stern. The Von Trapp children were upset and disturbed by the portrayal of their father in the film. Maria von Trapp requested that director Robert Wise soften the character of her husband, but Wise refused.
- ◆ Adjusted for inflation, this would be the third highest-grossing movie of all time.
- ◆ When the film was first released on home video, it stayed on the charts for over 250 weeks, almost five years.
- ◆ Christopher Plummer learned to play the guitar for his part, but the guitar (like his vocals) were re-dubbed.
- ◆ After the von Trapps fled Austria, their home was taken over by Heinrich Himmler, one of the key players of the Nazi party. Adolf Hitler personally visited Himmler there several times.
- ◆ During the scene with Maria and the Captain at the gazebo, Julie Andrews couldn't stop laughing due to a lighting device that was making, in her words, a "raspberry" every time she leaned in to kiss Plummer. After more than 20 takes, the scene was altered to silhouette the two and to hide Andrews' giggles.
- ◆ One of only 4 productions to win both the Best Musical (or Best Play, as applicable) Tony (1960) and the Best Picture Oscar (1965). The other 3 are *My Fair Lady* (1957/1964), *A Man For All Seasons* (1962/1966) and *Amadeus* (1981/1984).
- ◆ Six burly Austrians were hired to pull the heavy car by two ropes while the actors push from behind when the von Trapps are escaping their home in Salzburg.
- ◆ Richard Rodgers composed two new songs for the film - "I Have Confidence in Me" and "Something Good".
- ◆ In the closing shot, when the family is climbing over the hills to safety, it is not really Kym Karath as Gretl on the shoulders of Captain von Trapp. In the DVD version, it is revealed that while in Austria, Kym Karath gained a lot of weight. This was one of the last shots filmed and so she was evidently a bit too heavy to be carried on Christopher Plummer's back. Plummer requested a stunt double and that is who's seen being carried on his back.
- ◆ Maria's wedding train was 14 feet long.
- ◆ Mary Martin was the wife of Richard Halliday, producer of the original Broadway show. Martin, who originated the role of Maria on Broadway, would eventually see nearly \$8,000,000 from the film. In contrast, Julie Andrews earned just \$225,000 for her performance.
- ◆ Among kids who auditioned to play one of the Von Trapp children were Kurt Russell, Richard Dreyfuss, Veronica Cartwright, and the four eldest Osmond Brothers (Alan Osmond, Jay Osmond, Merrill Osmond, and Wayne Osmond). Dreyfuss couldn't dance. Mia Farrow tested for the part of Liesl. Fred Astaire was considered for the role of Max. Sean Connery and Richard Burton were considered for the part of Captain von Trapp.
- ◆ Marni Nixon had become well known in Hollywood circles as a ghost singer for the leads in several film adaptations of hit Broadway musicals. She provided the vocals for Deborah Kerr in *The King and I* (1956), Natalie Wood in *West Side Story* (1961) and Audrey Hepburn in *My Fair Lady* (1964). "The Sound of Music" provided a rare onscreen performance by Marni Nixon, who plays Sister Sophia.
- ◆ The Ländler dance that Maria and the Captain shared was not performed the traditional way it is done in Austria.
- ◆ The soundtrack album of the film (RCA Victor: 1965) is one of the best-selling soundtracks of all-time (some 11 million copies sold worldwide) and has never been out of print.



Casino Night
featuring:



TEXAS HOLD 'EM TOURNAMENT

Elimination Format; Re-buys Available

Saturday, March 21, 2015

Doors Open at 6:30 PM; First Card Dealt at 8:00 PM

****GRAND PRIZE****

\$5000!!

(VISA Gift Cards)

WWW.PUSHTOWALKNJ.ORG

REGISTER ONLINE TO RECEIVE BONUS OF 1000 CHIPS
200 PLAYERS MAXIMUM

Location:



1301 Route 23, Butler, NJ 07405

\$150 Entry Fee, includes Buffet Dinner, Wine & Beer

(must be 21 years of age to register)

Register Early!! Entry Fee INCREASES to \$175 on March 14th

\$100 for Buffet Dinner includes Wine & Beer

FINAL TABLE PLAYERS RECEIVE VALUABLE PRIZES

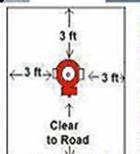
BLACKJACK, 50/50, RAFFLE PRIZES

All proceeds to benefit Push to Walk in Riverdale, NJ,
a specialized exercise gym for people with spinal cord injuries and paralysis
6 North Corporate Drive, Riverdale, NJ 07457

Push to Walk is a registered 501c3 non profit organization. Tax ID# 20-8059368

For information, call Stephanie Lajam at **862-200-5848**
or e-mail slajam@pushtowalknj.org

Sponsorships Available!! Call for details



During the winter months, fire hydrants are marked with poles to assist firefighters in finding hydrants quickly in the event of an emergency. If your

home/business is located in front of, or near, a fire hydrant, please shovel out the area in and around the fire hydrant if it is covered with snow. As you know, every second can count in an emergency! Your help in keeping hydrants clear of snow is greatly appreciated.

Peel Hard Boiled Egg.

When your eggs are boiled, put them inside a container filled with cold water and close the lid. Give a good shake until the eggs crack. That little pesky skin will separate from the white and stay out of your way when you try to peel the egg.



Recycling an old wagon into a towel rack.



FirstEnergy's Utilities Offer Winter Weather Tips for Safety



- Never use a gas stove, charcoal grill or lantern intended for outdoor use inside your home as it could lead to a buildup of deadly carbon monoxide gas.
- Close drapes, blinds and garage doors to retain heat.
- Only use space heaters designed for indoor use, and keep all heat sources at least three feet away from curtains, carpet or furniture that could catch on fire.
- Avoid frozen pipes by opening faucets and maintaining a constant drip, or wrap pipes in insulation or layers of newspaper.
- Use care when burning candles, especially around children or pets; burning candles can present a fire hazard.
- Charge electronic devices such as cell phones, laptops and tablet computers, and keep car charging cords for those devices handy in case of a power outage.
- Keep a flashlight, portable radio and extra batteries in the event a power interruption occurs.
- Never use a portable generator inside the house or a closed garage. Ensure the proper generator is selected and installed by a qualified electrician. When operating a generator, power coming into the home must be disconnected. Otherwise, power from the generator could be sent back onto the utility lines, posing a danger to utility workers.
- Use a sturdy fireplace screen when using a fireplace or wood-burning stove to help prevent a house fire.
- If an outage occurs as a result of the weather, customers are encouraged to call 1-888-LIGHTSS (1-888-544-4877) to report their outage or click the "Report Outage" link on www.firstenergycorp.com.
- Customers should immediately report any downed wires to their utility or their local police or fire department.
- Customers should never go near a downed power line, even if they think it is no longer carrying electricity. Extra caution should be used in areas where downed lines are tangled in trees or other debris.
- FirstEnergy customers also can subscribe to email and text message alert notifications to receive weather alerts in advance of major storms and updates on scheduled or extended power outages.
- Customers also can use two-way text messaging to report outages, request updates on restoration efforts, and make other inquiries about their electric accounts. Text REG to 544487 (LIGHTS) to get started.

Removing Bumper Stickers. Get those old bumper stickers off and bring your car up to date. Rub **cold cream** on the stickers and wait 10 minutes. **Keep Your Battery Clean.** To prevent your car's battery from corroding, wipe down the battery posts with petroleum jelly once every couple of months.

EMMAUS
FOR
VETERANS

NOW HIRING

Emmaus for Veterans is a registered 501(c)3 charity organization. We are a Christian outreach for United States Military Veterans.

We are looking for Military Veterans you want to learn construction arts, such as plumbing, electrical, carpentry, and masonry. We pay you to learn.

For more information contact Thomas Frodella.

973.919.5562

tom@emmausforvets.org
emmausforvets.org

Did You Know?

- ◆ Laugh and you will burn up three and a half calories. No joke.
- ◆ “Pif, paf, pof” is the Dutch answer to the “Snap, crackle, pop” of Rice Krispies.
- ◆ The comic strip *Peanuts* was originally called *Li'l Folks*.
- ◆ Peach Melba was named after Australian opera star Nellie Melba (1861-1931) who was the first to be served the dessert by its creator, a French chef name Escoffier.
- ◆ A U.S. government-backed study found that pigs can become alcoholics.
- ◆ According to an old Massachusetts law, you're not allowed to shave while driving.
- ◆ 1 Cherry Street was Washington's presidential address in New York.
- ◆ Distance from home plate to second base on a baseball diamond is 127 feet 3³/₈ inches.
- ◆ The watch pocket in pants is also known as the *fob*.
- ◆ Lake Michigan is the only one of the Great Lakes entirely in the U.S.
- ◆ A dog's heart beats 40 times a minute faster than a human's.

When Cell Phone Insurance Isn't a Good Idea.

When purchasing a cell phone, never sign up for insurance or a warranty—and if you're a monthly fee for insurance, cancel it immediately. The insurance plan of many cellular providers has a deductible of up to \$50 that you are responsible for paying, and the phone you'll usually receive as a replacement will be an already-outdated model from last year. The cost of taking your chances and buying a cheap replacement if necessary is much less than what your cellular company is offering you.

The final nail in the coffin of these rip off plans is duplicated coverage. You may already be covered. Check with your credit card/debit card company as many Visa/MC branded cards come with automatic 1 year warranty extension. Many now also have a form of cell phone insurance if you pay your bill with their card.

Craft Show



Crafters & Vendors Wanted

April 26 - June 28

July 19 - August 9

at the

Glenburn

please email Pam Sylvestri at
lovinhome123@optonline.net
for more information.

Question. A squirrel goes spirally up a cylindrical post, making the circuit in four feet. How many feet does it travel to the top if the post is sixteen feet high and three feet in circumference? *Answer on Page 21.*

General Rules for Space Heating with Electricity

1. Keep your heating equipment and anything that can burn at least 3 feet apart.
2. Plug power cords only into outlets with sufficient capacity and never into an extension cord.
2. Turn off heaters when you leave a room or go to bed.
4. Inspect for cracked or broken plugs or loose connections, and replace any before using.
5. Never use or store flammable or combustible liquids near or in rooms with heaters.



© NFPA

nfpa.org/education

Don't Wait Until Empty. You should always fill up your gas tank before it dips below a quarter of a tank. Always having a little bit of fuel will ensure your car's fuel injection system stays healthy.



DINE OUT MONDAY NIGHT

AT



FOOD | FRIENDS | FAMILY

72 Hamburg Turnpike, Riverdale

Monday – March 9

5:00PM – 10:00PM

15% OF SALES IS DONATED TO Riverdale School Class of 2017!

(Fundraiser is to help raise funds for their 2017 Washington DC Class Trip)

E-mail your reservation to:

RiverdaleClass17@Gmail.Com

Include in your e-mail:

Name, Amt of People, Arrival Time

(Send e-mail prior to Mar 9 or before 4pm Mar 9)

OR

Order Take-Out

(No need to send e-mail if ordering take-out)

Boniello's Phone (973) 831-0222

Boniello's does not deliver. Customer pick-up only.



Overdone Spaghetti?

If you forgot your simmering pot on the stove and your noodles are limp and mushy, try this trick. First run them under the coldest water possible—this will stop the cooking process immediately, and make the starch inside them contract. If you're making a dish with tomato sauce, heat them back up directly in the sauce, as the acid will help them hold up even better.



Lard is Healthy: 8 Reasons to Bring Lard Back

- Lard is Heat Stable** Why are oxidized fats bad? In a nutshell, *oxidized fats=free radicals. Free radicals=cell damage.* While we inevitably have some free radicals in our body, we should minimize these damaging molecules as much as possible to protect health and reduce inflammation. According to Mary Enig, author of *Know Your Fats*, lard is typically 40% saturated fat, 50% monounsaturated fat and 10% polyunsaturated fat. The percentage of saturated fat in lard protects the more vulnerable mono/polyunsaturated fats from oxidizing with heat, making lard an excellent choice for cooking and baking.
- Lard is Heart-Healthy.** An analysis of more than 300,000 people published in the American Journal of Clinical Nutrition shows that there is no evidence that saturated fat consumption raises the risk of heart disease. A low fat diet has been shown to increase triglycerides, which is a risk factor for heart disease. Saturated fat intake raises HDL cholesterol, which is *associated with a reduced risk of heart disease.* The “diseases of modern civilization” including heart disease and diabetes skyrocketed as animal fats were replaced with factory fats including vegetable oils and margarine. The cholesterol content of lard is health-protective, not dangerous.
- Lard is Neutral Flavored.** For sautéing and deep-frying, nothing beats the cooking properties of lard. It creates a divinely brown crust to vegetables and meats without a distinct flavor.
- Lard is Economical.** When it comes to healthy cooking fats, lard is definitely the most affordable. For example, my other favorite cooking fats - coconut oil and grass fed butter - cost exponentially more.
- Lard is High in Vitamin D.** Lard is the second highest food source of vitamin D, after cod liver oil. One tablespoon of lard contains 1,000 IU's of vitamin D. Also important, vitamin D is a fat-soluble vitamin so it requires fatty acids - including saturated fatty acids - to be absorbed and utilized in the body. Lard provides the perfect package of vitamin D along with the required fatty acid cofactors. Other food sources of vitamin D, including pastured egg yolks and liver, pale in comparison to the amount of vitamin D in lard. There is a catch, however: only lard from pastured hogs contains vitamin D, since the pigs must have access to sunlight to synthesize the D and store it in their fatty tissues. Grocery store tubs or sticks of lard are from confined, antibiotic-laden pigs and should be avoided. Purchase your lard from a butcher or farmer who can tell you how the pigs are raised.
- Lard is Great for Baking.** You may not think that lard pairs well with sweet foods, but traditionally lard was used for deep frying donuts and making flaky pie crusts. If you haven't made a pie crust with lard, you are in for a beautiful surprise! In baked goods, lard lends tenderness and moisture without a discernible flavor. Substitute lard for coconut oil, vegetable oil, shortening or butter in your recipes.
- Lard is a Healthy Source of Cholesterol.** Lard ranks #18 in foods richest in cholesterol. As a healing agent in the body, levels of cholesterol rise during periods of stress or when inflammation is present. Studies show that cholesterol consumption does not carry a cause-and-effect relationship with blood cholesterol it needs. Providing cholesterol through good quality fats, however, reduces the burden on the body to produce cholesterol. Dietary cholesterol from whole foods like lard supports inflammation management and hormone production.
- Lard is Traditional.** Avoid any food with a TV commercial and avoid any food that your great-great-grandmother would not have recognized such as canola oil, corn oil, fake butter, cooking spray and reduced-fat dairy products. Lard, however, was enjoyed by your ancestors thousands of years ago.

THE RIVERDALE WOMAN'S CLUB



4TH ANNUAL SCRAPBOOK

CROP IS APRIL 18TH!!

**SAVE THE DATE & GET THOSE
CREATIVE JUICES FLOWING**

WHEN: APRIL 18, 2015 FROM 10:00AM until 10:00PM

WHERE: Riverdale Community Center .

Located at 57 Loy Avenue, Riverdale, NJ 07457

WHAT: CROP TIL YOU DROP! With Lunch, Dinner, and snacks all included! Plus vendors galore!

HOW MUCH: \$50.00

VENDORS: Close To My Heart, Creative Memories, Mary Kay, Massage Therapist, and more!

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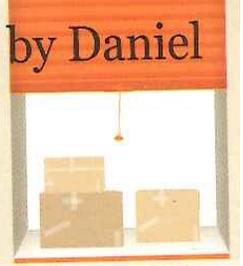
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To purchase tickets:
Contact Diane Gelok @
973 809 9366 or by email:
digelok@optimum.net or
pomptonlakesef@gmail.com

Pompton Lakes Education Foundation
Presents:

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Thursday, 3/12/15

6:30pm to 9:30pm (painting starts at 7pm)

@ Riverdale Community Center

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Selling Gold: Here's Some Suggestions

by Riverdale Resident and Columnist

Bill Lango



With the price of gold around \$1200 an ounce, more folks are tempted to turn their jewelry into cash, a process that involves many pitfalls. What's a seller to do? Well before you gather up all

those worn unused rope chains, earrings and bracelets you don't wear anymore, here are some thoughts and suggestions you may be able to use if and when you decide to take advantage of today's high gold prices.

In 1980 the price of gold began creeping up and up until it reached an unheard of price of \$850 a Troy ounce. What ensued was a gold jewelry selling frenzy as never seen before. The eight hundred plus dollar per ounce price of gold clouded many seller's eyes, who along with selling broken or unwanted jewelry as scrap gold, also sold much desirable and highly collectible antique jewelry not for the antique value, but more often for the gold scrap value.

Large antique cameos were often sold only for the 14k gold scrap value of the cameos' gold bezels—the cameo itself would be popped out of its bezel, and often discarded. Unfortunately, a similar fate awaited countless rings, bracelets, pins, and other pieces of fine antique jewelry. Conversely, when gold was at its peak, some solid gold jewelry was worth more as scrap than its antique value. In some instances, this holds true today.

Gold prices remained relatively stable for almost thirty years until late summer of 2011, when all hell broke loose and the price of gold rocketed upward to a staggering \$1,921.50 an ounce, on September 6, 2011. As of February, 2015 the price of gold was hovering around \$1,200 an ounce. Down from its peak, in 2011, but certainly still a lot of money, prompting a gold rush of another kind: A rush by "Cash-for-Gold" buyers, eager to part you from your gold, precious metals and jewelry.

Pop-up, cash-for-gold stores have sprouted up everywhere. TV and radio ads claiming they'll pay you top dollar by return mail, for your unwanted gold and jewelry you mail to them. Chances are you have seen full page ads in local newspapers enticing sellers to sell their unwanted jewelry and gold at Hotel weekend gold buying events.

Perhaps you've been invited to attend a Gold buying party, which are akin to the old school Tupperware parties. But at a gold buying party you sell your gold to the hostess. (Some Gold Buying Party sponsors pay sellers as little as 50% of the value of their gold, because the companies and the homeowner who hosts the event get a percentage of the profits).

Some of the more fly-by-night gold buying scams take place in Laundromats where unsuspecting sellers are approached by friendly gold buyers. Even a New Jersey Gas Station has been cited for hanging up a Cash-For-Gold sign.

And now there's even a traveling Garage Sale Gold Buyer. In this scenario a well mannered likeable man holding a large clear Ziploc bag partially filled with scrap gold jewelry walks up to the home owners hosting the garage sale and breaks the ice, by asking: "Hi, do you have any scrap gold for sale? See what I just bought from a neighbor down the street. If you have

any for sale, I'm buying-blah-blah-blah." Transient buyers move to different locations weekly or monthly. A little known fact is that transient buyers are required to have a \$5,000 bond posted with the New Jersey Division of Consumer Affairs, State Office of Weights and Measures. You can check with that office to see if a bond has been posted.

Recently there have been so many complaints that the New Jersey Division of Consumer Affairs has served twenty-one jewelry stores with 938 citations for alleged consumer protection violations concerning Cash-For-Gold transactions.

Once you decide to sell, you owe it to yourself to do your homework) before visiting any Jewelry Shop or Gold Buyer. You'll find more information on Selling Your Precious Metals & Jewelry, online by visiting: www.njconsumeraffairs.gov and downloading their elling Your Precious Metals & Jewelry information sheet. Don't have a computer? Ask a friend a neighbor to print the information out for you.

Don't allow yourself to be pressured into selling. Ask a family member or a trusted friend to accompany you to a Jewelry Shop or Gold Buyer. If you are unsure about an offer, or just want a second opinion simply walk away. Any reputable buyer should stand by their offer when you return as long as the spot price for gold hasn't dropped during the day.

Before Selling Antique Jewelry: Get an appraisal first from a jeweler knowledgeable in antique and estate jewelry before offering it to a buyer that pays by scrap gold weight. Your jewelry's antique value could be worth far more than the gold it's made of.

Rare Gold & Silver Coins: Take them to an expert for appraisal. Do not sell as scrap as they may have a numismatic value which is above their metal value.

Separate your gold by Karat: Don't put all your gold items together in one pile. 18k gold is worth considerably more than 10k. Use a magnifying glass to read the karat number on you gold items and separate your gold items according to their karat weight. If any gold is unmarked, ask your buyer to perform a "karat fineness test"—which involves scratching the metal on a stone and applying an acid and color chart to determine the gold content. Often times a reputable buyer will test all the gold before calculating a price.

Diamonds and gemstones: Never sell them to gold buyers. Make them remove the stones from the jewelry and give them to you. A reputable jeweler is recommended for removal and appraisal of such items before selling the rest for scrap.

Comparison Shop: Gold buyers are all eager to buy, so visit a few places and get several firm bids before you sell, as prices may vary significantly.

Be realistic: What ever the price of gold may be on the spot market, that price is for 24Karat gold (pure gold), any 10K, 14K and 18K gold will be priced less. Any one who buys from you has to make some money when reselling the gold, so don't expect to receive full value for your gold. When you decide to sell, get a complete sales receipt.

Inquire within your family, your circle of friends and coworkers if they've ever sold or scrapped gold and whether their experiences have been positive. Were they happy with the results of their gold selling experiences?

This article is meant to be a brief overview on selling gold. For reasons of brevity, it does not include mathematical conversion weight charts, or how to calculate the value of scrap gold, or in depth definitions.

RIVERDALE SCHOOL NEWS



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

It is hard to believe that this is the March newsletter, and that so much of the school year is behind us. Our younger students recently celebrated one hundred days in school with many tokens representing this number. Displays outside of our kindergarten classrooms depict the various interpretations of 100 days; it is so wonderful to see the snowflakes, balloons, teeth, and goldfish (to name a few) that reflect the creativeness of the individuals involved in the process, as well as the grasping of the concept. Our older students put their social skills into practice at the recent Valentine's Dance where working together was emphasized. Our February character trait, kindness, was ever-present! At our February 25th Board of Education meeting we honored those students who have achieved various levels of academic achievement for the second marking period in our school. This is a highlight of all of the efforts put forth by so many individuals and is certainly the hallmark of what education should be celebrating! As there can be so many negative challenges trying to soak up the focus of our positive energies, we should certainly take time to reflect and celebrate the many great aspects of the children in our community. We are committed to a positive focus, and are working toward continued advancements in our daily practices.

As many of you may know, reading is at the forefront of various successes. Both personal and professional reading can assist in the success of an educational institution. Recently, in a book by Mrs. Penny Kittle, an English teacher/author who writes about the importance of reading and writing and how teachers provide the "vision for students" in all of their teaching, a meaningful quote was discovered from her book entitled *The Greatest Catch: a life in teaching* (2005). She states the following:

"When you're teaching you're going to see people who cut corners, don't work as hard as they should, or just complain all the time about everything. I believe you've got to do what's right, every single day of your life, even if the rest of the crowd isn't. Teaching is about honor and goodness and mercy. It really is. And no one will be watching you most of the time. You either live up to the calling of this profession or you don't, and most likely no one will ever know but you. But it matters because the kids are counting on you."

This is quite a powerful quote, and one I wished I had written. Mrs. Kittle is right; the children are counting on us—all of us!

Teachers are a vital part of the educational process, and it is very important that all educators continue to be lifelong learners committed to doing the best they can for our children. Let's continue to work together to accomplish our goals—our children need all of us!

The turnout for our PARCC Family Night and Day was great; thank you so much for your interest and participation. Please remember to reach out with any questions, comments, or concerns. In addition, the PTA Founder's Day program recognized Mrs. June Carelli for all of her volunteer efforts on behalf of the children in Riverdale; she was presented with the Lifetime Membership Award. As we continue our efforts to educate our children the best that we can, please keep in mind the dates of programs that our schools will be providing in this month. As has been stated in the past, being involved in your child's school happenings is such an important aspect of the educational process. This month's topics for "Coffee with the Principal" are gaming in the classroom and home strategies for students who are struggling; consider attending, as this is another way to be a part of your child's education. Our doors are open to you!

UPCOMING SCHOOL EVENTS AND REMINDERS:

School Planning Team Meeting	March 4–2:40	Library
Board of Education Meeting	March 4–7:00	Library
Board of Education Meeting	March 11–7:30	Library
PTA Meeting	March 12–7:30	Cafeteria
Coffee with the Principal	March 12–1:15 and 6:15	Cafeteria
Special Education Parent Advisory Committee Meeting (SEPAC)	March 17–7:30	Library
Science Fair	March 24– 6:30-8:30	Gym
Board of Education Meeting – Budget Presentation	March 25–7:30	Library
Spring Photos	March 26–per student schedule	Gym
PARCC/NJASK Testing/ Makeup Testing	March 3–27 per student/grade level schedules	Various Locations

Pompton Lakes Riverdale First Aid Squad

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

PLRFAS, 700 Ramapo Avenue, Pompton Lakes, NJ 07442

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



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



Where Are They Now?

Gary Coleman– Diff'rent Strokes: Tiny, feisty Coleman played Arnold, the younger of two brothers adopted by a rich white businessman. His catchphrase ("Whatchoo talkin' about, Willis?") still resonates. Health and money problems plagued him after the show. He died of a brain hemorrhage in 2010 at 42.



Five Things I Wish I'd Learned In High School

The Common Core Curriculum and standardized achievement tests make all the education headlines lately, but there are still some basic changes needed in the current school curriculum.

Back in my day, you had the option of taking a driver's education course through the public high school (which offered the uniquely weird experience of cruising around town with your gym teacher riding shotgun). Driver's Ed was a nice option to have, but I understand it's not offered in many (any) schools these days. You have to hire a private instructor instead.

I appreciated learning a basic life skill like driving a car in public high school, but I realized in the decade following graduation there were still a lot of life skills to learn. Here are the top five things I wish I'd learned in high school (or college...or anytime in my twenties would have been nice.)

1. Buying a car. It's probably the first major purchase people make in their adult lives, yet many are clueless about buying and owning a vehicle, the terms of an auto lease, or how to register your car, and get an inspection sticker. You should learn how to maintain and care for your vehicle, too. Things of value need to be cared for.
2. Buying a house. From choosing a mortgage to assessing a property, there are a million and one things to know when buying a home. There are an equal number of pitfalls and mistakes to make, too. I made several hundred thousand mistakes buying my first home, and a bunch more buying my second.
3. Personal finance. Opening a bank account. Paying bills. Managing credit cards. Balancing a household budget. I really, *really* wish someone had taught me about this stuff when I was a teenager. My parents did their best, but I wasn't a very apt pupil. I was taught nothing about personal finance in high school aside from a few word problems in

math class. I still don't know how the stock market works, but from what I gather, neither does anybody else.

4. Marriage & family. There's a gap between home economics (baking, sewing, etc.) and health class (human biology and reproduction) that needs to be filled. You could devote an entire semester to "wedding planning" if you wanted. I'd rather see the course dig into the meat of marriage, the expectations and potential pitfalls, and how children impact a relationship. Not everyone gets married and starts a family, but many do. Half of those end in divorce. Maybe that number wouldn't be so high if young adults got some basic training.
5. How to pick a college/write a resume/interview for a job. Maybe there should be separate courses for each of these subjects, but they're all leading to the same place. You're going to have to *do* something after school, and chances are good you'll have to interview for a job. It's hard to get by without one. The whole point of standardized education is to create fine upstanding citizens that contribute to society.

I think colleges should offer more internships and apprenticeships. Students should *work* in their field of interest before deciding on a major. Then you'll create a workforce that *enjoys* giving back to its community.

I owe a lot of my practical education to my family; Mom and Dad, along with my brothers and sisters. Friends taught me a lot, too. I'm fortunate because I had those things. Not everyone does. That's why public schools need to step up—there's still a lot to learn.



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.

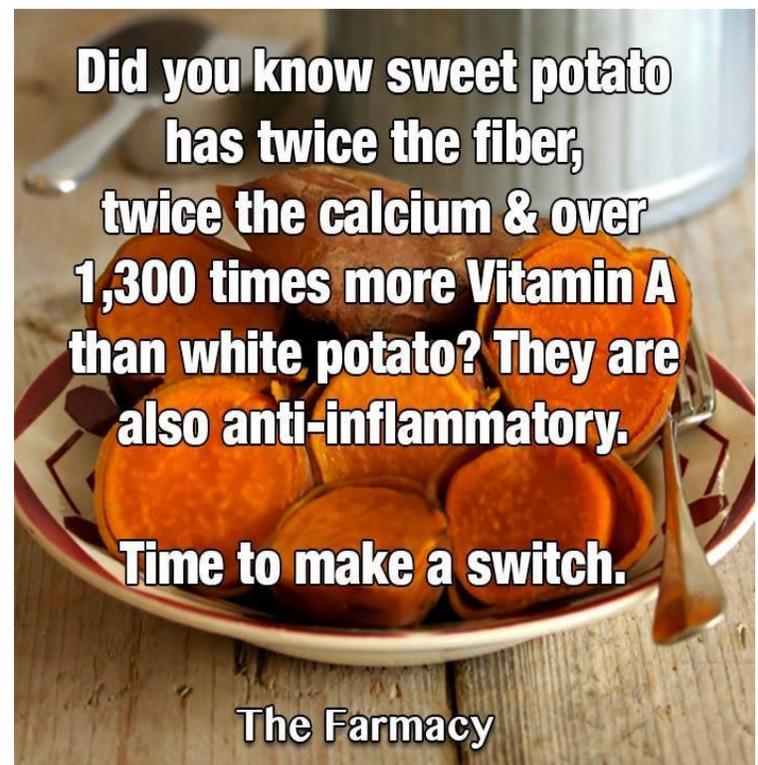


Senior Breakfast

- **Date:** Mar 6, 2015
- **Time:** 7:30 AM
- **Every First Friday of the Month**
- Start your day off right and join us for a cuppa joe! Meet some of your member friends and neighbors while enjoying a snack and a cup of coffee. It is free, no registration needed.

Practice Preschool For You & Me!

- **Date:** Mar 4, 2015
- **Time:** 12:30 PM to 1:15 PM
- **First Wednesday of every month through April**
- 18 months - 3 years with parent.
- Come see what the Early Childhood Learning Center has to offer! Singing, playing, stories, and art are all part of the fun in this interactive environment.
- It's FREE but pre-registration is required.



Our Lives, our Fortunes and our sacred Honor

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



The day of the Signing was August 2. As members gathered for this meaningful ceremony, William Ellery of Rhode Island—a witty, literary chap who wrote epigrams about

Island. Hopkins was the second oldest Signer, and suffered from palsy. As he handed the quill to Ellery, he said valiantly, "My hand trembles, but my heart does not!" Hancock is reported to have said as others signed, "We must be unanimous. There must be no pulling different ways; we must all hang together."

his fellow delegates while they spoke in Congress—sought a spot where he could witness the signature of each man.

"Yes," replied Dr. Franklin, "we must all hang together, or most assuredly we shall all hang separately."

Within weeks after the statue's commitment to the patriot's side, Connecticut's governor and Council of Safety placed General Wolcott in command of fourteen regiments which were to march in response to Washington's urgent appeal for aid in the defense of New York. Wolcott, just recovered from an illness that brought him home from Philadelphia, wrote, "I shall most cheerfully render my country every service in my power."

"I was determined," he said, "to see how they all looked as they signed what might be their death warrants. I placed myself beside the secretary, Charles Thomson, and eyed each closely as he affixed his name to the document. Undaunted resolution was displayed on every countenance."

Tradition also has it that Hancock turned to a new member from Maryland, Charles Carroll, and asked if he would sign. Carroll was one of the richest men in America. He had much to lose.

Later, while participating in the battle with British General Burgoyne's forces at Saratoga, New York—so the story goes—General Wolcott, in his supply, came across some bullets of "melted majesty" that had been made at his Litchfield home.

John Hancock signed in large, shaded letters. His flowing handwriting was the result of long hours of practice in penmanship back at the Boston Latin School.

"Most willingly," he answered. Taking the pen, he wrote, "Charles Carroll of Carrollton." He was the only Signer to write anything more than his name. Carrollton was his magnificent estate, and he was in the habit of including its name in his signature to distinguish him from his father and another Carroll of the same name.

On July 19, according to the secret domestic Journal of Congress, the Declaration of Independence was ordered engrossed on parchment and signed by the delegates.

"There!" he declared. "John Bull can read my name without spectacles, and may now double is reward of £500 for my head. That is my defiance!"

As he moved to his seat with the easy grace of the expert swordsman, one of the other delegates said in an aside, "There go a few millions!"

Contrasting with Hancock's confident signature was the shaky scratch of Stephen Hopkins, Ellery's sole colleague from Rhode

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

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R. Lovett NJ Lic# D3520 and E. Mutz NJ Lic# 3050

Extra Storage for a Three-Ring Binder. If your kids are like ours, they have all kinds of problems keeping their school supplies organized. You can help remedy this by taking a heavy-duty Ziploc freezer bag, punching holes so that it fits in their three-ring school binder, and filling it with pencils, erasers, and other easily misplaced items.

Keep Neighborhood Cats Away. If your neighbors' cats are causing havoc in your yard, don't even try to go talk to the owners—once the cats are let out there is really nothing they can do to keep them fenced in. Instead, sprinkle the edge of your yard with orange peels and coffee grounds. Cats don't like the smell, and they'll eventually create great compost for your lawn.

Reclaiming Your Yard from Raccoons. Have the raccoons grown rather bold around your backyard and trash cans? Try this equivalent of a phony "Beware of Dog" sign by distributing dog hair around your property. You can also try planting cucumbers, which both skunks and raccoons avoid like the plague.

HOURS

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

R I V E R D A L E
Public Library

93 Newark Pompton Turnpike • Riverdale, New Jersey 07457
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Registration for programs is required.
 Call (973) 835-5044 or visit
www.riverdalelibrary.org
 to sign up!

ADULT PROGRAMS

Documentary Screening - I Am Ali — Mon., Mar. 2, 6:30 p.m.
 111 min. The life of the boxing legend, Muhammad Ali.

AARP Driver Safety Course — Sat., Mar. 7 & Mar. 14, 1:00-4:00 p.m. The purpose of this course is to help drivers of all ages to refresh their driving skills. Cost: \$15.00 for AARP members; \$20.00 for non-members. **Both sessions must be completed;** participants may be eligible for auto insurance discounts.

Diabetes 101 — Wed., Mar. 11, 7:00 p.m. Nutrition and exercise play key roles in managing diabetes. Allison Smith, MPH, RD, ShopRite of Lincoln Park's registered dietician, will give an educational presentation on gaining better control of your blood sugar through diet and exercise.

Friday Matinee - Into the West — Fri., Mar. 13, 1 p.m. When their mystical white horse is stolen, two young Irish boys attempt to recover it and encounter adventure in the process. PG, 97 min.

Spring Gardening — Wed., Mar. 18, 7:00 p.m. Does your garden need a makeover? Want to create a new garden from scratch? Master Gardener Bill Moran will focus on both of these topics in his presentation, which will also cover proper gardening tools and their use, how to purchase new annuals and perennials, and how to plan a vegetable garden with a growing season from mid-March through early January.

Spring Table Favors — Sat., Mar. 28, 1:00 p.m. Delight guests at your spring table with a hand-crafted favor. You'll be crafting up to eight goody bags with ribbon and a bunny cut-out, accompanied by name tags. We'll provide all the supplies.

Photography Tips for Better Pictures — Mon., Mar. 30, 7:00 p.m. Walter Choroszewski, well-known New Jersey photographer, brings his expertise and humor for a fun and informal "back to basics" photography class.

TEEN PROGRAMS — GRADES 6 AND UP

Faction Fest — Wed., Mar. 18, 4-5 p.m. Celebrate the big-screen release of part two of the *Divergent* series. Play Tris Trivia, make faction locker magnets, and snack on Dauntless Chocolate Cake.



The Friends of the Riverdale Library Book Sale will be held at the Riverdale Senior Community Center, 57 Loy Ave, on Fri., Mar. 27, 4 - 8 p.m., Sat., Mar. 28, 10 a.m.-4 p.m., & Sun., Mar. 29, 12-3 p.m. Great

books at great prices! Music and movies are also for sale. Interested in volunteering to help at the sale? Please call the library at (973) 835-5044.

ADULT COMPUTER PROGRAMS

Excel Part 2 — Sat., Mar. 14, 11:00 a.m.-12:30 p.m. Topics covered include formatting data, freezing windows and hiding data, sorting, working with multiple sheets and creating a chart or graph from your data. *Prerequisite: Intro. To Excel, or basic familiarity with Excel.*

Microsoft Word — Fri., Mar. 20, 11:00 a.m.-12:30 p.m. Learn to type text in Word, edit, spell-check, save, and print documents. Learn to format text, change fonts, use bullets and customize the quick access toolbar for easy access to favorite commands.

iPad and Tablet Users Group — Fri., Mar. 20, 1:00-2:00 p.m. New to using a tablet or iPad? Bring your device and learn the basics in this monthly workshop for tablet users looking to increase their skills and share knowledge and experience.

Excel — Wed., Mar. 25, 6:00-7:30 p.m. Learn how to create a simple worksheet. You will input data, create simple formulas and use basic formatting techniques. We will discuss tips to view your worksheet, and how to print a presentable report. *Prerequisite: Comfortable using a computer, keyboard and mouse; familiarity with Microsoft Word.*

CHILDREN'S PROGRAMS — GRADES K-5

Puppy Pals — Wed., Mar. 11, 4-5 p.m. A fun way to encourage reading skills! Children can choose a book to read to Justice and Liberty, certified therapy dogs from Creature Comforts Pet Therapy.

Luck o' the Irish Party — Thurs., Mar. 12, 4-5 p.m. Everybody's Irish on St. Patrick's Day! Hear the legend of St. Patrick, make a craft to bring good luck, and go home with edible "gold." Don't forget to wear green!

Breakfast Book Club — Sat., Mar. 21, 10:15-11:30 a.m. Enjoy bagels and juice, talk about the book of the month, and create a cool project! Pick up your free copy of *The School Is Alive!* by Jack Chabert at the circulation desk.

Lego Lab — Wed., Mar. 25, 4-5 p.m. You bring your imagination and we'll supply the LEGOs plus a great story!

INFANT & PRE-SCHOOL PROGRAMS

Programs run through the week of Mar. 24, next session begins the week of April 13.

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

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

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

MONTHLY

Photo Club — Hope to see you at the *Photography Tips for Better Pictures* on Mon. March 30, at 7 p.m.

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

Adult Book Discussion Group — Mon., Mar. 23, 6:30-8:00 p.m. *The Light Between Oceans* by M. L. Stedman.

Friends of the Library meeting — Thurs., Mar. 19, 7:00 p.m.

RIVERDALE



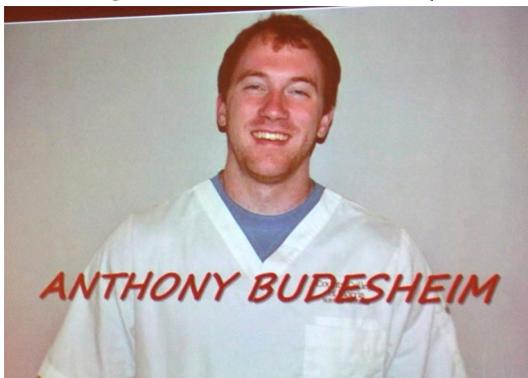
Girl Scouts



The Lakedale Service Unit held their annual World Thinking Day Event on February 21st for all girl scout troops in Pompton Lakes & Riverdale. The theme this year was "Bangladesh" and bringing awareness to their culture, food, music and dance. The girls also made blankets that will be sent to children in Bangladesh receiving cleft palate surgeries. The event was hosted by Cadettes working on the Girl Scout Silver Award and also three 3rd grade Brownie troops.



Congratulations!



Congratulations, **Anthony Budesheim**, on passing his state boards for Nursing. Anthony graduated from County College of Morris in January.



DAILY NEWS

First Aid Squad



The new officers of the Pompton Lakes Riverdale First Aid Squad were sworn in at their annual dinner, a "Back to the 80s" Theme.

Happy Birthday!



Happy 4th birthday to **Seamus Hamilton** on March 31st. Love, Mommy, Daddy, and Reilly



Gerald & Joan McMinn

Gerry was presented with a plaque recognizing his **60 years** of active service on the First Aid Squad. Thank you, Gerry!

"Without Jerry many call's would have gone unanswered. And you really have to give his wife credit, because she has put up with him for all those years running out the door all hours of the day and night to answer first aid calls. Jerry is an inspiration to everyone that come's in contact with him."

Sheryl Chacon

Photos courtesy Sheryl Chacon



Krista Osborne, Director

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

Easter Egg Hunt



Saturday, April 4

11:00 am SHARP

Riverdale Community Center

**Children ages 2 thru
5th Grade**

Bring your own basket!



Softball Clinic

In conjunction with Pompton Lakes Recreation.

Tuesdays 7:00 - 8:30 pm

March 17 thru April 16

Lakeside Middle School in Pompton Lakes.

\$60

Children in Grades 1 - 8

To register email RiverdaleRec@gmail.com

Indoor Field Hockey Clinic

In conjunction with Pompton Lakes Recreation.

Thursdays 7:00 - 8:30 pm

March 19 thru April 30

Lakeside Middle School in Pompton Lakes

\$70

Children in Grades 1 - 8

To register email RiverdaleRec@gmail.com

Walking Club

In conjunction with Pompton Lakes Recreation.

Thursdays 7:00 - 8:00 pm

Now thru April 23

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

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

Tennis Clinic

In conjunction with Pompton Lakes Recreation
Sundays, April 12 - May 17 (except Mother's Day)

1:00 - 1:45 p.m.

Hershfield Park Tennis Courts in Pompton

Open to students in K - 8 grades

\$15 per participant

2:00 - 2:45 p.m. for Special Needs Players

\$15 per participant

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

Counselor Applications

- **2015 Summer Rec:** will ONLY be accepted during March and April.
- Please pick up an application at the Borough Hall (they are not available anywhere else).
- You must be 16 years old and a Riverdale Resident.
- If you have any questions, please email Krista Osborne at RiverdaleRec@gmail.com.

Adult Crazy Bowl

Saturday, March 28 - 8:00 - 11:00 pm

Holiday Bowl in Oakland

\$35 per Person

includes 2 games of bowling, shoes, hot/cold buffet, dessert, soda & coffee. Cash bar available.

PLUS win prizes for In the Gutter Award, Spare Change Award, Strike It Rich Award and lots more! Sign-up by email at RiverdaleRec@gmail.com, deadline is March 15.

SUMMER REC REGISTRATION: 2nd Payment Night Wednesday, February 18

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

\$100 DEPOSIT due for those students already registered

\$150 DEPOSIT due for those registering for first time.

Summer Rec: June 29 - July 31.

More information email RiverdaleRec@gmail.com

2015 Summer Rec After Care

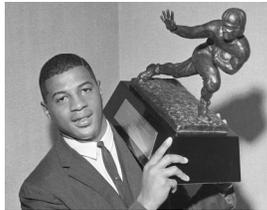
For children attending Riverdale Summer Rec ONLY.
June 29 - July 31 * Monday - Friday * 3:00 - 5:00 pm
Riverdale Community Center

\$10 an hour per child, per day.

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

Athletes Who Died Too Soon

Ernie Davis December 14, 1939 – May 18, 1963 died from Acute Monocytic Leukemia.



As one of the greatest collegiate running backs of all time, Davis made historic strides both on and off the field during his tenure at Syracuse. The Elmira Express led the Orangemen to an undefeated season and national championship as a sophomore in 1959 and two years later he became the first African-American to win the Heisman trophy. He was selected first overall in the 1962 draft by the Washington Redskins (later traded to the Cleveland Browns) but Davis never played an NFL game as he was diagnosed with leukemia just months after the draft. A backfield with Jim Brown and Ernie Davis?!

From 14 months of age, Ernie was cared for by his maternal grandparents, Willie and Elizabeth Davis, in Uniontown, Pennsylvania. His father was killed in an accident shortly after Ernie's birth, and his mother, Avis, could not raise him alone. At the age of 12, he went to live with his mother and stepfather in Elmira, NY, where he excelled in baseball, football and basketball in grade school. He attended Elmira Free Academy, where he earned two All-American honors. At the end of his senior season he was recruited by numerous colleges, and chose to attend Syracuse University after being persuaded by his childhood hero, Jim Brown, a Syracuse alumnus.

In the summer of 1962, Davis was diagnosed with acute monocytic leukemia and began receiving medical treatment. Ernie went to Johns Hopkins when he was dying, three months after being diagnosed and through chemical treatments experienced a 4-5 month remission. Both the House and the Senate of the U.S. Congress eulogized Davis, and a wake was held at The Neighborhood House in Elmira, NY, where more than 10,000 mourners paid their respects. During the funeral, a message was received from President Kennedy, and was read aloud to all of the people attending the service. Davis is buried at Woodlawn Cemetery in Elmira, NY, the same cemetery in which Mark Twain is buried. He was elected to the college football hall of fame in the Fall of 2008, coinciding with the premiere of *The Express* and the beginning of construction of Ernie Davis Hall, a dorm on the Syracuse campus.

Influential Women

Jane Austen



(16 December 1775 – 18 July 1817 Jane Austen was an English novelist whose works of romantic fiction, set among the landed gentry, earned her a place as one of the most widely read writers in English literature. Her realism, biting irony and social commentary as well as her acclaimed plots have gained her historical importance among scholars and critics.

Austen lived her entire life as part of a close-knit family located on the lower fringes of the English landed gentry. She was educated primarily by her father and older brothers as well as through her own reading. The steadfast support of her family was critical to her development as a professional writer. From her teenage years into her thirties she experimented with various literary forms

Austen's works critique the novels of sensibility of the second half of the 18th century and are part of the transition to 19th-century realism. Her plots, though fundamentally comic, highlight the dependence of women on marriage to secure social standing and economic security. Her works, though usually popular, were first published anonymously and brought her little personal fame and only a few positive reviews during her lifetime, but the publication in 1869 of her nephew's *A Memoir of Jane Austen* introduced her to a wider public, and by the 1940s she had become widely accepted in academia as a great English writer. The second half of the 20th century saw a proliferation of Austen scholarship and the emergence of a Janeite fan culture.

Jane died in 1816, aged only 41. She died of Addison's disease, a disorder of the adrenal glands. She was buried at Winchester Cathedral. There are two museums dedicated to Jane Austen.

In 2005, *Pride and Prejudice* was voted best British novel of all time in a BBC poll. Jane was also voted as one of the Top 100 Greatest Britons.

APRIL edition of Riverdale News & Events will be published on or about Saturday, April 4. Copy, photos, articles, announcements are due Friday, February 27.



The Friends of the Riverdale Public Library will be busy preparing for their **14th Annual Book Sale.**

This year's event will be held on **March 27-29** 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.

Set up dates and times: Tuesday, Wednesday & Thursday March 24-26 from 6:30-9:00 pm. Clean up date is Sunday, March 29 starting at 3:00 pm

Donations of books, DVDs, CDs and audiobooks are also welcome (sorry – we're unable to accept magazines, condensed books, encyclopedias, VCR tapes or books in poor condition)

Please drop donations at the library during regular hours.

Book Sale will be held at the Community Center, 57 Loy Avenue, on Friday, March 27 from 4:00 to 8:00 pm; Saturday, March 28 from 10:00 am to 4:00 pm; and Sunday, March 29 from 12:00 to 3:00 pm.

For more information contact Lori Clinton at 973-616-4406 or lcClinton99@gmail.com

Revive dead car batteries If you get behind the wheel only to discover that your car's battery has given up the ghost — and there's no one around to give you a jump — you may be able to get your vehicle started by dropping two aspirin tablets into the battery itself. The aspirin's acetylsalicylic acid will combine with the battery's sulfuric acid to produce one last charge. Just be sure to drive to your nearest service station.

Remove perspiration stains Before you give up all hope of ever getting that perspiration stain out of your good white dress shirt, try this: Crush two aspirins and mix the powder in 1/2 cup warm water. Soak the stained part of the garment in the solution for two to three hours.

Restore hair color Swimming in a chlorinated pool can have a noticeable, and often unpleasing, effect on your hair coloring if you have light-colored hair. But you can usually return your hair to its former shade by dissolving six to eight aspirins in a glass of warm water. Rub the solution thoroughly into your hair, and let it set for 10-15 minutes.

Dry up pimples Even those of us who are well past adolescence can get the occasional pimple. Put the kibosh on those annoying blemishes by crushing one aspirin and moistening it with a bit of water. Apply the paste to the pimple, and let it sit for a couple of minutes before washing off with soap and water. It will reduce the redness and soothe the sting. If the pimple persists, repeat the procedure as needed until it's gone.

Treat hard calluses Soften hard calluses on your feet by grinding five or six aspirins into a powder. Make a paste by adding 1/2 teaspoon each of lemon juice and water. Apply the mixture to the affected areas, then wrap your foot in a warm towel and cover it with a plastic bag. After staying off your feet for at least ten minutes, remove the bag and towel, and file down the softened callus with a pumice stone.

Control dandruff Is your dandruff problem getting you down? Keep it in check by crushing two aspirins to a fine powder and adding it to the normal amount of shampoo you use each time you wash your hair. Leave the mixture on your hair for 1-2 minutes, then rinse well and wash again with plain shampoo.

Apply to insect bites and stings Control the inflammation caused by mosquito bites or bee stings by wetting your skin and rubbing an aspirin over the spot. Of course, if you are allergic to bee stings — and have difficulty breathing, develop abdominal pains, or feel nauseated following a bee sting — get medical attention at once.

Help cut flowers last longer It's a tried-and-true way to keep roses and other cut flowers fresh longer: Put a crushed aspirin in the water before adding your flowers. Other household items that you can put in the water to extend the life of your flower arrangements include: a multivitamin, a teaspoon of sugar, a pinch of salt and baking soda, and even a copper penny. Also, don't forget to change the vase water every few days.

Use as garden aid Aspirin is not only a first-aid essential for you, but for your garden as well. Some gardeners grind it up for use as a rooting agent, or mix it with water to treat fungus conditions in the soil. But be careful when using aspirin around plants; too much of it can cause burns or other damage to your greenery. When treating soil, the typical dosage should be a half or a full aspirin tablet in 1 quart (1 liter) water.

Remove egg stains from clothes Did you drop some raw egg on your clothing while cooking or eating? First, scrape off as much of the egg as you can, and then try to sponge out the rest with lukewarm water. Don't use hot water — it will set the egg. If that doesn't completely remove the stain, mix water and cream of tartar into a paste and add a crushed aspirin. Spread the paste on the stain and leave it for 30 minutes. Rinse well in warm water and the egg will be gone.

TAKE CARE About 10 percent of people with severe asthma are also allergic to aspirin — and, in fact, to all products containing salicylic acid, aspirin's key ingredient, including some cold medications, fruits, and food seasonings and additives. That percentage skyrockets to 30 to 40 percent for older asthmatics who also suffer from sinusitis or nasal polyps. Acute sensitivity to aspirin is also seen in a small percentage of the general population without asthma — particularly people with ulcers and other bleeding conditions. Always consult your doctor before using any medication, and do not apply aspirin externally if you are allergic to taking it internally.

A S P I R I N

SANDRA SCALA, RYT 500 HOUR CERTIFIED YOGA ALLIANCE TEACHER WILL BE HEADING UP THE YOGA PROGRAM FOR THE TOWN OF RIVERDALE. SANDRA HAS OVER 1000 HOURS OF TEACHING YOGA AND TAUGHT FOR THREE YEARS IN RIVERDALE BUILDING A FOLLOWING. THE STYLE THAT SANDRA PRACTICES IS HATHA VINYASSA FLOW YOGA WHICH IS AN EXTREMELY EFFECTIVE WAY TO STRETCH, STRENGTHEN, AND OPEN THE BODY TO FEELING MORE FLEXIBLE, LIMBER, AND BALANCED. SANDRA TEACHES IN A MANNER IN WHICH EVERY LEVEL OF YOGA THAT YOU ARE, CAN PARTICIPATE AND RECEIVE THE MOST OUT OF THE PRACTICE. HER FOCUS IS TO HELP EACH INDIVIDUAL WITH THEIR AILMENTS, STIFFNESS AND RANGE OF MOTION.



CURRENTLY THE YOGA CLASS IN RIVERDALE IS BEING HELD ON THURSDAY EVENINGS AT 7:30 AT THE GLENBURN HOUSE ON HAMBURG TURNPIKE. THE CLASSES ARE BEING TAUGHT BY SANDRA AND VICKY. ANYONE WHO WOULD LIKE TO ATTEND PLEASE COME JOIN US. THE COST IS \$10.00 FOR AN HOUR CLASS OF WHICH 50% OF THAT IS DONATED BACK TO RIVERDALE FOR THE TOWN TO USE TOWARD THE GLENBURN ESTATE. IF YOU SHOULD HAVE ANY QUESTION REGARDING THE YOGA PROGRAM PLEASE CONTACT SANDY AT 201 805 4058. HOPE TO SEE YOU THERE!

Victoria (Vicki) Betancourt

After doing yoga on and off for many years, Vicki finally started doing yoga more consistently in the last couple of years. Her first experience was practicing while watching Lilia's Yoga on PBS in the early 80's and then again, when a friend took her to a yoga class with Parvati Sudevi (Sheryl) Edsall, E-RYT, at Naturally Yoga, in Glen Rock, NJ, in the early 90s.



She came back to practicing yoga more consistently in recent years, when she realized she wanted to deepen her practice and to learn more about proper alignment and modifications of asanas. In August of 2014, Vicki earned her 200 Hr Yoga Certification through Ever Yoga Teacher Training under the guidance of Carolyn Fosko, 500 E-RYT and Stephen Tortorello, 200 E-RYT, at Highland Yoga in Butler/Kinnelon, NJ.

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Are your bookcases bulging from too many books? Do you **not** want to throw the books away and don't have room for another book case? Then I have a solution for you.
Donate your books for others to enjoy!

The Friends Of The Riverdale Library
are accepting book donations for their sale!
Donations can be dropped off at

Riverdale Library

93 Newark Pompton Turnpike.

Please drop off books during regular library hours:
Monday, Wednesday, Thursday 10:00 am- 8:00 pm
Tuesday and Friday 10:00 am- 5:00 pm
Saturday 10:00- 4:00 pm
Sunday -closed

Books will be collected up until March 15

If you would like to donate to a place closer to you then check out this website www.booksalefinder.com. This site lists places that are having upcoming book sales and you can contact them to see if they are still accepting donations.

If you are too overwhelmed and need a partner to help you with this endeavor, then give me a call at 973-838-8298 or email **Linda Anders Professional Organizer** linda@cocenterprisesllc.com

The Friends Of The Riverdale Library is a non profit 501(c)(3)



I was in Ulta today and a sales lady dropped nail polish. They immediately began pouring sugar on it. Did you know sugar makes nail polish clump up and you can sweep it right off the floor? No scrubbing needed. Where has this been my whole life???

ANSWER to question on Page 7: The squirrel climbs 5 ft. in ascend- ing 1 ft. of the pole. Therefore, he travels 20ft. in a 16-ft. climb.

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Mike's Feed Farm Hosts Free Horse & Chicken Workshops in March

The annual Chicken Owners Workshop and Horse Owners Workshop are happening this month, and we hope to see some fellow Riverdalians there. These free workshops are designed to provide information to people who already own chickens or horses or for people are interested in learning more about them. These are family friendly events, and offer an excellent opportunity for animal lovers to meet and mingle (and cock-a-doodle too!)

The Horse Owners Workshop is March 1st at 5:30PM at Mike's Feed Farm and will feature three guest speakers. A Purina representative will share her expertise on nutritional needs for horses and will review feeds for your horse to achieve maximum quality of life. Dr. Michael Fugaro, Professor Animal Health Studies Rutgers University and Centenary College Veterinarian, will discuss orthopedic issues in horses. Bob Leonard, an experienced farrier, will discuss how to achieve and maintain healthy hooves. All attendees will receive free goody bags and a raffle will immediately following the workshop. Items purchased after the workshop will be discounted as well.

The Chicken Owners Workshop is March 22nd at 6PM at Bograd's Furniture, across the Street from Mike's Feed Farm, and will feature two guest speakers. Victori Alfieri from Big Dog Farms will lead the discussion on how to raise and maintain a backyard flock, including ways to predator-proof your coop. Alfieri will bring several different breeds of chickens for attendees to meet, and chicks will be available for purchase. Christina Siracusa, a Purina representative, will lead the discussion on chicken feeds and will provide expert nutritional advice on all varieties of food for your flock. Attendees at the workshop last year asked many relevant, important questions, so this year we will have a 30 minute Q&A session for attendees to ask the experts the important things they need to know to keep their chickens healthy. Last year the Chicken Owners Workshop attracted over 100 attendees from all over North Jersey and was a huge success; we hope to see you there!

Please don't wait as space is limited, and the Chicken Owners Workshop and Horse Owners Workshop are quickly approaching! Both workshops are free, but RSVPs are required as space is limited. Call (973) 839-7747 or nikki@mikesfeedfarm.com to reserve a spot. The Horse Owners Workshop is March 1st at 5:30PM in the store, and the Chicken Owners Workshop will be March 22nd at 6pm at Bograds, across the street from Mike's Feed Farm. Items purchased after both events will be discounted, and goodybags and free give-aways will be available at the door.

Mike's Feed Farm Presents...

5th Annual Chicken Owners Workshop
Sunday, March 22nd 6pm





FREE gift bags!
Meet the breeds!
10% off all chicken feeds & supplies!

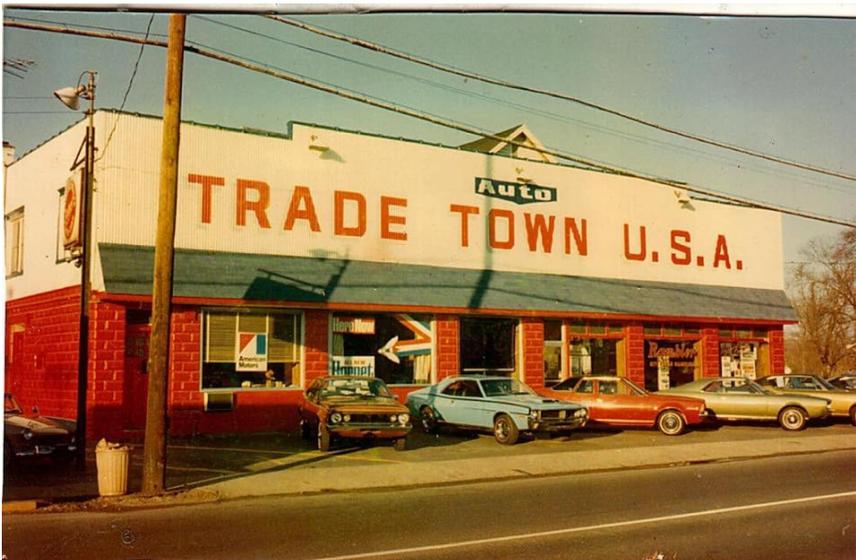
In this workshop you will:

-  **Learn how to raise & maintain a backyard flock**
-  **Get expert nutritional advice on all varieties of chicken feeds**
-  **Meet different several chicken breeds and purchase chicks to get started with your own flock**
-  **Have access to the experts with a Q&A session**

Featuring :
Victor Alfieri, Big Dog Farm
Christine Siracusa, Purina
Tim Astor, Bradley Caldwell

Workshop will be at Bograd's Furniture
 across the street from Mike's Feed Farm/Exit 53 off 287)
 Limited seating, RSVP required: 973-839-7747



Then

Now





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



YARROW. “Achillea”, Yarrow’s generic name dates back in folklore to Achilles in his battle for the Conquest of Troy, is said to have used Yarrow to bind the wounds of his soldiers.

Yarrow is a strong, soothing diaphoretic. Taken as a hot tea, it will naturally increase body temperature, open skin pores, stimulate free perspiration, increase elimination and equalize the circulation, thus making it an important herb for colds and fevers. Yarrow purifies the blood of morbid waste material which must be eliminated in sickness. Yarrow balances the function of the liver and has an influence on secretion production throughout the alimentary canal. Yarrow’s tonic action is most invigorating and will greatly assist nature’s actions to remove congestion and disease. Yarrow has the ability to stop bleeding relatively quickly which assists in the healing process.

The following appears contradictory in its opposite interesting results. Yarrow in the treatment of nosebleeds works in a peculiar way. You insert a roll of Yarrow into the nostril, the bleeding stops shortly. Now! For a severe sinus headache, insert a roll of Yarrow into the nostril. A nosebleed will result, relieving pressure on the head and thus the headache is relieved.

Yarrow is also a good blood cleanser, helping to clean the blood of uric acid, thereby removing the cause of gout. This herb contains aromatic compounds that aid in shrinking inflamed tissue and promote sweating. Therefore, Yarrow is useful in treating inflammatory skin conditions.

- ◆ It is used in skin and hair conditioners.

- ◆ Yarrow is considered very effective where there are symptoms of chills, constant nasal drip, catarrh and sensations of alternate cold and heat.
- ◆ For centuries, Yarrow has been used on wounds and in the 1950s, an alkaloid from the plant was found to have some ability to make blood clot faster.
- ◆ The Navajo Indians consider Yarrow to be a “life medicine” and chewed the leaves to stop toothache pain and they made an infusion of the plant tops and poured it into the ears for earaches.
- ◆ Yarrow has tannin and choline in its arsenal of active ingredients. The tannin or tannic acid in the flowers is a powerful virus inhibitor.
- ◆ Yarrow usually breaks up a cold within 24 hours.
- ◆ It supports and regulates liver and pancreas function.
- ◆ Yarrow has a very soothing and healing effect on the mucous membranes.
- ◆ Yarrow stimulates sweating in dry fevers and is a quinine substitute.
- ◆ Yarrow aids with nausea.
- ◆ Yarrow is a tonic for run-down conditions.

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

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

13 Uses For Lavender Oil: The Only Essential Oil You'll Need

Lavender (*lavandula angustifolia*) is the most versatile of all essential oils. Most commonly known for its relaxing effects on the body, therapeutic-grade lavender has been highly regarded for the skin. It may be used to cleanse cuts, bruises and skin irritations. The fragrance is calming, relaxing and balancing – physically and emotionally. Carrying a bottle of lavender around with you is like having your own personal first aid kit, perfume and pick-me-up. Here are 13 ways you can incorporate lavender in to your daily life:

1. Calming Rub 2-3 drops of lavender oil in your cupped palms, then use the inhalation method to draw the scent all the way into your amygdala gland (the emotional warehouse) in your brain to calm the mind. Then, rub on the feet, temples, wrists (or anywhere) for an immediate calming effect on the body. Great for use in crowded areas like planes or subways to carve out your own personal oasis.



2. Sleep aid Again, use the cupping and inhalation method. Then, rub a drop of Lavender oil on your palms and smooth on your pillow to help you sleep.

3. Bee sting / Insect bite Put a drop of Lavender oil on a bee sting or insect bite to stop itching reduce swelling.

4. Minor burn Put 2-3 drops Lavender oil on a minor burn to decrease pain. I recently did this after I spilled scorching hot tea on my hand at Starbucks and luckily had my lavender with me. Result: NO redness, swelling or pain. NO sign of any burn. Lavender works wonders!

5. Cuts Drop Lavender oil on cut to stop bleeding, clean wound, and kill bacteria.

6. Eczema / Dermatitis Mix several drops of Lavender oil with a nut or vegetable mixing oil (coconut, sesame, etc) and use topically on eczema and dermatitis. I have a dear friend who suffers from severe eczema and swears by this.

7. Nausea or motion sickness To alleviate the symptoms of motion sickness, place a drop of Lavender oil on end of tongue, behind the ears or around the navel.

8. Nosebleed To stop a nosebleed, put a drop of lavender oil on a tissue and wrap it around a small chip of ice. Push the tissue covered ice chip up under the middle of the top lip to the base of the nose and hold as long as comfortable or until the bleeding stops (do not freeze the lip or gum).

9. Dry or chapped skin Rub lavender oil on dry or chapped skin.

10. Chapped or sunburned lips Rub a drop of lavender oil on chapped or sunburned lips.

11. Hay fever. Rub a drop of lavender oil between your palms and inhale deeply to help alleviate the symptoms of hay fever.

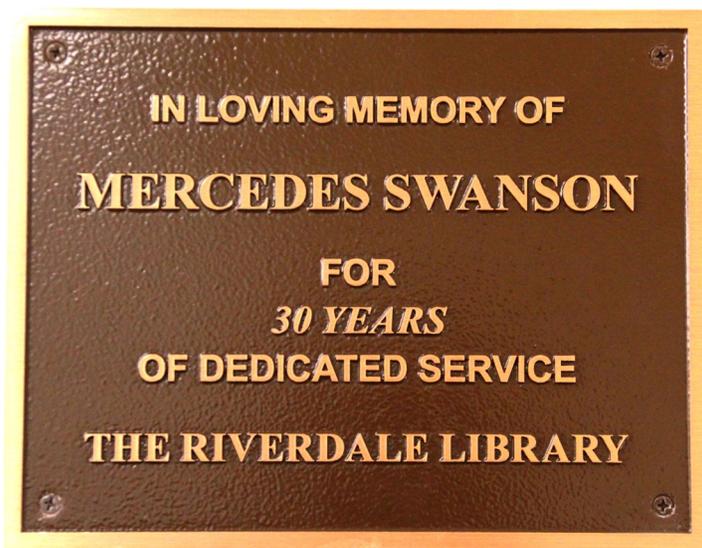
12. Dandruff. Rub several drops of lavender oil into the scalp to help eliminate dandruff.

13. Cold sores. Put a drop of lavender oil on a cold sore.

*****BONUS: Flavor booster!** Add a few drops of lavender to any recipe you want to enhance. Favorites: add to your water or tea (especially sparkling!), brownies, bars, cookies, dessert recipes, raw chocolate or salad dressings. Enjoy!

As you can see, Lavender is an essential oil that can uplift your life (and mood), heal and entice in a variety of ways. It's a great secret weapon to have on hand at all times!

On January 28 the Friends of the Riverdale Library President Dennis Harsley dedicated a plaque in memoriam of Mercedes Swanson, who was the longest serving employee of the Riverdale Library. All of Mercedes' children and families were present.



Below are the remarks made by Mayor Budesheim when presenting Mercedes a certificate in appreciation of her years of service on February 21, 2007:

Mercedes Swanson was born Mercedes Annicarelli in Agnone in central Italy. The family decided to move to the United States. After a nine-day voyage, her father and Mercedes, age 3½, and her three sisters arrived in the United States in 1929, just at the start of The Great Depression.

At first the family lived with an uncle in Youngstown, Ohio, but soon moved to Gates, Pennsylvania where her father found work in a coal mine. After the mine closed, the family moved to Jersey City and her mother and brothers were able to join them.

A talented cobbler, her father opened a small shoe shop. However, there were years of hardship during The Depression while the family struggled to support itself and all the children who could, worked to help support the family.

Mercedes was always a quick learner. Even though her first language was Italian, and Italian was always spoken in the home, she learned to speak English fluently by the time she started school. Mercedes was an excellent student throughout high school.

Her first love, however, was the theater and she excelled in all the shows put on in the high school. In her yearbook was written "Mercedes, Miss America 44, Glamour Girl by Every Score". Mercedes' first job right after high school was as an office messenger in the company where her sister worked as a translator during WWII.

Her next job was as a file clerk at a military office in Exchange Place in Jersey City. Somehow she managed to pay for tap and singing lessons in Manhattan. She was so good that her dance instructor lined up a job for her dancing the chorus at the Empire Theater in Newark. Unfortunately, her family didn't approve and she did not continue.

Soon after, she married a sailor who was in the Navy Medical Corp. They moved to his hometown in Minnesota where they shared a home with his parents. Mercedes' first child, Jimmy, was born but she was homesick for New Jersey and they returned in a year or two. Jimmy was followed by Johnny, Ricky, Linda, Jerry and Nancy. Shortly after Nancy was born, Mercedes had to take full responsibility for raising her family. Raising six wonderful kids is a real accomplishment.

Through a government sponsored work study program she attended Passaic County Community College where she obtained her Associates Degree in Liberal Arts at the age of 60 in 1985. English classes were among her favorite where the head of the Poetry Department dubbed her a true poet.

In 1986 she began work at the Borough of Riverdale, transferring to the library in 1987. It was the perfect match for Mercedes' talent working with children and her eye for detail. For 15 years she handled all aspects of library operations at the library at 56 Post Lane in partnership with Director Nancy Steele.

Generations of Riverdale children grew up knowing Mercedes as the librarian. When the new municipal library opened in 2002, Mercedes officially joined the staff of the Free Public Library of the Borough of Riverdale and has been running the Technical Services Department ever since. With her knowledge, experience, initiative, dependability and commitment to the library, Mercedes continued making valuable contributions to the library in the community of Riverdale.



Mercedes' children at the ceremony dedicating their mother's plaque.

Saint Patrick's Day, or the **Feast of Saint Patrick**, is a cultural and religious celebration occurring annually on 17 March, the death date of the most commonly-recognised patron saint of Ireland, Saint Patrick (c. AD 385–461).

Saint Patrick's Day was made an official Christian feast day in the early seventeenth century and is observed by the Catholic Church. The day commemorates Saint Patrick and the arrival of Christianity in Ireland, as well as celebrating the heritage and culture of the Irish in general. Celebrations generally involve public parades and festivals, céilithe, and the wearing of green

attire or shamrocks. Christians also attend church services, and the Lenten restrictions on eating and drinking alcohol are lifted for the day, which has encouraged and propagated the holiday's tradition of alcohol consumption.

Saint Patrick's Day is a public holiday in the Republic of Ireland, Northern Ireland, Newfoundland and Labrador and Montserrat. It is also widely celebrated by the Irish diaspora around the world; especially in Great Britain, Canada, the United States, Argentina, Australia and New Zealand.

Save It With Soda

Clean car battery terminals. Yes, it's true, the acidic properties of soda will help to eliminate corrosion from your car battery. Nearly all carbonated soft drinks contain carbonic acid, which helps to remove stains and dissolve rust deposits. Pour some soda pop over the battery terminals and let it sit. Remove the sticky residue with a wet sponge.

Loosen rusted-on nuts and bolts. Stop struggling with rusted-on nuts and bolts. Soda can help to loosen any rusted-on nuts and bolts. Soak a rag in the soda pop and wrap it around the bolt for several minutes.

Remove rust spots from chrome. Are you babying an older car — you know, one of those babies that have real chrome on the outside? If the chrome is developing small rust spots, you can remove them by rubbing the area with a crumpled piece of aluminum foil dipped in cola.

Make cut flowers last longer. Don't throw away those last drops of soda. Pour about 1/4 cup into the water in a vase full of cut flowers. The sugar in the soda will make the blossoms last longer. *Note:* If you have a clear vase and want the water to remain clear, use a clear soda, such as Sprite or 7-Up.

Keep drains from clogging. Slow drain and no drain cleaner in the house? Pour a 2-liter bottle of cola down the drain to help remove the clog.

Get gum out of hair. It's inevitable — kids get gum in their hair. Put the gummy hair section in a bowl with some cola. Let soak for a few minutes and rinse.

Make a roast ham moist. Want to make your ham juicier? Pour a can of cola over your traditional ham recipe and follow regular baking instructions. Yum!



Clean your coins. Who wants dirty money? If coin collecting is your hobby, use cola to clean your stash. Place the coins in a small dish and soak in cola for a shimmering shine. Of course, you don't want to do this with very rare and valuable coins.

Clean your toilet. Eliminate dirt and odor with a simple can of soda. Pour into the toilet, let sit for an hour, then scrub and flush.

Remove oil stains from concrete. Here's how to remove oil stains from concrete driveways and garage floors: Gather up a small bag of cat litter, a few cans of cola, a stiff bristle broom, bucket, laundry detergent, bleach, eye protection, and rubber gloves. Cover the stain with a thin layer of cat litter and brush it in. Sweep up the litter and pour cola to cover the area. Work the cola in with a bristle broom, and leave the cola for about twenty minutes. Mix 1/4 cup laundry detergent with 1/4 cup bleach in 1 gallon (3.7 liters) warm water and use it to mop up the mess.



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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/>.



Downton Abbey. The Queen. Tea. All words that evoke images of Britain. We think of the British as a group of men and women in powdered wigs and oversized dresses twittering away to one another as they sip their tea from delicate bone china.

So, it should come as no surprise that the nation has a British Standards Institution (BSI) that set up a new 6-page standard for brewing and drinking tea, costing interested buyers \$177.

BSI, an organization that dates back to 1901, is “the business standards company that helps organizations make excellence a habit – all over the world.” Their business, they state, “is enabling others to perform better.” These standards use feedback from organizations including the British Tea Producers’ Association, Tea Trade Committee and Ministry of Agriculture, Fisheries and Food. They were created in 1980 to help professional taste testers, a standard known as BS 6008 or “Method for preparation of a liquor of tea for use in sensory tests”.

While the methods have been tried and true throughout the ages of British history, certain points do not sit well with tea love, including their evaluation of brew time. And, as always, the issue of when to add milk is still up for question.

Per BSI, there should be 2 grams of tea for every 100 milliliters of water (for all the Americans, that translates to about 0.07 ounces for every half-cup). The water must not be hotter than 85°C (185°F) to ensure that the milk does not scald. A way to judge this simmer

without using a thermometer is to check if there is a gentle boil, or, as was explained to me one time, “champagne bubbles”.

The organization is also very specific about the pot, stating that it should be “of white porcelain or glazed earthenware, with its edge partially serrated.” Five milliliters of milk should be added to each cup if it is large (meaning 57 millimeters to 62 millimeters [2 inches to 2.5 inches]) or half that if the amount is small (about 49 millimeters tall [a little under 2 inches]).

The tea should be steeped for six minutes to get the best flavor per the guidelines, though I would argue to be wary of your tea and the time that you take brewing. You do not want to over-brew a delicate tea and thus ruin the flavor of your beverage. A study carried out by Cravendale milk in 2011 felt that tea was better brewed for eight minutes. Still, a delicate white tea or a nice green tea would suffer under these guidelines, though British teas are typically black.

If milk is added after the brewing, then the drink should be between 65°C to 80°C (149°F - 176°F). This is a particular point of contention, since some people believe in adding their milk after to pouring the tea while others argue that putting milk into the tea before is better. However, experiments conducted at Loughborough University in 2003 found that putting the milk in after the boiling water in caused the milk to heat unevenly, causing milk proteins to clump and negatively affect the taste of the tea.

A slice of lemon was never brought up but, if you do add some lemon to your tea, make sure that you do not leave the lemon slice in your cup while you sip. As I always say, make your tea as you see fit and enjoy as you would like, milk added before or after your tea.

When you are ready to brew, throw a few leaves into your cup and enjoy! If possible, try and give your tea leaves the most room to open up. However, if you need, you can make your own tea bags or use a tea ball so that you are not drinking bits of leaves.



Why pipes burst

When water freezes, it expands in volume by about 9 percent. And it expands with tremendous force: The pressure inside pipes may go from 40 pounds per square inch to 40,000 pounds per square inch! No pipe can hold that much pressure, so it

breaks open. The break may occur where the ice forms, but more often, it occurs where water pressure finds a weak spot in the pipe. That may be inches or even feet from the frozen area.

Let the water run

A tiny trickle from faucets protects pipes in two ways. First, it prevents pressure from building up inside pipes. Second, it creates a constant flow of water through pipes and that makes freezing much less likely.

Permanent protection

Long-term freeze prevention is usually a major project, like insulating a crawl space, replacing standard outdoor faucets with frost-proof models or even rerouting pipes away from cold spots inside the home. Start by calling in a professional plumber to assess your situation and make recommendations.

Heat the pipe

Electric heat cable is good protection during cold spells. A thermostat switches on the heat only when the temperature drops, so heat cable won't waste electricity when it isn't needed. But if you need to protect lots of pipes for long periods, heat cable is an expensive solution.

Temporary steps to thaw frozen pipes

The first sign of ice forming in pipes is reduced flow at faucets. So if the flow slows to trickle during a cold snap, or if you suspect your pipes are vulnerable, take action. Here are a few things you can do:

- Turn up the heat.
- Set up fans to blow heat into cold rooms.
- Open vanity or cabinet doors so warm air can reach the pipes under sinks.
- If you have exposed pipes inside closets or pantries, leave doors open.
- Disconnect garden hoses from outdoor faucets. Even “frost-proof” faucets can burst if a hose is connected.
- Keep the garage door closed.
- If you have reduced water flow, heat the most vulnerable pipes (usually in basements and crawl spaces or near exterior walls) with a hair dryer. Leave the faucet on while you apply heat. As you melt ice, the flow will increase.

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