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NEWS & EVENTS

May 2014

Volume 9 Number 5



May 2014

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

Advertising rates are on website www.riverdalenj.gov

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

The successful applicant:

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

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

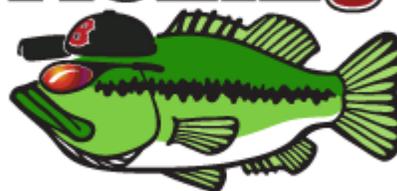


Fire Hydrant Flushing

May 12 - 16
9:00 to 3:00

ANNUAL Fishing Derby

Sponsored by
Riverdale PBA
and
**The Riverdale
Police Pistol Team**



Saturday, May 10

8:00 am - 12:00 noon

Freedom Park

Hot Dogs and Soda

Prizes

Breast of Pineapple Chicken

By Librarian Linda Vogel

Ingredients:

- 6 chicken breast
- 1 teaspoon salt
- 2/3 cup flour
- ½ teaspoon nutmeg
- ½ teaspoon cinnamon
- ½ cup pineapple juice
- 1/8 teaspoon of onion powder
- 1 can (10 ¾ ounces) condensed cream of chicken soup
- 2 teaspoons of brown sugar



Preparation:

Combine flour, nutmeg, cinnamon, onion powder, salt and pepper to taste in large bowl. Coat chicken in mixture. Combine soup, juice, and sugar in crockpot. Cook on high for about 3 to 4 hours until chicken is cooked. Could add more flour to to broth if needed (mix flour with water if adding after).

FRIENDS
Of The

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

Join the Friends of the Riverdale Public Library

We meet the third Thursday of the month from September thru June **NO MEETINGS IN JULY OR AUGUST.** Our big event is the Book Sale in March when we raised almost \$6,000.00 for the library. If anyone is interested in joining, our next meeting is **Thursday May 15th at 7P.M.** in the library

The Seniors' Corner

First Meeting April 7, 2014

All members are happy that spring has finally arrived, no more snow is needed. The meeting of April 7th was opened at 10:30 am by **President Dorothy Bowersox** with an Easter greeting. **Chaplain Elaine Peacock** read an inspirational message followed by a poem she had written. President Dorothy welcomed five new members, **Travis and Shirley King, Helene Sinocchi** and former Riverdale residents, **Kenneth and Shirley Reuter**. April birthdays were observed. Minutes from the March 17th meeting were read and approved, and committee reports given. Trip coordinators, **Warren Sheps** and **Sandi Wolf** gave information for the April 10th trip to the Sands Casino in Bethlehem, Pennsylvania. Hope all came home winners!! Our guest speaker was Dr. William DeFablis, Superintendent, Riverdale School. Dr. DeFablis discussed the budget for school year of 2014. Meeting was adjourned and refreshments and social time were enjoyed. Seventy-two members present. Bingo was played after the meeting.



Second Meeting April 21, 2014

April 21st meeting opened at 10:30 am by the President. Chaplain, Elaine Peacock read the message followed by flag salute and club pledge. Secretary, Jean McMichael read the minutes from the previous meeting, announcements and reports were given. Trip coordinators reported on the next trip on May 21st to the Brownstone Restaurant in Paterson for dinner and show. The show is Las Vegas Review, cost is \$48.00 per person which includes bus transportation. For further information please contact Warren Sheps at 973-835-0137. Meeting adjourned, refreshments were enjoyed and all had fun at the Pound Auction. Sixty-five members were present. Bingo was played after the meeting.

Looking forward to guest speakers for our May meetings! All Riverdale residents are welcome to come, meetings are held on the first and third Mondays of each month at 10:30 am.

Presented by Dorothy Bowersox

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



Elaine's mother, Kathryn Peacock, on her 90th Birthday.

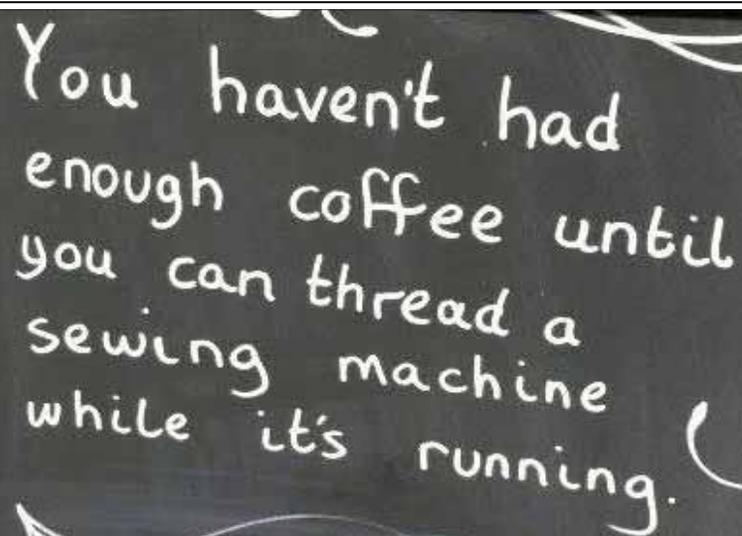
Why God Made Mothers

By Elaine Peacock

I dedicate this piece to my mom, Kay Peacock, who went to be with God in 2012.

There is a saying, "Since God couldn't be everywhere, he made Mothers." We all know that God can be everywhere but he made mothers anyway. I think God felt we needed someone we could see every day; touch, hug and love; a physical love that we as humans need. We know that God loves us, but let's be honest, God can't physically kiss a scraped knee, cool a fevered brow or cheer for us as we make a home run to win the game. Think back to when you were a child and how proud you were when your mom baked cupcakes for you to take to class or when she volunteered to be class mother for all your events. So when Mother's Day arrives this year, give your mom an extra hug. And for those of us whose moms are not in hugging range; whether it be they live far away or they are only reachable by prayer, let us think of the happy memories that we share and hold dear and be content in the knowledge that God knew just what he was doing when he made all those special women we call Mother.

<p>rawforbeauty.com source: www.bodyunburdened.com</p>	
<h2>Honey</h2>	<h2>Raw Honey</h2>
<ul style="list-style-type: none"> • Contains little or no pollen • May contain antibiotics • Main ingredient: high fructose corn syrup (HFCS) • HFCS is commonly derived from GMO corn • HFCS has been linked to diabetes, obesity, hypertension and liver damage • HFCS leads to plaque buildup and narrowing of blood vessels 	<ul style="list-style-type: none"> • All vitamins, nutrients and enzymes intact • Anti-viral and anti-fungal properties • Contains powerful antioxidants • Helps ward off allergies • Helps stabilize blood pressure and balance blood sugar levels • Boosts immune function • Helps heal skin conditions • Promotes digestive health



Jerry's Fun Facts

Here are some things you may not know about **almonds**.

- ◆ They are the oldest, most widely grown, and most extensively used nuts in the world.
- ◆ Almonds were brought to the New World by Spanish missionaries to California.
- ◆ They have more calcium and fiber than any other nut or seed - so eat 'em up!

POTATOES. If you think that potatoes are as Irish as the Ring of Kerry, think again: Taters were first grown in Peru more than 4,000 years ago.

In the late sixteenth century, they made their way to Columbia, where Sir Francis Drake collected some and took them to Sir Walter Raleigh in Virginia.

He sailed to Ireland and planted tubers at this estate in County Cork. More than 100 years later, Irish farmers decided that Sir Walter was on to a good thing!

How To Protect Yourself From Ticks



It's been a long, treacherous winter for both humans and pets. We've been stuck indoors, dreaming for the days when we can go hiking, running, swimming – or anything outside together! Now that Spring is here, outdoor activities with your dogs include scenery ripe with foliage, flowers and beautiful green grass.

But beware, because atop those bright green blades lives a formidable arachnid waiting to hitch a ride on you or your pet... the tick!

The blacklegged tick (or deer tick, *Ixodes scapularis*) carries *Borrelia burgdorferi*, which causes Lyme Disease in both humans and dogs. The symptoms can sometimes take months to appear and can include arthritis or swollen joints,

lameness, fatigue, and fever. The best way to protect yourself and your pets from ticks is to prevent the bite from happening. Mike's Feed Farm carries an array of products to help manage these dangerous blood suckers from burrowing into your skin. Topical products like Frontline can be applied to your pet's skin monthly and will deter a tick from biting (and will kill fleas and ticks as well.) If all natural is your thing, you can find several different sprays and ointments to apply that will have the same effect. Tick removers like Tick Twister and Pro-Tick remover are also available to easily remove these unwanted hitchhikers should they grab a hold of your pet's skin.

It is important to always check for ticks, even when they are protected with Frontline. After a romp outside in areas where ticks could be lurking, check your pet between the toes, inside the ears, between the legs (in the "armpits"), and around the neck, deep in the fur. Sometimes, despite your best efforts, a tick will find his way into your pooch's hide. If you do find one, follow these steps to remove it! (courtesy of the ASPCA)

Step 1—Prepare its Final Resting Place
Throwing a tick in the trash or flushing it down the toilet will not kill it, and it's actually best to hold on to it for awhile for veterinary testing in case your pet falls ill from the bite. Be ready with somewhere to put the tick after you've removed it—the best option is a screw-top jar containing some rubbing alcohol.

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Step 2—Don't Bare-Hand It

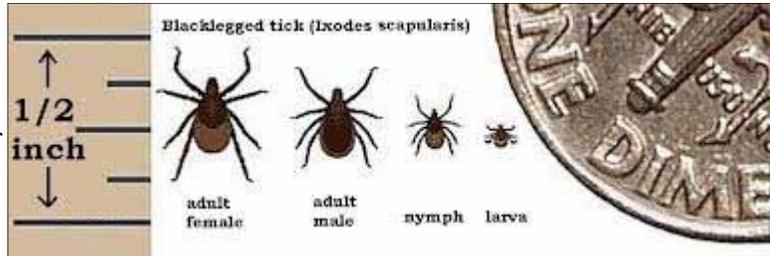
Put on latex or rubber gloves so you'll never have direct contact with the tick or your pet's bite area. Ticks can carry infective agents that may enter your bloodstream through breaks in your skin or through mucous membranes (if you touch your eyes, nostrils or mouth).

Step 3—Grab a Partner

You don't want your pet squirming away before you're finished, so if possible, have a family member on hand to distract, soothe or hold your pet still.

Step 4—The Removal

Treat the bite area with rubbing alcohol and, using a pair of tweezers, grasp the tick as close to the animal's skin as possible. Pull straight upwards with steady, even pressure. Place the tick in your jar.



- ◆ **Do not** twist or jerk the tick! This may leave the mouth-parts embedded in your pet, or cause the tick to regurgitate infective fluids.
- ◆ **Do not** squeeze or crush the body of the tick, because its fluids (saliva and gut contents) may contain infective organisms.

Step 5—All that Remains

Sometimes, in spite of doing everything right, a tick's mouth-parts will get left behind in your pet's skin. If the area doesn't appear red or inflamed, the best thing to do is to disinfect it and not to try to take the mouth-parts out. A warm compress to the area might help the body expel them, but do not go at it with tweezers.

Step 6—Clean Up

Thoroughly disinfect the bite site and wash your hands with soap and water (even though you were wearing gloves). Sterilize your tweezers with alcohol or by carefully running them over a flame.

Step 7—Keep Watch

Over the next few weeks, closely monitor the bite area for any signs of localized infection. If the area is already red and inflamed, or becomes so later, please bring your pet—and your jarred tick—to your veterinarian for evaluation.

Now that you're prepared to protect yourself from these pesky ticks, get out and frolic in the woods, you've earned it!



Assisi

Meet Assisi, a blue nose pitbull who loves cats, dogs, people... and even guinea pigs! Poor Assisi was abandoned in April, on the same night of the hail and snow storm. He was found tied to a fence, but he has already forgotten the past and is ready

for the future! Is it with you? For more information email Erin Earley at erin.mistymountainhop@gmail.com

**P
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Rocky

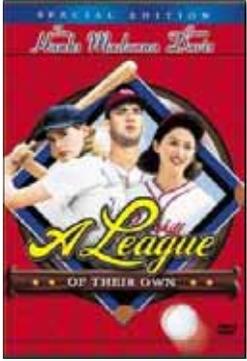
Big Lug alert! Here comes Rocky, another dog, cat and people friendly pooch looking for love. His owners had to



give him up when they lost their home and business due to financial difficulties. They were heartbroken to have to say goodbye, and ask that someone please love him and give him the home they were unable to provide. For more information email Erin Earley at erin.mistymountainhop@gmail.com

Movie Trivia

A LEAGUE OF THEIR OWN-1992



◆ In 2012, was selected by the U.S. Library of Congress for preservation in the National Film Registry archives.

◆ The movie's line "There's no crying in baseball." was voted as the #54 movie quote by the American Film Institute (out of 100)

◆ Tom Hanks gained 30 pounds in preparation for his role. He attributed the weight he gained to a nearby Dairy Queen.

◆ During filming of the World Series games, stars took turns entertaining the unpaid extras. Tom Hanks did puppet shows over the dugout, Rosie O'Donnell did stand-up comedy;

and various actors pretended to be Madonna and sang her songs after the singer balked at performing for the fans.

- ◆ The "strawberry" bruise Renée Coleman received on her thigh while sliding into a base remained for over a year.
- ◆ All of the injuries and bruises in the film were real injuries that the actors received during filming.
- ◆ Jon Lovitz had a more substantial role in the film's initial cut. During the extensive post-production editing and screening process, the filmmakers used only his meanest comments and most obvious punchlines and found the audience was roaring with laughter at everything he said. They decided to focus on those moments, cut out extraneous material, and ended up with one of the most popular elements of the final film.
- ◆ Geena Davis joined the production as a late replacement for Debra Winger, days before filming was due to start. Davis's character was supposed to be one of the greatest female baseball players in America, and the cast had been doing baseball training for months. Within weeks, Davis had mastered the game, and was regularly beating all her co-stars.
- ◆ Lori Petty was, in reality, a faster runner than Geena Davis, and had to run slower while appearing she was running at full speed.
- ◆ Dolores 'Pickles' Dries, the lady in the Cooperstown bleachers who referred to Dottie as "the best player in the league", was a pitcher for the Rockford Peaches in 1952, '53, and '54.
- ◆ Director Penny Marshall cast her daughter Tracy Reiner as Betty Spaghetti and her brother Garry Marshall as Walter Harvey.
- ◆ After league tryouts were completed, all of the players were sent to "Charm and beauty school". This is factual, as the real AAGPBL players were sent to the Helena Rubenstein Beauty Salon to be made over, and they attended Helena Rubenstein's Evening Charm School after afternoon practices where proper etiquette, hygiene and the leagues dress code were taught and reinforced.
- ◆ Actresses auditioning for the film had to prove they could play baseball. All the actresses cast in the film apart, except Davis, did their own baseball stunts. None of the performers wanted stunt doubles.
- ◆ When Rosie O'Donnell's character, Doris, asks "What are you a Genius?" to Dottie, Geena Davis actually has an IQ of 140. Having an IQ of 140 is actually considered the starting point for the "Genius" level.
- ◆ The film portrays the league as initially unpopular and unprofitable, until demeaning gimmicks are used to attract male audiences. In reality, the league was popular and profitable from the start, largely because it played in towns in the upper Midwest that had no way of watching a live baseball game. Eventually, the league grew into a ten-team two-division league. The advent of

televised baseball games in the early fifties, however, would lead to the demise in the popularity of the league.

- ◆ For the famous split catch, Geena Davis had to have a stunt double slide into the split. Although Davis could do the splits, as shown, she couldn't slide into it.
- ◆ The storyline was inspired by the career of baseball legend Dottie Collins. During WWII, Collins played for the All-American Girls Professional Baseball League, and pitched 17 shutouts during her six-year career.
- ◆ The more mature Dottie and Kit are played by Lynn Cartwright and Kathleen Butler, but their voices are dubbed by Geena Davis and Lori Petty.
- ◆ When the Rockford-Racine World Series game was filmed, it was over 100 degrees outside.
- ◆ The soldier who did most of the dancing with Madonna in the bar scene was a recurring character on director Penny Marshall's Laverne & Shirley (1976) TV show. The actor, Eddie Mekka, was Shirley's boyfriend and his occupation was a dance teacher.
- ◆ The characters at the Baseball Hall of Fame, and seen playing as the credits roll, are real original players from the league portrayed in the film.
- ◆ Tom Hanks' character, Jimmy Dugan, is loosely based on real-life baseball sluggers Jimmie Foxx and Hack Wilson.
- ◆ All scenes on the train and at the railroad depot were filmed at the Illinois Railway Museum in Union, Illinois. The passenger train in the film is part of the its collection.
- ◆ Megan Cavanagh and Tracy Reiner reprised their roles as Marla Hooch and "Betty Spaghetti" Horn in the short-lived A League of Their Own (1993) TV series.
- ◆ When announcing the game the Peaches announcer (David L. Lander) uses the phrase "Oh Doctor!" during an exciting play. This phrase was made popular by 1940s and 50s Brooklyn Dodgers announcer Red Barber.
- ◆ The AAGPBL uniforms were originally designed by Mrs. Wrigley, art director Otis Shepard and softball star Ann Harnet. The uniform consisted of a one piece flared skirted tunic with silk shorts, knee high baseball socks and a baseball cap. The uniforms were based off figure skating, field hockey and tennis costumes of the period. The new uniform was later modeled to the new league players by Ann Harnet herself who was signed as the first player to join the league.
- ◆ The scene where Betty Spaghetti learns her husband died took three days to film.
- ◆ As the Peaches leave the locker room for the final game of the World Series, Jimmy says to the replacement catcher, "You're killing me, Alice, you're killing me." Hanks is paraphrasing one of the most famous sports quotes, "They're killing me, Whitey, they're killing me," said by Denver Broncos coach Lou Saban to an assistant. (Saban actually said, "They're killing me out there, Whitey," but the quote is frequently repeated with "out there" omitted.)
- ◆ Geena Davis auditioned in Penny Marshall's backyard.
- ◆ During the actual 1944 AAGBL tryouts in Chicago, scouts sent 280 girls to the try outs, but only 60 girls were selected to form four team of 15. 220 girls were given train tickets home.
- ◆ The end of the film notes that the players of the AAGPBL were "the first women ever to be inducted into the Baseball Hall of Fame." Actually, they are not inductees. Rather, they were recognized with a permanent exhibit in the National Baseball Hall of Fame and Museum, entitled "Women in Baseball," in 1988. The first woman to actually be inducted into the Baseball Hall of Fame was Effa Manley, the co-owner (with her husband, Abe) of the Newark Eagles. She was inducted in 2006.



10 All-American Foods That Foreigners Can't Stand.

One all-American, kid-friendly food that foreigners love to hate is peanut butter. Now add jelly to that and you have a double whammy of hate.

Many Europeans strongly dislike the combination and don't understand why it is such a popular lunch staple in the U.S.

Nothing is more revolting than cockroaches, except perhaps the chemicals we use to kill them. Try using this natural pesticide. Make a mixture of equal parts cornstarch and plaster of Paris, and sprinkle it in the cracks where roaches appear. If you are lucky, they'll be a thing of the past.

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



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



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

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



Under state law **NO PARKING:**

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

No Parking Rules



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

CLEAN UP AFTER YOUR DOG

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

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



Borough of Riverdale now accepting Credit Card Payments for:

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

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



Junior Police Academy

The Riverdale Police Department will be holding a Junior Police Academy for qualified boys and girls who will be entering the sixth, seventh, or eighth grade in September 2014.

There is a \$40.00 registration fee. Checks can be made out to: RIVERDALE PBA LOCAL 335, and submitted along with the application. This

weeklong program will be held during the week of August 4th thru 8th 2014 at the Riverdale Community Center.

This five day curriculum will include various presentations from guest law enforcement agencies, hands on practices, and physical training to give the students an idea of what training is involved in becoming a Police Officer. Our objective is to provide a week of education and fun through a Police Academy format.

The daily schedule is from 9 A.M. – 3:00 P.M. Students are to be dropped off at the Riverdale Community Center no later than 8:50 A.M. Transportation is the responsibility of the parent or guardian.

Please be prompt when dropping off and picking up your children.

It is required that each student bring his or her own lunch for the first 4 days. Please label all lunch containers with your Child's name.

Throughout the day, there will be several breaks between blocks of instruction, so several snacks/drinks are recommended.

A graduation ceremony will take place on Friday, August 8th, 2014 at the Riverdale Community Center. Each recruit will receive a certificate upon completion of the week-long academy.

Applications will be coming out in May 2014 and will be available for pick up at the Riverdale School, Riverdale Community Center and the Riverdale Police Department. If you have any questions regarding the program or need any additional information you can contact Lt. Macintosh or Ptl. Hollenstein at the Riverdale Police Department 973-835-0034.



Build a bench by using an old head - and footboard of a bed.

Question. Three chickens and one duck sold for as much as two geese; one chicken, two ducks, and three geese were sold together for \$25.00. What was the price of each bird in an exact number of dollars? *Answer on Page 21.*

Interested in Joining Riverdale C.E.R.T.



CERT will be having a meeting on May 7th at 7pm at the fire department and if anyone would like to

join CERT they are more than welcome to join us that evening.

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

Linda Anders, Professional Organizer
Call for your **Free Assessment**
973-838-8298



Special 20% off with this Coupon

Experience the side effects of being organized

- No wasted time on futile searches
- Entertain on a whim
- More peace of mind, instead of losing your mind
- A place for everything & everything in its place
- Money in the bank, no more duplicate purchases
- 2 minutes vs. 2 hours to find what you need
- The luxury of free time
- Reduce your time spent cleaning by 40%

WARNING

Computer fraud isn't limited to the Internet

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

Call the JMOR Connection (before you need them)

A local computer tech company with a national reputation for expertise and trustworthiness

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

Neighbors in Nature

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



Provi, my wife, and I recently went to the Orchid Show at the New York Botanical Gardens. It was just fantastic. Since 2001 I have had several growing at home. Certain species are no more difficult to grow than African Violets even though each species has very specific conditions for growth.

Yet my favorite orchid, the Pink Lady's Slipper Orchid (*Cypripedium acaule*) just will not accept the conditions of home or garden cultivation. It can be found in the wild even in Canada down to our warm states and from coast to coast in both countries.

When I was a kid, before kindergarten, my mother showed me pictures of the Pink Lady's Slipper and always warned me not to pick them as that would kill the plant. Yet it was not until 1993 when I retired that I actually saw one in the wild barely a mile from my home on Mead Ave. That afternoon I remembered my mother's warning and did not pick the flower. I dug up the entire plant and transplanted it to the garden by the house. By the very next morning it had withered and died.

Then I did some serious reading about orchids, particularly the Pink Lady's Slipper. I learned that this orchid could not survive in soil that did not have a very specific acidity and a special fungus. The acidity is very close to household vinegar hence the flower is often found in soils with leaves or needles that are acidic. Making soil basic or acidic is not too difficult, but getting a specific fungus in the soil ...

The I learned that this orchid is pollinated by the bumble bee. This creates another mystery. The flowers bloom from mid May to mid June. The bumble bees you see this spring were not here last spring. These workers hatched this year. Last years bumble bees have died. How do this years bees know what the orchid looks or smells like? It must be programmed in their genetics! First, the orchids have no scent. Second, they have no food like nectar for the bees to harvest. Perhaps the bumble bee is attracted to the pink color. Whatever, the

bumble bee goes there and that slipper turns out to be a trap! The slit that a foot would enter the "slipper" curves inward and is very thin and flexible. When a bee lands on the slipper, by the very weight of the bee and the flexibility of the flower, the bumble bee falls into the flower's "slipper" and the opening to the slipper has closed. Hairs that line the inside prevent the bee from leaving the way it came in. Yet at the top above the heel of the slipper there are two exit holes, one on the right and one on the left, "light at the end of the tunnel"! Over each hole is a very sticky pouch full of pollen just waiting for that very hairy bee to pass through. Now the bee flies away from the slipper with this sticky thing on its back. The bumble bee really did not get rewarded with a perfumed scent, or the taste of nectar that will become food for its colony of bees. Also the flower the bee entered did not get pollinated and therefore will make no seeds that will become the next generation of orchids! Now this bee has to repeat what it just escaped from. It goes to a second flower, falls in climbs up the inside to escape out of one of the two holes at the top of the slipper. As its head passes into the escape hole, the sticky pouch on its back touches the very top end of the slipper and the pouch gets stuck at the very top of the slipper between the two escape holes. BINGO!!! Pollination!

This I had to see! I got one of those huge one gallon plastic wide mouth jars, caught a bumble bee from the home garden, put screen over the mouth of the jar and went off to find a Lady's Slipper Orchid! After a mile or so hiking with me to the first orchid, you can imagine the bumble bee was less than pleased. I put the jar over the orchid, no problem. Getting the bee to fall into the slipper... about 15 minutes prodding with a stick, in went the bee. After some time, much time... the bumble bee emerged. I capped the jar and off to the where the next flower would be. It had been eaten probably by deer so I just let the bumble bee go. Luckily the very agitated bee did not try and sting me!

I did learn I could get the same results with a "Q"tip! Or even easier with metal tweezers!

In the photo of the Lady's Slipper Orchid you will see two brown objects on smooth brown stalks. Those things on the stalks are last year's seed pods. From those pods the winds carried off ten thousand or more seeds. Those very few seeds that few miles and miles on the wind that find soil that has the right acidity AND that special fungus will grow in May or June into new flowers waiting for some bumble bee that has never yet seen a Lady's Slipper Orchid. *Don Pruden*



No Bake Watermelon Cake Recipe

By Jennifer Garza, iSaveA2Z.com,

If you are looking to cut a few calories on cake you've gotta try this *No Bake Watermelon Cake* recipe. I've never seen watermelon go so fast in my house! The kids were very excited when they saw this cake! They acted like it was a birthday party!! I was a bit surprised to see just how excited they were! It's made with a homemade whipped cream recipe that was really thick! Holds up nicely!

Ingredients:

- ◆ Whipped cream or Coconut Whipped cream
- ◆ 1 Large Watermelon cut in a circle like a cake
- ◆ Blueberries, Raspberries & Almonds

Instructions:

- ◆ Cut your watermelon
- ◆ Pat the watermelon down with wipes to dry it.
- ◆ Frost it with whipped cream
- ◆ Add Almonds to the side
- ◆ Decorate the top with fresh fruit of your choice.



Announcements

Birthdays, Louie Schofield, on May 3. Love, Reilly, Anne and Dave

Happy 10th Birthday, **Matthew Soto** on May 9th. We love you very much! Love, Dad, Mom, Tyler, Joseph, & Ryan XOXOXOXO

Happy 10th Birthday, **Matthew Budesheim**, on May 18. Love, Mom, Dad, Kevin, Nicholas, Juliana, and rest of family.

Happy May Police Birthday to **Ptl. Gary Kiel** (13th).



Happy 8th Birthday, **Morgan Hanna**, on April 27. Love Dad, Mom Madison & Murray too!

Happy Birthday, **Carrie Schofield**, on May 2 and Happy

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

Diamonds by Dawn



44 Hamburg Turnpike
(across from Malanga's)
Riverdale
973-570-8673

www.diamondsbydawn.com

Dawn Kessar, life-long Riverdale resident, recently opened her **Diamonds by Dawn Jewelry Store** on Hamburg Turnpike. She has been in the industry for over 27 years. She is a graduate of the Gemological Institute of America Bench Jeweler and has a degree in Pearls. She is currently enrolled in the G.I.A. Graduate Gemologist Program. Dawn is a full service jeweler offering in house repairs and custom design pieces.

Dawn has worked in all phases of jewelry from manufacturing to the elite Tiffany and Co of New York. Being able to design, set and be apart of making so many beautiful memories has been a blessing.



Dawn is at her Grand Opening with family members, including Her husband, Anthony, and children Charles and Dana.



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Antique & Collectible Toys

Some Thoughts on What's Hot and What's Not
by Riverdale Resident and Columnist

Bill Lango

The many and varied antiques & collectible collecting specialty hobbies are certainly not what they used to be. The heady days of the 1980s, long before the advent of the Internet and personal computers, when prices soared and antique shows were regularly to be found all over the NYC metro area, are gone.

Back then flea markets were a great source of antiques and collectibles. Today they've been replaced by markets filled with vendors selling everything and anything new from knock-off purses, to discount socks and cheap CDs. It also wasn't too many years ago when average folks who wanted to clean out their basement or attic could load up their car and drive to a local flea market and sell off their treasures for little expense or hassle.

That was until cash strapped States, including New Jersey, began sweeping down on flea markets and antique shows and demanding that even casual sellers be registered with their State's Division of Taxation and collect and remit sales tax.

Many antiques events were also dealt a serious blow in the aftermath of 9/11 when Americans began to curb their travel, also in part due to the high gasoline prices. Large regional events that depended upon out of town visitors began to loose attendance.

Some collectors and dealers have put the blame on eBay, Pinterest, Etsy and other online resources, for the ease of buying and selling and the abundance of antiques and collectibles online.

I don't agree. For sure, eBay and other online sites have saturated the demand for some collecting specialties resulting in lower prices. However, rare and desirable items are always in demand and command high prices.

Another factor contributing to the decline of many traditional collecting specialties, is the 'Generational' factor. All collecting specialties react to the whims of similar generational based groups of collectors who have an emotional attachment to the things they collect. Children who grew up in the late 1940s and early 1950s, are senior citizens now. They may still carry a fondness in their hearts for massed produced Hopalong Cassidy, Howdy Doody, Hummels and other items from their childhood, but prices for these collectibles have plummeted due to a declining buyers market. There is also increasing amount of similar items being sold off from the estates

sales as collectors in their age bracket look to sell off items in order to generate cash.

This is what is currently taking place today in the Toy Train hobby where we see common pieces selling for just about half of what they were selling for in the 1980s and '90s. Desirable items in mint/boxed condition are struggling to hold their values.

On the upside of this Generational based phenomenon, we're witnessing the growth of various Cons (conventions) such as G.I. Joe Cons, Retro Toy Cons, Comic Cons, Horror Cons, StarWars Cons, all of which are shows/events, get together that reflect the nostalgic collecting habits of those who grew-up during the 1970s, 1980s and 1990s.

Social Media sites such as Facebook have done so much in bringing like-minded collectors together via the Internet. Think of any collecting specialty, and you'll find a Facebook page or group dedicated to that specialty.

Antiques-Collectibles & Specialty Shows, such as Toy, Doll, Train and Toy Soldier Shows, while not as common place as before, still remain important to serious collectors. Where else can you see literally hundreds, thousands and in the case of toy soldiers and miniatures, millions of them under one roof? Where else can you walk up to a table filled with all types of antiques, dolls, trains or toy soldiers? More importantly, where else can you actually hold your future purchase in your hand, examine it carefully and dicker over it's price? Certainly not on eBay, but only at a show.

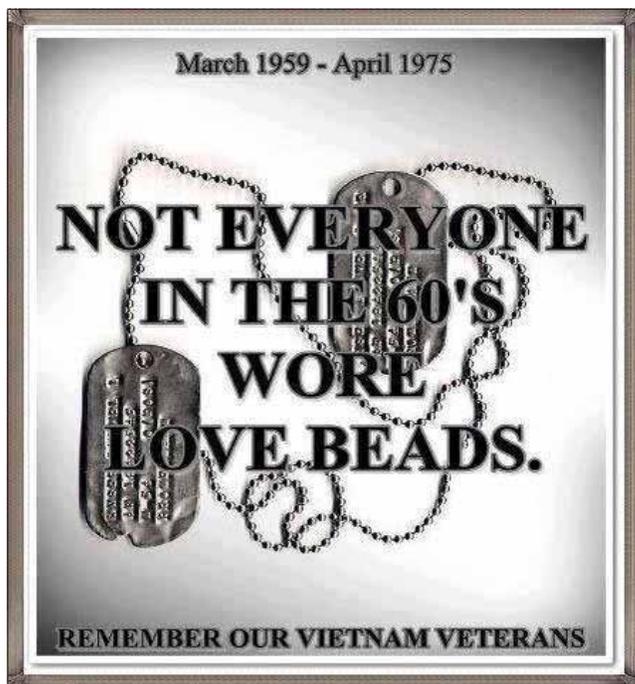
Although, the antiques hobby is not like it used to be, don't be discouraged. There are still great opportunities to "buy right" and even obtain top dollar for your unwanted items. But it's up to you to do your homework and stay updated on current trends.

What's Hot

* Quality Old Toys; Trains and older mechanical toys/mint and boxed * Old Gas & Oil Advertising; signs and posters * Silver & Gold American Coins * Antique and collectible jewelry; signed pieces * Antique and collectible salt & pepper shakers * Golden Age Comics * Antique ornamental lawn furniture

What's Not

* Collector Plates * Cabbage Patch Kids * Precious Moments Figurines * Thomas Kinkade Paintings * Hummel Figurines * Collector Plates * Beanie Babies * Antique Sewing Machines * Antique Hope Chests



PEST TIPS. Though cartoons would have us believe otherwise, mice love the flavor of peanut butter even more than cheese. If you're having problems trapping a mouse with cheese, try smearing peanut butter on the trap.

- ◆ If you're suffering from a mouse infestation and can see the mouse holes, smear a bit of mint toothpaste nearby and the smell will deter them. You can also rub toothpaste along the bottom of your baseboards and anywhere else mice may get into your home.
- ◆ In addition to mice, moles, squirrels, gophers, and rats also hate the aroma of peppermint. Try planting mint near your home—chances are you will never see one of these pests again! For a preexisting gopher problem, soak cotton balls in peppermint oil and then drop them down gopher holes.
- ◆ If you don't keep trash cans and compactors sealed tight, you can end up with a swarm of flies, pronto. Luckily, flies are repelled by lavender oil. Soak a few cotton balls with the oil and toss them into your garbage at the beginning of each week. The flies will stay away and your garbage won't smell as bad! Other natural repellents that will send flies in the other direction are oil of cloves and wintergreen mint sprigs.
- ◆ If you find a toad in your garden, tell it "thanks" and send it on its way. A single toad will feast on more than 100 slugs, cutworms, grubs, caterpillars, and assorted beetle larvae every night. It can consume more than 10,000 invaders in just three months!

Riverdale School News



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

ATTENTION PARENTS AND GUARDIANS

I hope everyone enjoyed a relaxing spring break! Our softball and baseball season is in full swing and as we head into the final stretch of the school year there are many events that we would like to acknowledge:

SCHOOL BOARD ELECTION AND BUDGET

We congratulate our newly re-elected Board Members: Mr. Polizzi, Mr. Sheridan, and Mr. Oliveri. We thank the community for passing our school budget.

NJ ASK TESTING SCHEDULED FOR APRIL AND MAY

New Jersey Assessment of Skills and Knowledge (NJ ASK) testing will take place in the morning immediately following school announcements. The test will be administered to students in grades 3-8. Please be sure to have your child well rested and on time for school each day. This will help them focus to do their very best.

- NJ ASK 7 and 8—April 28, 29, 30, and May 1, 2014
Make-up testing—May 5, 6, 7, 8, 9, 2014
- NJ ASK 5 and 6—May 5, 6, 7, 8, 2014
Make-up testing—May 12, 13, 14, 15, 16, 2014
- NJ ASK 3 and 4—May 12, 13, 14, 15, 16, 2014
(May 16- Science for 4th grade only)
Make-up testing—May 19, 20, 21, 22, 23, 2014

PARCC TESTING PILOT PROGRAM SET FOR MAY

All 7th grade students in Mrs. Baietti's homeroom will participate in the math portion of the PARCC Assessment (EOY Pilot). This is a pilot test that will NOT generate a performance score nor will it provide any information for parents or the school district. It will however, prepare us for the change from NJASK to PARCC that will occur next school year. The test will be administered May 13th and 14th with make-up sessions on May 19th and 20th.

CHROMEBOOKS AND CARTS –A GREAT ADDITION TO RIVERDALE SCHOOL

We would like to thank the Riverdale Board of Education and PTA for their support in providing our school with Chromebooks and Carts. They are a welcome addition to our classrooms and will definitely support our mission of developing 21st century skills and knowledge in our students.

IMPROV FEST

What began as a small classroom competition has blossomed into an annual event. The Performance Troupe of Riverdale School under the direction of Ms. Kathleen M. Paldino recently hosted its 4th annual Improv Fest, a 10 day celebration in which students must think "outside the box." During Improv Fest, students must compete in teams of no more than four people and then create and perform a scene of a given topic chosen at that moment no longer than 1:45 in length. Each scene is judged according to ingenuity, creativity, and delivery.

Thirty-eight middle school students participated in this year's Improv Fest. Competition was so intense, that the festival was extended by two days. When all was said and done, this year's winners were: Paige

Pirola, Kayla Stygar, Brian Fego, and Jared Allen. We congratulate all students for their participation and enthusiasm.

FAMILY MATH GAME NIGHT

This year's Family Math Game Night held on April 23rd was a great success. The event brought students, families, Riverdale community members, and teachers together for a night of Math FUN! The focus of the night was to provide a relaxed atmosphere for students and their families to practice and play games that reinforce mathematical skills and critical thinking. Parents had the opportunity to attend a workshop that focused on the shift to the Common Core Standards. **Target Team Members** were on site to assist with games. We thank Target for their assistance and continued support of the Riverdale School.

AUTISM AWARENESS MONTH IN APRIL

All Riverdale students participated in "blowing bubbles for autism" on April 25th. All out of district students were invited to attend with their parents. We hope that this event helped to encourage support for families and children all over the world.

We thank the Student Council for raising awareness and support of "Light it up Blue for Autism." All proceeds from this event were donated to Autism Speaks.

THANK YOU TO THE PTA

We would like to thank the PTA for providing a week of wonderful breakfasts for the staff during April Staff Appreciation Week.

In addition, we would like to thank the PTA for bringing Mad Science of Morris and Sussex, NJ to our school on March 21st. The students at Riverdale School were delighted by the innovative science experiments performed by the Mad Scientist. Many students participated in the Mad Scientist's effort to teach them how science affects the way they live and breathe.

THANK YOU DR. SHEEHAN

The Riverdale School thanks Dr. Sheehan for providing dental screenings to Riverdale Students.

SPECIAL EDUCATION PARENT ADVISORY GROUP

Riverdale School will hold a parent Special Education Advisory workshop on Wednesday, May 14th at 7:00 pm in the school library (Media Center). This workshop is designed to have open conversation about developing or reorganizing a district Special Education Parent Advisory Group. Anyone interested in understanding the function of an effective SEPAG or would like more information to run or start a group is welcome. The workshop will be presented by Myriam Alizo, Parent Group Specialist, START Project (Statewide Parent Advocacy Network).

Upcoming Events for May 2014

- May 1—Cap and Gown Photos
- May 2—PLHS Orientation
- May 4—National Teacher Appreciation Week
- May 15—PTA meeting (7:30 pm)
- May 16—Student Council—Middle School Luau Party
- May 23—Grade 5 Civil War Encampment
- May 28—Kindergarten Tea
- May 29—Spring Play—Beauty and the Beast
- May 30—Field Day

Banana Fun. A great and healthy summer treat for kids is to cut a banana in half, horizontally, put a popsicle stick in the flat end, dip it in some



melted chocolate or sundae topping, and freeze it for a few hours on waxed paper. Your kids will love you for these banana treats!

Do You Hear What I Hear? Probably Not

"Please bring the dirty laundry down to the basement," my wife said. "Move the stuff in the washer to the dryer, and bring up the clean clothes on the folding table."

"Yeah, yeah," I replied, grabbing the laundry basket and heading down.

"And don't forget to separate the colors from the whites!" my seven-year-old daughter shouted behind me.

"Yeah, yeah," I said again, already at the bottom of the basement stairs.

"Daddy isn't even listening to you." My daughter's voice drifted down through the floor vent.

"No. I don't think he is," my wife replied.

"On *Spongebob*, Plankton's wife says that husbands *never* listen to their wives," my daughter said.

"Well, that's true about a lot of men, honey. They don't always listen to their wives," my wife said. "But eventually they realize they should have listened more closely."

Down in the basement, my jaw dropped. How dare my wife give our daughter such advice! I'm a pretty considerate husband and father — better than some (most) of the guys I know. But like any man — any *person* — I occasionally lose focus during conversations and/or forget things.

I could accuse my wife of being equally inattentive. How often have I asked her not to leave her shoes in the middle of the floor, or to uncap plastic bottles before recycling them? How many times have I told her the plug on the phone charger needs to point *left* for it to work? I think — I *know* — she's not listening to me.

In truth, we're both listening, but men and women listen differently. Studies show men listen primarily with the left side of the brain, while women use both sides. That doesn't mean women are better listeners. It means men and women process the same information differently. It's unfair to paint all husbands — all men — as lousy listeners. Women are equally guilty.

I flip the laundry, dump the dirty clothes in the washer, start it up, and head back upstairs to set my wife and daughter straight.

"I can hear you through the floor vents!" I said when I reached the top of the stairs. "You shouldn't tell our daughter all men are bad listeners! I listen to you!"

"Did you bring up the clean clothes?" my wife asked.

"Did you separate the colors from the whites?" my daughter followed.

#%@*! I turned around to head back down to the basement ... and tripped over my wife's shoes lying in the middle of the kitchen floor.



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.

Get Ready to Plant Your Garden

Tomatoes

Choosing Plants. Should you buy tomato plants with or without flowers? For early tomatoes, buy plants with flowers. Even if the flowers fall off after transplanting, more will soon be produced because the plants are in their reproductive stage. But these plants may not yield well after the early crop. Young plants without flowers will fruit later but will bear more.

Quick Planting. A quick and easy way to plant tomato plants is to use a bulb planter. It makes a nice, deep hole with little effort on your part.

Improve Yields. You can improve your tomato yield by fertilizing with dry cow manure at the rate of 100 pounds per 100 square feet and by spacing plants 3 feet apart in each direction.

Beans

Quick and Easy Bush Beans. Here's a time- and space-saving way to grow bush beans. On tilled ground, mark off an area 18 inches wide and as long as you want. Dig out the soil to an even depth of 2 inches and distribute the seeds 4 inches apart in all directions. Carefully shovel the soil back over the seeds, rake the bed smooth, and soak the area thoroughly. Except for watering, the beans will almost care for themselves until harvest. The closely spaced plant shade out weeds and help keep the soil cool and moist; what's more, the beans stay clean. Yellow or purple snap beans work especially well because they're more visible among the leaves than green ones, making it easier to harvest them.

Pick Beans Early. To make snap beans produce over a longer period, pick the beans when they're pencil width and the seeds are barely visible. If you let them get bigger, the plants will put their energy into seed production rather than more flower production, and it's the flowers that give you more beans.

Plant Between Corn Rows. Try planting pole beans between corn hills or rows. The beans will climb the corn, saving the bother of setting poles.

Planting by the Moon. For centuries farmers have heard the folklore of coordinating farming activities with the phases of the moon to give crops an extra boost, supposedly due to the moon's ever-changing light and gravitational pull. Though the moon's effect on plant growth hasn't been substantiated, here's a look at the moon's phases, and some of the lore that surrounds them:

From New Moon to 1st Quarter: At new moon, nights are darkest; the moon exerts a gravitational pull in the same direction as the sun. As nights become brighter, the moon's pull increases to 90° away from the sun. Germination, leaf growth, and root growth are all stimulated. Plant quick-sprouting and extra-slow sprouting seeds—those that germinate in less than a week and those that take about one month.

From 1st Quarter to Full Moon: As the moon approaches fullness, nights become much brighter; the gravitational pull is increasingly opposed to that of the sun. Leaf growth is stimulated, root growth is suppressed. Do not plant or transplant; seeds that have failed to sprout in the past seven days are most likely to germinate during this period.

From Full Moon to Last Quarter: Nights darken as the waning moon rises later and later; its gravitational pull narrows to 90° away from the sun. Root growth is stimulated, leaf and stem growth suppressed. Transplant seedlings and larger plants. Plant slow-sprouting seeds, those that take about two weeks to germinate.

From Last Quarter to New Moon: Nights are increasingly dark as the moon rises shortly before the sun, and its gravitational pull narrows until it finally comes from the same direction. Leaf growth and root growth are both suppressed. This is a good time for shipping for dormant plants. Two days before the new moon, plant quick-sprouting and extra-slow sprouting seeds so that they will germinate in time to benefit from the moon's initial waxing.



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?

Abraham Clark.

That strong-minded, heavy-browed Signer, Abraham Clark of New Jersey, had two officer sons in the army, who were captured and confined on a prison ship. Britain's prisons were loathsome enough; its prison ships were worse. They provided the cheapest means of disposing of prisoners because they died off so fast. On the *Jersey*,

where the Clark boys were held, 11,000 American prisoners perished. New York harbor smelled of death.

The Clarks suffered special hardships because of their father's stand. But patriotism was strong in this plain and pious Signer, and he rejected the enemy's offer to free his sons if he would renounce his cause in favor of King and Parliament. One son was confined to a dungeon for a time, without food except the little his fellow prisoners could pass through a keyhole.



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



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Paulette Brauch at (973) 390-5066 or letuna1@hotmail.com

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Gardening Tips

- ◆ Save orange and grapefruit halves for use in your garden. They make great containers for starting seeds. Just fill them with soil and seeds, and plant them. After the seeds germinate, the holders will decompose, leaving nutrients in the ground.
- ◆ Banana skins and eggshells are excellent natural fertilizers, and the minerals they provide are not readily found in many synthetic fertilizers. Flat club soda is another great option for your garden. To perk up colors, give your plants an occasional sip or two.
- ◆ Try to keep your lawn about 3 inches high. The higher the grass, the less direct sunlight for pesky weeds.
- ◆ Want to give your roses an extra dose of fuel? A small amount of fat drippings placed at the base of a rose bush will keep it healthier and make it bloom more frequently.
- ◆ Insert a few rusty nails into the soil around your African violets. The blossoms will be larger, more profuse, and brighter in color.
- ◆ Don't water your houseplants with water straight from the tap. The water contains chlorine, which, while not deadly to plants, is a chemical they don't need to be exposed to. You can remove the chlorine by putting the tap water in an open container (such as a large, uncapped plastic jug) and letting stand for 24 hours. After this time, the chlorine will have diffused into the air.

RIVERDALE Public Library

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HOURS

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Wednesday 10-8 Saturday 10-4

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

ADULT PROGRAMS

Landscaping with Flowers — Get curb appeal with Marc Zukovich, Master Gardener, and president of Sterling Horticultural Services on **Thurs., May 8, 6:30-7:30 p.m.** Learn about planting techniques, deer-proof plants, and extending the life of your flowers.

Movie: "Gravity" — **Fri., May 16, 1:00 p.m.** George Clooney and Sandra Bullock star as a scientist and astronaut struggling to survive a catastrophe in space. PG-13, 91 minutes.

Broadway Magic — Enjoy the "razzle dazzle" of your favorite Broadway show tunes on **Wed., May 21, 7:00-8:00 p.m.** with pianist Joel Zelnik and singer Francine Evans.

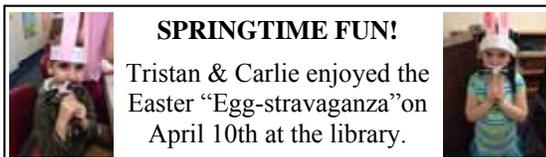
COMPUTER CLASSES

Introduction to the PC — **Fri., May 9, 11:00-12:30 p.m.**

Microsoft Word — **Fri., May 23, 11:00-12:30 p.m.**

Intro to PowerPoint — **Sat., May 31, 11:00-12:30 p.m.**

Android Tablet Basics — **Sat., May 31, 2:00-3:00 p.m.**



SPRINGTIME FUN!

Tristan & Carlie enjoyed the Easter "Egg-stravaganza" on April 10th at the library.

Friends Fulfill Library Wish List

The Friends of the Riverdale Public Library presented the library with a check for over \$5,000 - the proceeds of their successful March book sale! The Friends' generosity supports our library by providing services and materials for patrons, including Book Page (what's new to read) TumbleBooks (children's e-books), and WorldBook databases. They provide additional funding for our travel books, large print, and audiobook collections. They support our summer reading pro-

Monthly

Photo Club — **Mon., May 19, 7:00 - 8:00 pm.**, All Photographers welcome to learn and share!

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

Adult Book Discussion Group — **Mon., May 19, 6:30-8:00 p.m.**, we'll discuss *Buccaneer* by Edith Wharton.

KIDS: "STEP INTO A STORY" Children's Book Week, May 12 - 18

Libraries all over Morris County will decorate their Children's Rooms with a classic book theme. Stop by, enjoy the decorations, and fill out a raffle ticket to win a Barnes & Noble gift card. The more libraries you visit, the better your chances of winning! What will Riverdale Library's book theme be? Hint: follow the Yellow Brick Road and find out.

CHILDREN'S PROGRAMS

Cinco de Mayo Fiesta — **Thurs., May 1, 4:00-5:00 p.m.** Children in grades K-5. Hear stories celebrating Mexico's heritage, sample authentic cuisine, and make a colorful maraca!

Family Matinee — **Sat., May 3, 1:00 p.m.** *Monsters University*. Discover what Monsters, Inc. employees Mike and James P. "Sulley" Sullivan were like back in college when they weren't always friends. Rated G, 104 minutes.

Puppy Pals — Dogs certified by Creature Comforts Pet Therapy come to the library to "listen" to children in grades K-5 read on **Wed., May 14, 4:00-5:00 p.m.** Bring your beginning reader, reluctant reader, or dog-lover for a session with a friendly listener.

Breakfast Book Club — **Sat., May 10, 10:15-11:30 a.m.** Children in grades 2-4 will enjoy a potluck breakfast, talk about *The Report Card* by Andrew Clements, and make a fun craft! Books are available at the circulation desk.

Lego Lab — **Wed., May 28, 4:00-5:00 p.m.** We'll supply the Legos and a great story, and children in grades K-5 can bring their imaginations!

TEEN PROGRAMS

Teen Movie Night — *The Mortal Instruments: City of Bones*, **Wed., May 7, 5:30-7:45 p.m.** PG-13, 130 minutes.

Teen Advisory Board — **Thurs., May 8, 5:00-6:00 p.m.** Help plan programs, choose library materials and earn community service hours.

Tween Book Club — For tweens in grades 4-6, **Wed., May 14, 6:00-7:00 p.m.** *Nothing Can Possibly Go Wrong* by Prudence Shen. Copies available at the circulation desk!

Summer Volunteer Info Night — Information session for teens entering grades 6-12 and their parents on **Thurs., May 15, 5:00-6:00 p.m.** about joining our summer volunteer program.

INFANT & PRE-SCHOOL PROGRAMS

Spring programs run from the week of March 31- May 20.

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

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

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

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

RIVERDALE



New Jersey Marathon



Danielle Mastrangelo completed the New Jersey Marathon in Long Branch on Sunday, April 27. She completed the 26 miles 385 yards in 4 hours 49 minutes 12 seconds.

Recreation



Riverdale Youths taking part in Recreation's Bowling Program.



Aimee Hamilton with Lois.



Former Riverdale School Teacher, **Lois Hamilton**, participated in the NJ Marathon. This was the third time she had cycled the half marathon to benefit **Push to Walk** the specialized exercise facility for those of us with paralysis there in Riverdale! Her time today was a personal best: 2 hours 6 seconds!

Autism Awareness Month



Will Felegi and **Kyle Clinton** assist **Brad Clinton** in installing the blue lights for **Autism Awareness Month**, which were paid for by the Riverdale Republican Club.

Riverdale Library during the month of April had book display for Autism Awareness Month.



A Bubbles for Autism Program was held on Friday, April 25, at the Riverdale School.



DAILY NEWS

Women's Club



Riverdale Women's Club President **Delores Farrelly** accepted a Proclamation declaring April Child Abuse Prevention Month



Pinwheel Garden

set up by the Riverdale's Women's Club bringing attention to Child Abuse



Easter Egg Hunt



Arbor Day



Riverdale Shade Tree Commission Members took part in the Arbor Day Celebration on Saturday, April 26.

**Todd Urban,
Linda Roetman,
Lois Leifer
Jane Rowan.**





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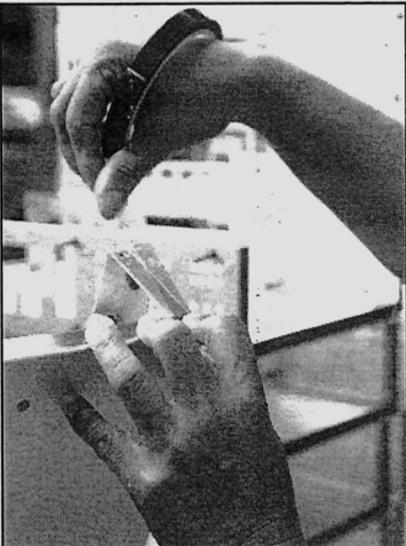
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I tell all my patients this at physical therapy! Homemade Ice packs: 1 part rubbing alcohol to 3 parts water, gets really cold, but never hardens so you can manipulate it. every athlete (or mom) should pin this!



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Riverdale Photography Club



Meets on the 4th Monday each month at the Library from 6:45 to 7:45 PM
www.RiverdalePhotoClub.weebly.com
Club open to all, residents and non-residents.

MAY edition of Riverdale News & Events will be published on or about Wednesday, June 3. Copy, photos, articles, announcements are due **Thursday, May 22.**

Influential Women

Harriet Tubman

Few people could imagine that a poor black woman born into slavery could go on to become one of the best known figures of the nineteenth century, but that's exactly what Harriet Tubman became. Born in Maryland around 1821, Tubman's life was one of hardship and deprivation from childhood that even marriage to a free black man named John Tubman could not erase. Finally having enough of being bought and sold as property, she finally escaped her master in 1849 and fled northward with the help of the Underground Railroad, which Thomas Garrett and other white abolitionists had established. Reaching safety in Philadelphia, she went on to help other slaves—by some accounts as many as 300, including members of her own family—find sanctuary in northern states over the next eleven years. Her efforts made her a hunted woman in the south, resulting in as much as a \$40,000 price being put on her head at one point. When the Civil War broke out, her work with the Underground Railroad ended but her service to the Union cause did not. During the war she served, in turn as: a nurse, a scout for the Union, and, at one time, even a Union spy. After the war, she remained a tireless advocate for civil and human rights and a figure in the woman's suffrage movement right up to the year of her death in 1913. Widely known and well-respected while she was alive, after her death she became an American icon. She is frequently referred to as the "Moses of her people" for her tireless efforts at freeing slaves, even at great personal danger to herself, serving as an inspiration for future generations of civil right activists.



Athletes that Died While Playing



Reggie Lewis

11/21/1965 - 7/27/1993
Reggie Lewis was a basketball player for the Boston Celtics from 1987 to 1993. He had an average of 20.8 points a game and finished with a career average of 17.6

per contest. In 1992, Lewis was chosen to play his first and only NBA All-Star Game which was held in Orlando Florida. He was able to play 15 minutes of the game and scored seven points. He also grabbed four rebounds. During a Celtics practice game on July 27, 1993, Lewis died suddenly. He suffered sudden cardiac death and was only 27 years old.

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Did You Know?

- ◆ A domestic cat has eighteen claws, five on both of the front paws and four each on the back paws.
- ◆ The only domestic animal not mentioned in the Bible is the cat.
- ◆ There are three words in the English language in which one letter is repeated six times: *degenerescence* (six e's), *indivisibility* (six i's), *nonannouncement* (six n's).
- ◆ George Washington has the most places named after him in the U.S. - 257 townships; 121 cities, towns, and villages; 33 counties; and 1 state.
- ◆ The shell is 12 percent of the weight of the entire egg.
- ◆ A survey says that the least-liked vegetable is the turnip.

◆ If you're **stung by a bee**, relief may be as close as the condiment plate at your picnic. Place slices of onion on a bee sting and the pain will start to lessen in about 15 minutes. Chemicals inside the onion break down the chemicals that make stings painful.



◆ Don't spend money on **bug sprays**. Their main ingredient is usually alcohol, so save some money by simply making a mixture of one part rubbing alcohol and four parts water, then spraying it on as you would bug spray. Another natural (and great-smelling) alternative is equal parts water and pure vanilla extract.

Mother's Day 100 Years Old



1. Although it may seem like Mother's Day has been around forever, that's not the case. In fact, it's been an official observance for just 98 years. Congress designated Mother's Day as the second Sunday in May in 1914 at the request of Anna Jarvis, who first held similar observances in Philadelphia and West Virginia in 1908.

2. Even though it was her idea to mark the day, Anna Jarvis wanted it to be a day of prayer and reflection on the role of mothers. She was appalled at the commercialization of the day and actually went to court to try to prevent it – a battle she lost!

3. Mother's Day is not celebrated on the same day throughout the world. In the UK, Mothering Sunday has been celebrated since the 16th century on the 4th Sunday in Lent. In other parts of the world, celebrations of motherhood can take place in other months, with some taking place in fall or winter.

4. Carnations are a popular symbol of Mother's Day. The tradition is to honor mothers who are living with colored flowers, and those who are deceased with white ones. Most of the flowers given for Mother's Day come from California.

5. The world's most prolific mother was a Russian lady, Mrs. Vassilyev, who had 69 children in 27 pregnancies. She had no single births, but multiple sets of twins, triplets and quadruplets. And it seems 67 of those kids survived past infancy.

6. When it comes to Mother's Day, kids are the last of the big spenders, and it's the second biggest spending occasion on the US holiday list. The average spent on gifts last year was \$127. Popular gifts include cards, flowers, gift certificates and meals out.

7. Even those who don't travel home for Mother's Day mark the occasion with a phone call – more than 122 million of them in 2011.

8. Anna Jarvis once bemoaned that Mother's Day had become a "Hallmark occasion". Perhaps she was right – half of us give cards on Mother's Day, which means around 152 million cards.

9. M is for mother in most of the world's languages.

10. It is estimated that there are 84.5m mothers in the US and 55% of moms work. In 2011, there were 10 million single moms and 5 million stay at home moms.

Natural Cures Not Medicine

Want a natural spa treatment?

Once a week for 20 minutes, sit in a hot bath that contains a handful of Epsom or sea salts, 10 drops of lavender essential oil, and a half cup of baking soda. This combo draws out toxins, lowers stress-related hormones, and balances your pH levels.



Oil Stains. Cleaning oil spots off the driveway is difficult, and the cleaners can be quite expensive. Instead, sprinkle **baking soda** over the stains, then rub with a wet scrub brush with hot water. The baking soda breaks apart oil particles, so with a little elbow grease you can have your driveway sparkling in no time.

You can keep paved areas spiffy with this trick. To remove **unwanted grass or weeds** from sidewalk and driveway cracks, squirt them with a solution of 1 gallon vinegar, 1 cup salt, and 8 drops liquid detergent.

Never hang **lights on a metal fence**, even if the lights are approved for outdoor use. There is still a hazard of electric shock.

Tree sap dripping on your car is one of the hazards of summer, but you can remove it easily with butter or margarine. Just rub the butter onto the sap with a soft cloth.

One thing that never leaves our cluttered trunk is a spray bottle filled with **club soda**. Club soda does wonders for getting grime, bird droppings, and bug guts off your windshield. Just spray on, wait a few minutes, and turn on the wipers.



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"Honour thy father and thy mother: that thy days may be long upon the land."
Exodus 20:12



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Tune-up Time





Healthy Habits That Really Aren't So Healthy

- 1. Enhanced water.** A little faux fruity flavor might seem like a great way to up H₂O intake, but flavored water, like Vitamin Water or even Smart Water, can be filled with sugar. Skip the artificially sweetened water and infuse water with *actual* fruit.
- 2. Granola and granola bars.** Granola is made from whole grains, so it can't be bad, right? Not so fast. Granola and granola bars are both calorically dense and often contain a ton of sugar. You may as well eat a candy bar...
- 3. Protein bars.** Protein bars don't fall far from the granola-bar-tree. They are often ultra-high in calories and sugar — not exactly what the body needs after a hard workout. Choose a healthier high-protein snack instead.
- 4. Vitamins and supplements.** Multiple studies have shown that taking vitamins (in pill form) may not have any positive effect on long-term health. Researchers have surveyed the nonexistent (or even potentially harmful) ties of vitamin E and C supplements with heart disease, cancer, and cancer treatment. Plus, most people get all the vitamins they need from their food, and substituting pills for whole foods may mean missing out on the benefits from other compounds found in the natural sources.
- 5. Light beer.** News flash: Light-beer doesn't necessarily mean less calories. Instead, many simply have a lower alcohol content. And for those interested in getting a buzz on, the calorie difference may be negated by the need to drink more. Sip a healthier beer instead, and split up the six-pack between friends.
- 6. "Low-fat" foods.** Think twice before skipping the fat-filled salmon. While cutting some fat could help weight loss, we may miss out on some big benefits from healthy omega-3 fats, such as boosting brainpower and lowering the risk of heart disease.
- 7. Skipping meals.** Skipping meals *probably* won't save us any calories in the long haul. Forgoing a meal may result in overeating later on, so choose a healthier lunchtime treat instead.
- 8. Bottled water.** Some bottled water may be filled with bacteria or chemicals when bottled in plastic containers. So grab a water filter and purify tap water instead.
- 9. Passing on dessert.** Don't deny your favorite dessert. If *really* craving that double chocolate brownie, enjoy a few generous bites instead of going for seconds at the dinner buffet line — which could rack up even more calories.
- 10. Diet soda.** Diet Dr. Pepper may not be our friend. Scientists suggest too much of these zero-cal beverages could do as much damage as the sugary stuff, potentially leading to weight gain and an uncontrollable sweet tooth. The solution? Skip the soda completely and opt for a healthier choice.
- 11. Juice diets.** Many of us could use a few more fruits and veggies, but we don't need to have spinach-apple juice for breakfast, lunch, and dinner. Juice diets may leave out important nutrients and enough calories to stay strong throughout the day.
- 12. Microwave diet meals.** Try making your own meals, without the box and frozen plastic tray. Many frozen meals are packed with sodium, while lacking veggies and enough calories. Short on time? Make a large batch of your favorite meal over the weekend and freeze individual portions to eat throughout the week.

Spring Cleaning Checklist For Your Home



To Do Throughout The House

- Shampoo carpets and upholstery
- Move and clean under heavy appliances and furniture
- Reseal grout
- Clean window treatments (either at home or dry clean)
- Clean lampshades
- Dust and vacuum books and bookshelves
- Clean and dust light fixtures
- Wipe down all handles, door knobs, etc.
- Dust and/or wash mini blinds and other blinds and shades
- Dust blades of ceiling fans and other hard to reach areas, such as tops of doors, etc.
- Oil door hinges
- Clean and polish jewelry, silver, brass, and copper
- Wax wood furniture
- Wax floors
- Wash windows and window screens
- Wash mirrors
- Wash walls and ceilings
- De-clutter and Organize

Kitchen

- Vacuum refrigerator coils
- Clean the oven
- Throw away old makeup, lotions, etc.
- Replace or wash shower curtain

Bedrooms

- Clean blankets and linens, including mattress covers and dust ruffles
- Wash pillows
- Turn and flip mattresses

Home Office

- Clean out files (perfect to do around tax time)
- Review and update insurance policies
- Update your home inventory

Laundry Room

- Update your home inventory
- Clean out dryer vent thoroughly to remove lint from hose

Attic / Basement / Garage

- Clean the floors

To Do To Get Ready For Spring In Your Home

- Remove storm windows
- Replace heavy window coverings with lighter weight ones
- Replace winter bedding with lighter weight bedding
- Store cool-weather clothes and replace with warm-weather clothing
- Clean gutters
- Replace filter in furnace and/or AC unit
- Scrub exterior areas such as driveway, deck and patio
- Get out outdoor furniture, and clean if necessary

Don't Toss Out Those Egg Cartons

- ♦ Make an easy, odorless barbecue starter. Just tuck a briquette into each section of a cardboard carton (not plastic or polystyrene), and light it.
- ♦ Use the paper cartons as seed-starter pots. At transport time, cut the sections apart, and put them right into the ground.
- ♦ Use the plastic and polystyrene cartons as paint palettes.
- ♦ Separate money at garage sales.
- ♦ Store golf balls or Ping-Pong balls.
- ♦ Tear paper cartons into pieces and toss them on the compost pile.
- ♦ Store buttons, pins, thread, and other small sewing notions.



Tea Love: Instilling a Love of Tea, One Sip at a Time

Feature – Mother’s Day Afternoon Tea

CATHERINE FELEGI

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

In 1908, Anna Jarvis created the first Mother’s Day in an effort to honor the sacrifices mothers make for their children. After gaining financial backing for her holiday, Jarvis organized the first official Mother’s Day celebration in 1908 at a Methodist church in Grafton, West Virginia.



A pleasant, sweet way to honor your mother and is different from the typical card-candy-flowers gift is to throw her an afternoon tea party. The afternoon tea party can be done by both young and old, simply or elegantly,

and is almost always sure to be a hit. It is also possible to add your own flair to the party through what types of dishes and mugs used and the various set-ups you want to do. Want something that is light and pretty? Make sure to use a lot of pastels and invite your mother to dress up for the occasion. Maybe you like to have things more zany when drinking your teas. A Mad Hatter’s tea party is always fun and easy to pull off.

According to the United Kingdom Tea Council, Catherine of Braganza, the queen-consort of Charles II of English, brought tea to the fashionable status it holds today. This high price and exoticism of the tea being brought into Portugal during the mid-seventeenth century by traders helped make the beverage a luxury enjoyed by the aristocrats and the royal court. However, the drink’s popularity had

not yet spread on to Britain. When Charles II married Catherine in order to obtain wealth for his country that was currently in debt, he not only received ships and luxury items as part of the dowry, but a chest of tea.

Catherine never did adjust to the idea of drinking ale like the rest of the British court, much more preferring tea. Soon, the fad developed to drink tea. During the early nineteenth century, Anna, the Duchesse of Bedford, started drinking tea and eating small snacks between lunch and dinner, creating the advent of the afternoon tea party. The parties would be simple and elegant, often involving servants setting up the equipment and the hostess brewing and serving the tea in dainty cups.

And on when the popularity of the afternoon tea party.

So, how does one host an afternoon tea party? Very simply, as a matter of fact. The menu often consists of sandwiches and a variety of sweets, all of which are very light. Cucumber sandwiches, egg mayonnaise with cress, smoked salmon with cream cheese, and ham and mustard are all common for sandwiches.

Many people also know about the famous clotted cream and scones served, but one can also offer cheesecake, shortbreads, and custards at their parties as well.

Teas vary greatly, some parties serving up to 100 different types of tea. However, some common teas to offer guests include Asssam, Darjeeling, Earl Grey, Lapsand, and Souchong. If you do decide to get a variety of tea, try to include some more obscure ones in order to impress your guests of your tea prowess.

Finally comes the décor. Set up your tea party according to your mother’s taste. Does she like spring, airy feels, and warm colors? Then pastels and refined colors might suit her. If she likes a playful feel to her parties, there are now lots of tea sets that she might like to use at her afternoon tea that have owls on the plates and mugs, frog tea strainers, and playful designs to place on the table.

A tea party for Mother’s Day is both unique and relaxing, the perfect combination for the wonderful woman in your life.

PIC TIPS Smart Phone Tips.

A lot of folks these days are turning to their smart phones for taking pictures. While very limited in some ways, smart phones have two great virtues that outweigh almost every other consideration: they’re convenient and simple! Click the Camera app on your phone, point . . . shoot, and you’re well on your way! No need to focus or set exposure – it’s automatic. This leaves you freer to concentrate on other important considerations such as framing or composing your picture and timing. Because of their simplicity and convenience smart phone cameras also encourage an ‘in-the-moment’ style of picture-taking which can be very fresh and spontaneous. Try some of these ideas with your smart phone: use a fresh point of view. Hold the phone high overhead or at arm’s length out to the side, or in front of you, or even from down low when you snap. Frame in such a way that you deliberately tilt the horizon line in pics that include horizons. Some smart phones have a panorama

feature that allows you to take a succession of snaps, ‘stitching’ them together as you shoot. See if your camera has any features that allow you to control exposure. My iPhone 5, for instance, allows me to tap darker and brighter areas of the picture I’m about to shoot, adjusting overall brightness of the picture. Most smart phones cannot zoom in on a subject, but here you can experiment by ‘zooming in’ with your body – get closer to your subject. While this may challenge your comfort level a bit, it can also yield interesting and unexpected results. Smart phones do have limitations. They often have limited dynamic range which means their ability to record detail in both the brightest AND dimmest parts of your picture is somewhat lacking. They generally don’t do to well when you want to produce large, highly detailed prints from your pictures. They’re generally weak if you like to capture pics of wildlife up close and personal. And they lack basic exposure controls that are both part of the joy and the challenge of more sophisticated cameras. That said, there’s still plenty of happy snapping you can do. . . so, enjoy!

Bill Madden

- ◆ The restaurant ‘White Castle’ is Americas oldest and 1st hamburger chain.
- ◆ Each year Disneyland uses over 5,000 gallons of paint to maintain the clean appearance of the park.
- ◆ When water freezes it expands by 10%.
- ◆ Did you know the first bullet proof vest and windshield wiper blades were both invented by women?
- ◆ You can give change for a dollar in 293 different coin variations.
- ◆ There are 722 miles of subway track in New York city.



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



RED CLOVER. Red Clover has a long history of uses other than as a medicinal herb. Red Clover is valuable as fodder and grazing for cattle, it is used as a soil-improving cover crop to restore and rebuild the soil and it is a source of nectar for honeybees. As with Alfalfa, Red Clover sends roots far into the ground. This makes possible for it to draw upon an abundance of nitrogen and minerals. Red Clover is also the State Flower of Vermont.

Medicinally, the elements of Red Clover contain one of the best mucus clearing sources in nature. It is an outstanding herb, beneficial for all varieties of cancer anywhere in the body. It has been known to be useful for both esophageal and breast cancers.

Nutritional scientists have discovered that Red Clover blossoms contain the trace element Molybdenum, that is now beginning to be recognized as a very essential nutrient in relatively minute quantities. Molybdenum plays an important role involving the discharge of nitrogen from our bodies. Molybdenum's essential trace accumulations are in the liver, kidneys, bone and skin. The Molybdenum in Red Clover tops helps the system to discharge nitrogenous waste, aids in cleansing the system of impurities and helps retard the spread of infection. It affects the mammary glands by helping with lactation in nursing mothers. It is noted that when Molybdenum is added to iron supplements, it produces a more rapid hemoglobin formation than iron administered alone in people suffering from anemia. Molybdenum and iron possess the ability to form special antibodies of protection from rattlesnake, scorpion or any kind of bites or stings.

Red Clover, for over a 100 years in Europe and America, has been used to treat and prevent cancer, as sedative for whooping cough, as a diuretic to treat gout and as an expectorant. Red Clover is a highly nutritious plant that has provided, as a dependable source, many vital nutrients, vitamins and minerals and is a dependable source of nutritive supplements for all forms of degenerative diseases. Red Clover's antibiotic qualities have shown it useful against several bacteria, including the tubercular bacilli.

Red Clover is an alternative agent for counter-acting scrofulous and skin diseases and as an external wash for boils, sores and acne. It is an effective and reliable remedy for wasting-type diseases of weakly and delicate children. Fomentations and poultices of Red Clover have been used for cancerous growths. Dr. Harry Hoxsey, N.D., who started the first cancer clinic in Mexico, used Red Clover in his treatments. Red Clover is a liver stimulant and it activates the gall bladder.

It is often used in bronchitis and it can best be taken as a warm infusion which helps cleanse and soothe bronchial nerves. When used alone, it has been known to ease arthritic pain by its ability to help rid the system of uric acid, which is considered by some as the main cause of arthritis.

- ◆ Red Clover is an excellent blood purifier and is beneficial for bathing sores in its tea.
- ◆ Red Clover has been used extensively in the treatment of cancer.
- ◆ Red Clover is the principal ingredient of the Hoxsey cancer formula.
- ◆ Red Clover when mixed with Chaparral and Dong Quai has also been effective in the treatment of cancer.
- ◆ Due to its high content of several important nutrients, including vitamins and minerals, Red Clover has become a dependable nutritive supplement in all forms of degenerative diseases.
- ◆ Red Clover is a tonic for nerves acting as a calmer for nervous exhaustion. It will strengthen the systems of delicate children. It is beneficial in wasting diseases, especially rickets, spasmodic affections and whooping cough, weak chests, wheezing, bronchitis, lack of vitality and nervous energy.

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

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

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Zumba, 7:30pm

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SCENE: Caribbean Beach

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MUST Register in Advance:
jcarelli@riverdaleborough.com
or (973) 706-6471



RIVERDALE SENIORS SPRING WALKING CLUB

TUESDAYS 10:00AM
FREE
(includes T-shirt)

“NEW”

KID’S OIL PAINTING CLASS

(Using famous Bob Ross Technique!)

Recommended Ages 8-14

Saturday May 10th, 11 am-5 pm

SCENE—Caribbean Beach
\$45/Student

*(Includes excellent instruction,
ALL supplies & student goes home
with finished painting!)*

No art ability necessary.

MUST SIGN UP IN ADVANCE
(973) 706-6471
(Community Ctr Office)
or jcarelli@riverdaleborough.com

KIDS CARDIO BOXING

Grades 3-8

THURSDAYS, 4:00-5:00 pm

8 Sessions—\$48

Instructor-Jennifer

busybodiesRfit@gmail.com

TOT’S MUSIC

Every Friday

New Class Time, 9:15am
(45 min.)

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

KID’S SEWING
CLASS

Thursdays, 4:00-5:30pm

Beginning May 8th

Youth Sewing Class



*(Work with patterns,
sewing
machine and more)*

\$10/Class

Sign-Up:

soyostudio@gmail.com

FRIDAY NIGHT FROLICS

FRIDAY, JUNE 13, 7:30-9:00PM, \$5 at door

*Last one for end of school year!
(more to be scheduled Fall 2014)*

**FUN COMPETITIVE GAMES W/PRIZES, SNACKS & DRINKS
PLUS ... OUTDOOR ACTIVITY (weather permitting)**

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

MIDDLE SCHOOL MADNESS

FRIDAY, MAY 31, 7:30-9:00PM, \$5 at door

*Last one for end of school year! Don't miss it!
(more to be scheduled Fall 2014)*

CRAZY FUN GAMES W/PRIZES, SNACKS & DRINKS
For 6th, 7th & 8th Grade Riverdale Students



CREATIVE SEWING
ACTIVITY

NEW DAY!

WEDNESDAYS

4:00-5:30pm \$10/Class

May 7—Learn to sew a soft doll

May 14—Learn to quilt

May 21—Make red, white & blue
jewelry

May 28—Turn a t-shirt into a tank
top

June 4—Make headbands &
learn to braid

Sign-Up:

soyostudio@gmail.com



Office: 973-706-6471



**GLENBURN,
211 HAMBURG TPK, RIVERDALE**

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



**TOP OF THE LINE
DOG TRAINING**

W/TRAINER NORMA OVERLOCK
Certified Dog Behaviorist

www.normasdogtraining.com

MONDAYS, 6:00pm
GLENBURN BARN
\$155/7 Week Session

1st Class—Pet Owner Workshop

Next 6 Weeks—Pet & Owner
Basic Training

MUST Sign-Up in Advance
(201) 337-6179 Norma

RIVERDALE RECREATION SERVICES

RECREATION NEWS



Follow us @Riverdale Rec

riverdalerec@gmail.com



"LIKE" us at Riverdale Recreation

MENS BASKETBALL

Tuesdays thru May 20, 7-10 pm
Lincoln School in Pompton Lakes.

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

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



SUMMER TUTORING

READING



June 30-July 31, 3:15-4:15pm at the Community Center
Mon/Wed for students entering K-3rd grade in Fall '14
and Tue/Thurs for students entering 4th – 8th in Fall '14.
\$40.00 per child per week (two sessions a week).

MATH

June 30-July 31, 4:30-5:30pm at the Community Center
Mon/Thurs for students entering K-4th grade in Fall '14.
\$40.00 per child per week (two sessions a week).

To sign up or for more information
email riverdalerec@gmail.com.

ADULT COED SOFTBALL

Thursdays starting June 26 through Labor Day
weekend, 6:00pm at Riverdale School Fields.

*Open to men and women who just want to come
out and have fun playing softball.*

To sign up – email riverdalerec@gmail.com
or just show up.

House-Sale Helper

Trying to sell your house? Shortly before buyers are due to arrive, put a pot of this elixir on the stove. Real estate surveys show that its spicy-sweet aroma is one of the two most likely to make house-hunters think, "This is the place!" (The other is fresh-baked bread.)

- ◆ Rind of 1 orange, shaved
- ◆ 1/4 cup of whole cloves
- ◆ 4-5 cinnamon sticks
- ◆ 3-4 quarts of water

Bring a pot of water to boiling, and add the orange peel, cloves, and cinnamon sticks. Let the brew simmer until the scent has wafted through the house (or at least the kitchen), then turn off the heat.

Lime-Be-Gone Solution

This simple recipe will get rid of lime and hard-water deposits on flowerpots, water spigots, or anything else, indoors or out.

- ½ cup of borax
- 1 cup of warm water
- ½ cup of white vinegar

Dissolve the borax in water, and stir in the vinegar. Sponge the solution onto the lime deposits, let it sit for 10 minutes or so (longer for really stubborn spots), and wipe clean.



Container Plant Starter

Get your outdoor container plants off to a great start with this healthful soil booster.



- 2 cups dry oatmeal
- 2 cups dry dog food, crushed
- Pinch of hum hair
- 1½ teaspoon of sugar

Combine all these ingredients, and add 2 tablespoons of the mixture to moistened, professional potting soil for each container. (Ask your hairstylist or barber for discarded hair cuttings.)

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ADVANCED Sports Medicine &
973.616.4555 Physical Therapy
Center

Your Community's Healthcare Specialists

Our Quality of Care Comes from Our Attitude

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

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

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

YOU CAN LIVE PAIN FREE WITHOUT SURGERY!

Our State -OF -The Art Facility Specializes In:

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

18 Newark Pompton TPK. Riverdale, NJ 07457

**Call For A
FREE
Consultation
973.616.4555**