

Riverdale News & Events

A Monthly published by the Riverdale Mayor and Council

Vol. 5, No. 9

www.RiverdaleNJ.gov

June 2010

Kids' Day at the Firehouse

Fireman Mike Davis gives a demonstration to the grade school kids. He dressed in all his gear so that they wouldn't be afraid when seeing a fireman during a fire.



Annual Fishing Derby A Success Despite the Rain

The annual fishing derby sponsored by the Riverdale PBA and the Riverdale Pistol Team took place as scheduled in spite of the rain. Nearly one hundred people showed up at Freedom Park for the annual event.

The fishing hole is stocked with trout the week before. There were plenty of hotdogs and hamburgers for the hungry anglers. The participants each received a T-shirt for the event.

More than 300 trout were stocked. There is still a 6 pound, tagged trout still uncaught. The PBA will mount the fish for the person who catches it. All the food, shirts and trophies were donated by the PBA and Pistol Team. *Thanks to all!*



The fishing hole is



All of the kids got a chance to shoot some water using the fire hose.

More pictures on the borough's website: Mayor's Photo Album

Riverdale Borough made of the best people on earth.

Abby Saner finishes Eight Years as Riverdale's Library Director

Riverdale DPW



Library Staff

A going away party was given in honor of Abby Saner, who served as our initial Director for the past eight years. Abby will be serving the Oakland Library. *We wish her luck!*

Friends of the Library



Girl Scouts Junior Troop 323



Amanda, Caliegh, Destiny, Reilly, Olivia, Paige, Angelina, Kayla, Emily. Daisy Junior Troop 323 members Amanda & Emily and Daisy Troop 94284 members took part in the Clean Communities Program.

Morris County Candidates' Night

One candidate for Congress, 2 candidates for Morris County Sheriff and 10 candidates for Morris County Freeholder showed up to

present their platforms before the voters and answer their questions.



Standing is Riverdale's Jason Cullen along with his Freeholder candidate running mate, Gary Steele.



Announcements

Happy Birthday **Uncle Joe**, our favorite Riverdale Police Officer!

Happy 5th Birthday, **Joseph Adams, Jr.** May 28. Love, Mom, Dad and Ayden.

Happy 12th Birthday to **Matthew Thomas**, on June 7. Love, Dad, Marybeth, Kevin RJ and Kevin M.

Happy 2nd Birthday, **Ayden Adams**, on June 6. Love Mom, Dad and Joseph.

Congratulations, **Greg and Claire Pellegrini** on your 18th Birthday on June 9! Love, Mom, Dad, Dan and Jordan.



Riverdale welcomes **Franklin Eugene Novitskie** born on February 17, 2010 at 6:30 AM, weighing in at 8lbs 4oz. And 20" long. His proud parents are Frank and Dorothy. Grandparents are Walter and Wanda Wnuk; Frank and Karen Novitskie.

Happy 3rd Birthday, **Caroline Budesheim**, on June 15. Love, Mom, Dad, Elizabeth. Grandparents are Bill and Marian and Sallie and Tony DelVecchio.



Happy Birthday, **Grandma Ruppel**, on June 10! We love you! Love, Ron, Marybeht and the boys!

Happy June Police Department Birthday **Patrolman Joe McDermott**. (19th).

Graduates 2010

Liz Harsely recently graduated from the University of Connecticut with a Bachelors Degree in Biology with a minor in Animal Studies. She was also a 4 year member of the UCONN women's crew team and the Block and Bridle Club, earning multiple medals and awards. Congratulation, Liz!



Amelia Frast, who is attending Wilson College in Chambersburg, PA, graduated as Phi Beta Kappa electorale on May 23. The Phi Beta Kappa is the highest honor an institution of higher learning can bestow upon one of its students. Amelia also has the honor of being on the dean's list for all four years she has been attending Wilson College. She graduated from the Veterinary Medical Technician program and will be working at the Seeing Eye Institute in Morristown and Chester, New Jersey. Congratulations!

Congratulations to **Dennis Budesheim**, who graduated from Rutgers University's Mason Gross School of the Arts with a Bachelor's Degree in Fine Arts. Dennis hopes to continue in the Master's Program.



Photos Needed! We are looking for old photos from the days of Riverdale gone-by. Pix of your family playing, working, fighting, gathering are what we need to establish a pictorial history of our town. Picnics, parades, sports, holiday gatherings, the lakes, stores, etc. would be helpful. We will return the originals after scanning them. All decades welcomed. **Please contact the Mayor@RiverdaleNJ.gov.** Thank you.

Senior Moments

The first meeting of the month was held on Monday, May 3, with a good turnout of seniors. Quite a few members celebrated May birthdays. They were acknowledged and serenaded with a *Happy Birthday* song and congratulations from Vice-president **Loretta Lippens**. *Quite a few of our seniors have their names on the list to be walkers in the Memorial Day Parade. They will be carrying our beautiful Senior banner. We are proud of our member, **Gordon Davis**, who will be the Grand Marshall. *After several more items of business were concluded, President **Irene Moehring** closed the meeting with her usual words of wisdom. *Following the meeting, we enjoyed a pizza lunch.

Our second meeting was held May 17. Following a short business meeting, we were joined by 20 or more second grade students from Riverdale School, along with their teachers. Three or four of the students sat a table with four or more seniors and shared information they had written about themselves, endangered species, and pictures and information about some of our presidents. Their reading, writing, art work and interaction with adults were truly amazing. The children, their teachers and their principal are all to be commended. Secretary **Jean McMichael** sent a thank you note to the principal and teaching staff. ***Joan Adornetto** spoke on the art program being held at the Community Center. Several of the members who have been attending the classes, brought several of their finished art pieces to the meeting and displayed them. They are beautiful and made us all want to join the classes, which are free. * That's all for this time. Don't forget our Food Pantry. The need is always there. Everyone loves a cheerful giver, and you will be blessed.

Presented by *Marion Davis*

Congratulations on the birth of **Brianna Rose & Brayden Matthew Harvey**. They were born on May 4 at Hackensack University Medical Center. The parents are Jeri and Eric. The proud grandparents are Toma and Sam Dedio.



Recycling Recycling saves tax money. Riverdale **Saves** pays per ton to dispose its garbage. So every item not put into the garbage collection reduces the costs. We need your help. Refer to the town's website for the complete 2010 Recycling Requirements and Schedule at: <http://riverdalenj.gov/pdf/2010recycling.pdf> Scrap metal recycling would go a long way in keeping down our tonnage. This will help the entire town.

Any time, Any day Computer Recycling. Drop off the below listed items anytime at the Municipal Building for recycling. These items are picked up by a non-profit service organization that uses them in training disabled vets and homeless people. There is no cost to the borough and it helps our neighbors. **Items accepted:** Computers/laptops (Monitors are NO LONGER ACCEPTED. They may be placed in regular garbage.), keyboards, mice, modems, external drives, scanners, printers, copy machines, cables, other computer peripherals, VCR's, DVD players, stereos, radios, phones, fax machines, camcorders, electric typewriters, and most media (floppies, CD's, DVD's), cell phones and similar products.

FRIENDS



Riverdale Public Library

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

Friends,

More than a building with books, the Riverdale Public Library is a living, growing service to our community. Through fundraising and community advocacy, the Friends of the Riverdale Public Library play a key role in the library's success. The library's annual March book sale is just one example of a successful Friends-sponsored activity.

Thanks to the Friends, the library is able to offer many additional books, audio books, and special educational programs for children. These include summer reading programs for teens and children, the wildly popular Mad Science program, and visits with unusual animals such as hawks, turtles, snakes and other wildlife. The Friends, a volunteer not-for-profit organization, raises the funds necessary to keep these fine programs a reality.

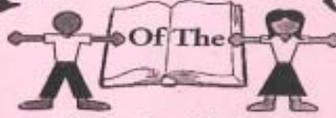
Join the Friends

By joining the Friends, you will show your support for the library. Your tax deductible membership dollars help support the many valuable programs sponsored by the Friends. Join the Friends at the Individual (\$10), Family (\$20) or Senior (\$5) level. Simply fill out the form on the reverse side and mail it along with your check to the address indicated. Memberships are also accepted at the library!

Steve Frast
President
Friends of the Riverdale Public Library

2010

FRIENDS



Riverdale Public Library

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

FRIENDS OF THE RIVERDALE PUBLIC LIBRARY SUPPORT THE LIBRARY

- Special fun and educational programs for children like visits from hawks, snakes and turtles and fairy tale puppet shows.
- Books and activities for summer reading programs for children and teens.
- Books-on-CD and Books-on-Cassette for children grades K – 8.
- Video and audio equipment for story times and for after school programs.
- Up-to-date books for young adult readers.

YES! I WANT TO BE A FRIEND!

- Family Membership \$20.00*
- Individual Membership \$10.00*
- Senior Membership \$5.00*

***Annual membership dues
are tax deductible!***

Name _____

Phone: _____

Address: _____

Email: _____

***Please make checks payable to Friends of the Riverdale Public Library
& return this form with your membership dues to:***

Riverdale Public Library
93 Newark Pompton Turnpike
Riverdale, NJ 07457

For questions, please call the Library at 973-835-5044

Thanks!



Camp Vacamas Teen Program Promotes Healthy Lifestyles

Today, one in three youngsters in the US are overweight. This alarming statistic is being addressed through the nationwide campaign entitled *Let's Move*. It targets four pillars: getting

parents more informed about nutrition and exercise, improving the quality of food in schools, making healthy foods more accessible for families and focusing more on physical ed.

New Jersey non-profit organization Vacamas Programs fro Youth has joined in the fight to address this critical issue through its 19-day 2010 summer session Healthy Lifestyles: an exciting, dynamic program designed to help teenagers develop healthy eating habits and to encourage physical fitness.

To learn more about the camp or to sign up for a life-changing summer, email Our Camp Registrar or contact her at 973-838-0942 or

With the Street Sweeper cleaning our streets, it is important that when placing your garbage pails out for pickup that they be placed on the curb, and not in the street.
Thank you, the Riverdale Department of Public Works

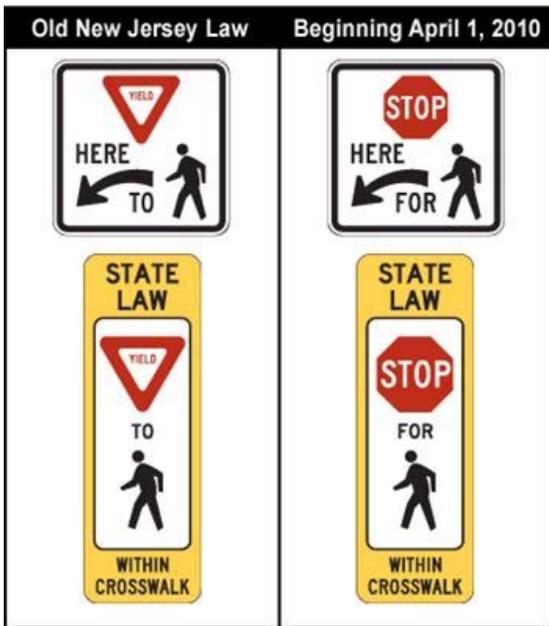
The Riverdale Food Pantry

Shopping List

We are running low on a number of items. The following are in critically low in need of replenishing.

- Pasta and Past Sauce
- Macaroni and Cheese
- Cookies and Crackers
- Peanut Butter and Jelly
- Cheerios
- Canned Vegetables and Fruits
- Soups
- Boxed Potatoes
- Rice
- Tuna Fish
- Coffee, Tea
- Paper Products and Detergents

Thank you for your continued support!



Pedestrian Safety

Motorists in New Jersey **MUST STOP** for pedestrians in a crosswalk. Failure to observe the law may subject you to one or more of the following:

- 2 POINTS
- \$200 Fine, plus court costs
- 15 Days Community Service
- Insurance surcharges

A. The driver of a vehicle must stop and stay stopped for a pedestrian crossing the roadway within a marked crosswalk or within any unmarked crosswalk at an intersection, except at crosswalks when the movement of traffic is being regulated by police officers or traffic control signals, or where otherwise prohibited by municipal, county, or State regulation, and except where a pedestrian tunnel or overhead pedestrian crossing has been provided, but no pedestrian shall suddenly leave a curb or other place of safety and walk or run into the path of a vehicle which is so close that it is impossible for the driver to yield. Nothing contained herein shall relieve a pedestrian from using due care for his safety.

Whenever any vehicle is stopped to permit a pedestrian to cross the roadway, the driver of any other vehicle approaching from the rear shall not overtake and pass such stopped vehicle.

Every pedestrian upon a roadway at any point other than within a marked crosswalk or within an unmarked crosswalk at an intersection

shall yield the right-of-way to all vehicles upon the roadway.

B. A person violating this section shall, upon conviction thereof, pay a fine to be imposed by the court in the amount of \$200. The court may also impose a term of community service not to exceed 15 days.

C. Of each fine imposed and collected pursuant to subsection B. of the section, \$100 shall be forwarded to the State Treasurer who shall annually deposit the moneys into the "Pedestrian Safety Enforcement and Education Fund" created by section 1 of PL 2005, c 84 (C.39:4-36.2)

PEDESTRIANS MUST obey pedestrian signals and use crosswalks at signalized intersections. Both carry a \$54.00 fine for failure to observe the law. (C.39:4-32 and 33)



Office of Emergency Management

Borough of Riverdale

County of Morris

The Riverdale OEM is reforming the **Citizen's Emergency Response Teams (CERT)**. It's purpose is to assist borough professionals in responding to emergencies within the community. This could include weather events such as the recent snow storms and flooding, accidents or other emergencies.

It is our intent to establish 3 teams based upon skills and physical ability. *Squad One* will be responsible for administrative and communication activities, consisting of those with good office and communication skills, including computer use, telephone and organizational skills.

Squad Two will be geared around light physical work such as setting up and supervising the evacuation center, door to door

notification and manning barricades and parking control.

Squad Three will handle heavy lifting, such as filling sandbags or helping the fire department move and set up hoses and pumps.

If you have some time and skills and wish to help out the community, we welcome your participation. Please contact by phone Linda Roetman at 973-835-4060 x6 or by email: mayor@riverdalenj.gov.

Include your name, address, phone number, email and which squad you feel that you would be most suited for.

Thank you.

OEM Equipment Request

The Riverdale Office of Emergency Management is redirecting its goals. We are looking to be more self-sufficient in the event of a region-wide disaster where county and state resources may be unavailable to our community. To be so prepared we are compiling a list of local resources which we might be able to call upon if needed.

Below is a list of equipment and skills which we might have a need for in an emergency. If you have any of the listed items and would willing to share/loan/rent to the borough during an emergency, please fill out the form and return it to Linda Roetman at Riverdale Borough Hall, Post Office Box 6, Riverdale, NJ 07457. You can also email the information to mayor@riverdaleNJ.gov.

NAME _____ ADDRESS _____

TELEPHONE _____ CELL _____ EMAIL _____

Expertise/Skills (please circle)

Engineer / Equipment Operator / Snow Plow Operator / Contractor / Welder / Electrician / Plumber / Doctor / Nurse
Pharmacist / Police / Fire / EMT / Carpenter / Mason / Tree Service / Other _____

Equipment/Vehicles (indicate type, i.e. model of the equipment, size, h.p., etc)

Excavator: _____ Backhoe: _____ Dozer: _____

Crane: _____ Boats: _____ Dump truck: _____

Bucket Truck: _____ Generator: _____ Pumps: _____

Ladders: _____ Scaffold: _____ Rigging Equipment: _____

Chain Saws: _____ Other: _____

Thank you.



N.J.S.A. 39:4-138 - Places where parking prohibited; exceptions; moving vehicle not under one's control into prohibited area.

Except when necessary to avoid conflict with other traffic or in compliance with the directions of a traffic or police officer or traffic sign or signal, no operator of a vehicle shall stand or park the vehicle in any of the following places:

- Within an intersection;
- On a crosswalk;
- Between a safety zone and the adjacent curb or within at least 20 feet of a point on the curb immediately opposite the end of a safety zone;
- In front of a public or private driveway;
- **Within 25 feet of the nearest crosswalk or side line of a street or intersecting highway, except at alleys;**
- On a sidewalk;
- In any appropriately marked "No Parking" space established pursuant to the duly promulgated regulations of the Commissioner of Transportation;
- Within 50 feet of a "stop" sign;
- Within 10 feet of a fire hydrant;
- Within 50 feet of the nearest rail of a railroad crossing;
- Within 20 feet of the driveway entrance to any fire station and on the side of a street opposite the entrance to any fire station within 75 feet of said entrance, when properly signposted;
- Alongside or opposite any street excavation or obstruction when stopping, standing, or parking would obstruct traffic, when properly signposted;
- On the roadway side of any vehicle stopped or parked at the edge or curb of a street;
- Upon any bridge or other elevated structure upon a highway, or within a highway tunnel or underpass, or on the immediate approaches thereto except where space for parking is provided;

In any space on public or private property appropriately marked for vehicles for the physically handicapped pursuant to P.L.1977, c.202 (C.39:4-197.5), P.L.1975, c.217 (C.52:27D-119 et seq.) or any other applicable law unless the vehicle is authorized by law to be parked therein and a handicapped person is either the driver or a passenger in that vehicle. State, county or municipal law enforcement officers or parking enforcement authority officers shall enforce the parking restrictions on spaces appropriately marked for vehicles for the physically handicapped on both public and private property.

No person shall move a vehicle not lawfully under his control into any such prohibited area or away from a curb such distance as is unlawful.

Amended 1948,c.342,s.2; 1951,c.23,s.77; 1981,c.20,s.1; 1989,c.201,s.1.

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Police Chief Soules Warns About Firecrackers



"In New Jersey, it is illegal to own almost all fireworks — even sparklers — without a permit, which generally is reserved for shows approved by local fire departments. Possessing fireworks is roughly equivalent to a misdemeanor disorderly conduct offense, while owning fireworks with the intent to sell them carries a penalty of up to 18 months in prison and a \$10,000 fine."



IMPORTANT NOTICE! Our Fire Department is concerned about their inability to get the fire trucks onto certain streets because of illegal parking. Under state law NO PARKING is permitted 1. Within an intersection 2. On a crosswalk 3. In front of a driveway 4. On a sidewalk 5. **Within 50' of a stop sign** 6. **Within 25' of an intersection** 7. Within 10' of a fire hydrant. Our Police will be enforcing these state laws to ensure that public safety is maintained, especially the accessibility of our fire trucks to the streets in our residential neighborhoods.

Did You Know - May Facts?

- ◆ Father's Day was officially instituted on June 19, 1910. That makes this year's Father's Day its centennial celebration.
- ◆ No other month begins on the same day of the week as June
- ◆ Spinach consumption in the U.S. rose 33% after the Popeye comic strip became a hit in 1931.
- ◆ The color in fireworks come almost solely from pure mineral elements. Strontium yields deep reds, copper produces blue, sodium yields yellow, and iron filings and charcoal pieces produce gold sparks. The bright flashes and loud bangs come from aluminum powder.
- ◆ June is named after the Roman goddess Junno, the goddess of marriage.

The **Auxiliary of the Riverdale Fire Department** would like to thank every volunteer, guest and sponsor who made the Annual Spaghetti Dinner another successful year. Because of this, we are able to continue our contributions to the St. Barnabas Burn Foundation, the New Jersey Firemen's Home, our Grace Peine Memorial Scholarship and the continued support to the Riverdale Fire Department. We were also able to purchase new uniforms this year. Thank you all for your support.



Riverdale Fire Department

We are looking for training vehicles. If you have a vehicle that you would like to donate please call the Fire Department at 973-831-1584.

Firemen Needed!

The department is looking to boost its roster with residents or workers in town and can respond to fires and other emergencies. Finding and holding on to new members, especially during the day, has long been a problem for volunteer fire departments.

Riverdale Fire Department has a Junior Fire Department and is currently looking for young adults between the ages of 16 and 18 to join. "Most of newest recruits started out as junior fire fighters," says Chief Dan Sturm. Continues the chief, "We are able to put the younger members through training earlier and retain them as opposed to an older resident who has families and other responsibilities. The increase in hours on the department and increase in the level of required training - Level 1 Firefighter went from 60 hours to 150 - discourages potential volunteers." Chief Sturm adds he was one of the town's first junior firefighters and the training and discipline has carried him through more than 30 years of fire fighting. Stop by the firehouse any Monday night at 7 PM or call 973-831-1584.

Apricot Chicken (or Fish)

3 lbs.	Chicken pieces, skinned
1 cup	Chunky, unsweetened applesauce
1 cup	Dried apricots
1/4 cup	Apricot brandy
2 cups	Low-salt chicken broth or water
1 small	Chopped onion
1/2 tsp.	Cinnamon
Pinch	Nutmeg

We simmer this in a covered skillet - you can bake it in a covered pan is preferred. Just arrange the chicken pieces in the pan and add everything else, starting with one cup of the broth. When the apricots start to soften, if you're feeling ambitious, you can take them out and snip them in pieces if desired. Simmer until the chicken is very tender. If the pan is a little dry, add some more of the broth. This recipe is also excellent with fish: simmer the sauce for a while to give it a head start.

Variation - Apple-Raisin Chicken

2 lbs.	Sweet apples
1 cup	Raisins
1/4 cup	Brandy or white wine
1 small	Lemon

Optional Orange rind or slices; apple juice to taste; Cinnamon
Core the apples and coarsely chop in the food processor. Slice the lemon, and assemble as for the other recipe. This is also great with very lean pork chops, as well as sirloin chops.

News from School

School news at your fingertips



Dr. Betty Ann Wyks, Superintendent
Career Day On May 20 the middle school students of Riverdale School opened their classroom doors to visitors who volunteered to share information about their profession. In all, seven individuals came to speak about their jobs. Included were a police officer, musician, nurse, marketing executive, accountant, builder and a chiropractor. The students learned some valuable insight to the different careers represented. Thanks to all.
Attention Incoming Kindergartners! Don't forget that the Kindergarten Tea is scheduled for Friday, June 11 at 8:30 AM.

Additionally, if your youngster (and you) plan to join us for one (or all) of our scheduled story times, please call Mrs. Kammen at the main office (973-839-1300) to secure a spot. You are welcome to join all four!

Tuesday, June 8 @ 9:45 - 10:15

Thursday, June 10 @ 11:10 - 11:40

Monday, June 14 @ 1:15 - 1:45

Wednesday, June 16 @ 12:30 - 1:00

Transportation Survey. Be on the lookout for a transportation survey. The survey will be completed on-line. Further information will be linked to our website www.rpsnj.org. Your completion of this survey will assist in evaluating our current and future transportation needs.

Community Service Work. To support a school wide community service goal, students have been engaged in the following activities:

Pre-K: baking dog biscuits for police dogs, baking cookies for police officers. *Grade 2:* Read to members of the Women's Club.

Grade 3: Created activity books for hospitalized children at Chilton.

Municipal Alliance sponsors Moving Up Day for Eighth Graders. Riverdale's eighth graders were treated to a day of preparation for high school by the Municipal Alliance Committee. One of the keynote presenters was a representative of the Morris County Prosecutor's Office, who spoke about cyber-bullying.

Take Your Work to Your Children Day. A special thank you goes out to parents and community members who shared their career with our middle school students as part of our first Take Your Work to Your Children Day.

Congratulations to eighth grader, **Jennifer Pezzuti**, who was Riverdale's recipient of the Morris County Middle School Leadership Recognition Award. Jennifer is a good student who is active in sports, extracurricular activities and participates in a number of community service initiatives.

Upcoming Events

June 2 - Spring Concert

June 11 - Eighth Grade Awards Dinner

June 9-16 - Final Exams, grades 6 - 8

June 24 - Graduation



The Riverdale Women's Club

The Riverdale's Woman's Club is holding its last meeting of the year on June 2 at the Senior Community Center at 7:30 pm. The program for the meeting is "Show and Tell" and Convention Reports from the Club's delegates. All women are invited to attend. The new club year will start in September with a Welcome Back Breakfast and membership event. Further details will be in the Riverdale Newsletter over the summer. For membership information call **Jean Revis at 973-835-3269.**

Recreation Department Programs

2010 RIVERDALE REC SUMMER CAMP

Riverdale Community Center

Camp Dates: Monday-June 28 thru Friday-July 31

Hours: 9:00am—2:30pm

Riverdale Children Only can Attend.

Students must be entering

1st Grade up to 8th Grade

For more information: Call Rec Office 973-706-6471

DORNEY PARK & WILDWATER KINGDOM

Now offering discounted tickets!

Adult Tickets (48" with shoes) = \$28.50

Junior (under 48" with shoes) = \$20.00

Senior (62 years or older) = \$20.00

All Tickets can be purchased online.

You pick the date & amount of tickets!

For more details, contact Rec Dept Member

Anne (973) 248-9663 or

E-mail to: annemgould@yahoo.com

PAL Summer Basketball

The summer program includes boys and girls grade 3 through adult.

The last registration is date is June 5

Pompton Lakes Teen Center

For more information please call

973-831-9265

RIVERDALE SWIM CLASS ACADEMY

New York Sports Club, Route 23 South, Butler

2nd Session Begins: May 3 thru June 27

Large variety of days, times,

& classes to pick from.

Call immediately to Register!

(973) 706-6471 Rec Dept Office

Cost: \$120 per child (ONLY \$15 Class!!)

Most Beautiful Yard Contest

Open to all residents. No registration required.

This is in recognition of the hard work and pride exhibited by Riverdale residents. We are proud to have those who strive to beautify their homes and neighborhoods.

The judging is based on three categories:

*Maintenance * Landscaping * Overall Appearance*

The Recreation Department will be judging in August

One winner will be selected and announced in the

September Newsletter. Photos of winning yards will be placed in the Newsletter.

Free Senior Art Class - FREE

June 10 & 24 @ 10 AM to 2 PM

Riverdale Community Center

Art teacher, Pam, from the PL School System.

Painting, Scrapbooking, drawing.

All supplies are provided.

TOT'S MUSIC CLASS - Community Center

(Recommended for 18 months thru 4 years old)

Bring your tot's in to participate in a comprehensive preschool music program.

Every Friday, 11:00 am - 12:00 pm

Last Class is June 25. Restart in September

Cost: \$8.00 Class (\$10 Walk-in's)

SPRING KIDDE MULTI-SPORT CLINIC

Falcon Sports Academy at Riverdale Community Center Fields

Clinic begins Sunday, May 2 through June 13

Choose your class time: either 1:00 pm or 2:00 pm

\$15.00 per class (payment in advance required) Includes T-shirt

Awards, Experienced Instructors providing fun and motivating skills plus a Mini-Olympics on the last day. Multi-Sports will teach your young athletes fundamentals through dynamic drills & fun group games. Kids will participate in Soccer, Baseball, Flag Football, Basketball, Tennis, Lacrosse and Golf.

Call 973-706-6471.

NEW BOOTCAMP

Every Monday/ 7:45pm

Cost: \$6.00/Class

NEW PILATES

Every Tuesday/ 7:30pm

Cost \$6.00/Class

YOGA

Every Thursday/ 7:30pm-8:45pm

Cost: \$6.00/Class

Call to sign up or drop by for any of these classes.

(973) 706-6471

Community Center Office

WOMENS SOFTBALL

Join a Riverdale Woman's Softball Team. This is for fun.

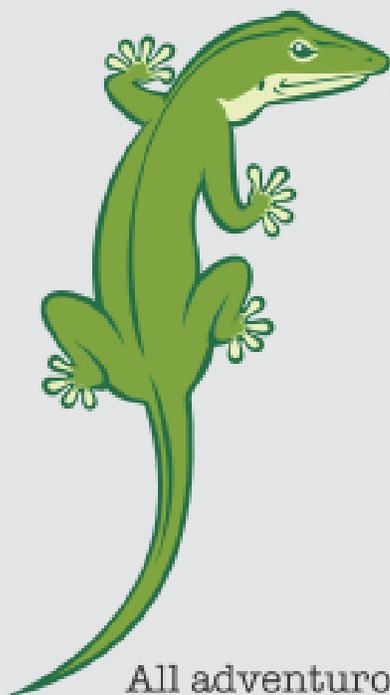
Not competitive! If you are interested, please contact the Rec Dept at your earliest convenience.

We would like to start practice this month!

(973) 706-6471 Rec Dept Office

EXERCISE

Riverdale Baptist Church presents...



Soul Survivors *on* **Danger Island**



Come if you dare!

2010 Vacation Bible School

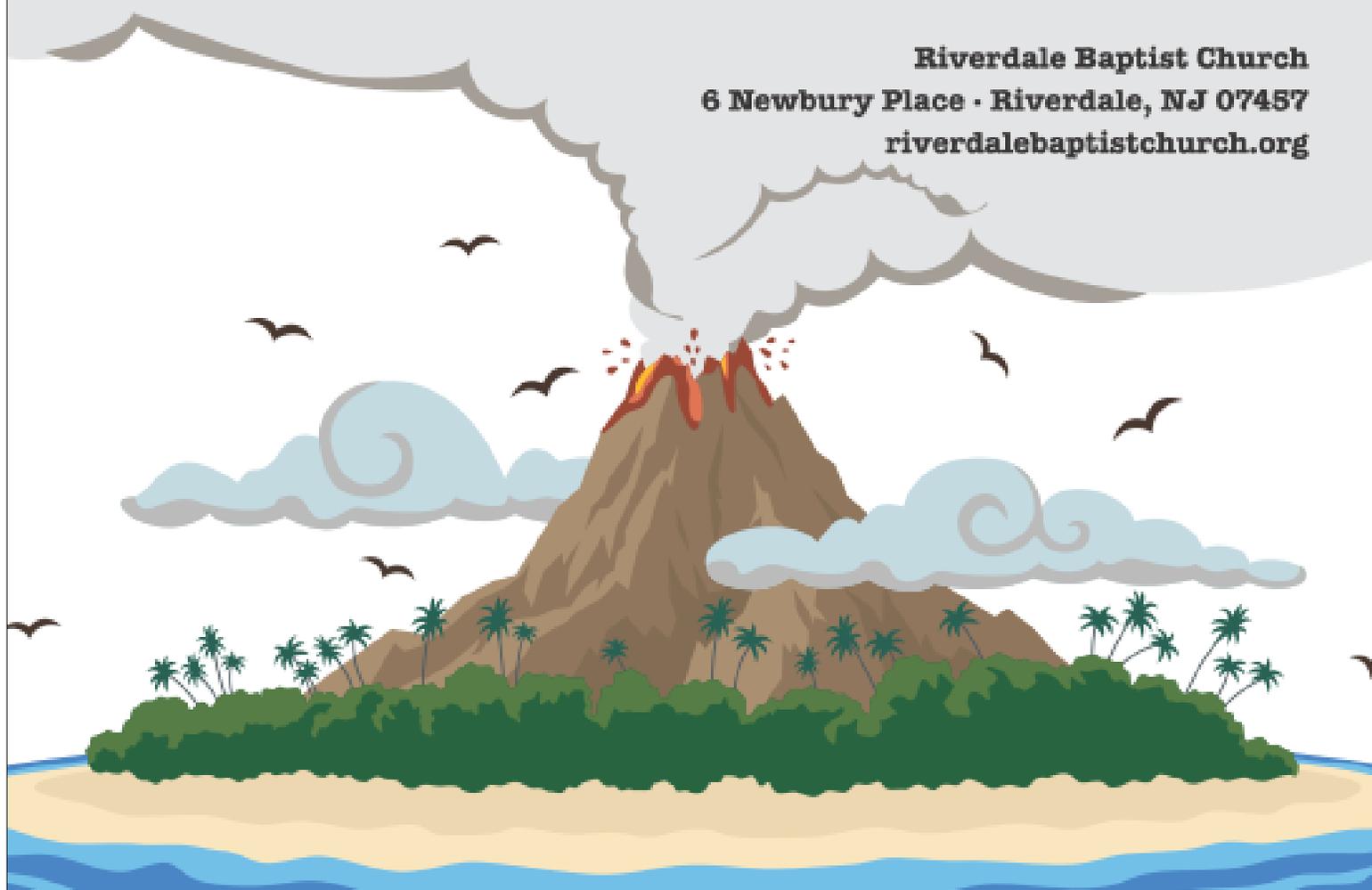
Monday–Friday, July 5-9

Each evening from 6:00-8:00

All adventurous explorers, ages 4-12 years, are invited to join the expedition as we discover how God gives victory over obstacles in life!

For more information, or to register call 973.835.3275 or email riverdalebaptist@yahoo.com.

Riverdale Baptist Church
6 Newbury Place • Riverdale, NJ 07457
riverdalebaptistchurch.org





My husband was not convinced that chiropractic care was right for our entire family. After I was under care with Dr. Stewart for a while, my husband noticed that my own medical expenses and medical doctor visits had dropped off to almost nothing. (I used to require regular allergy shots which I do not need any longer.) I credit chiropractic.

Now our entire family receives regular chiropractic adjustments. Thank you Dr. Stewart and chiropractic.

Helen P.

\$18.95 Special Introductory Offer Helps Families Reign in Healthcare Costs!

Many families are discovering that their life and health are being enriched through regular chiropractic care. This simple, yet powerfully beneficial care may be more affordable than you think.

With medical care costs going through the roof, and reports of bad, sometimes fatal reactions to drugs and surgery appearing in the news almost daily, who can afford **not** to keep their family healthy?!

More and more families are discovering that, with regular chiropractic care, their family's medical costs are actually declining. While, more importantly, families are also finding that with regular chiropractic care, their over-all health is so much better that they would not live without it.

Bring your entire family. Let's discover together how your family might benefit through regular chiropractic adjustments. Let me share with you how chiropractic actually works and what chiropractic can do for your family. Then we will discuss your individual family's needs and together design a program of chiropractic care which is right for your family.



Gary C. Stewart, D.C.

Mention this article and ask for our "Family Introduction to Chiropractic." This is a two step process which includes the whole family:

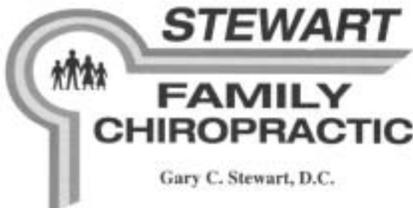
#1 - I will personally consult with you; then, I or my trained staff will perform computerized scans of your spines which help me understand where each member of your family might benefit from chiropractic care. Then, if necessary, I will perform specific spinal x-rays that are right for each person's individual needs.

#2 - After I have reviewed all x-rays and exam information, we will have you return for a "Doctor's Report." At the Doctor's Report I will explain how your family might benefit through regular chiropractic care. Then I will give you a report of my findings, review your x-rays with you, and make recommendations for care.

While medical costs and insurance premiums continue to skyrocket, and medications continue to cause harmful side effects, Stewart Family Chiropractic is doing something to help your family stay healthy naturally. Call today for your Family Introduction to Natural Good Health Through Chiropractic.

Call **973-835-5773** today. You'll be glad you called. There is no obligation to accept care.

- All of this is included for less than the cost of one regular x-ray.
- \$18.95 per person introductory fee applies no matter how many x-rays are necessary.
- A typical exam including 2 to 4 x-rays at regular fees ranges from \$80 to \$170.
- That's a savings of over \$60 per family member when x-rays are recommended!



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- The luxury of free time
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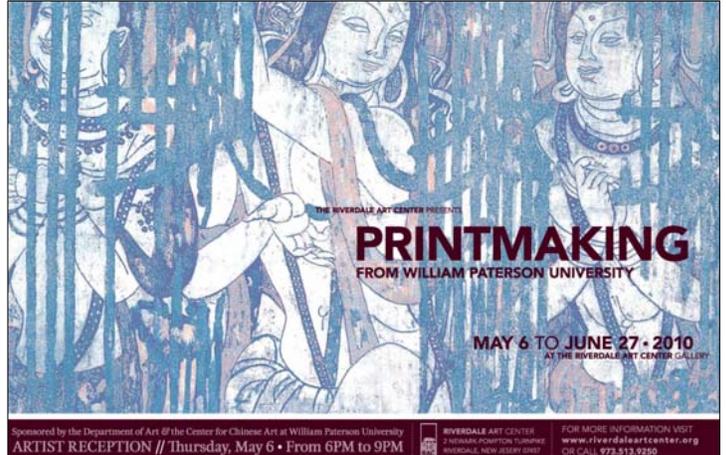
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Thank you for your continued support of the **Riverdale Food Pantry**. Items needed include canned corn, peas, pork and beans; boxed potatoes and rice; soups, macaroni and cheese, peanut butter and jelly; pancake mix and syrup; canned tuna and ham; coffee & tea; laundry and dish detergents, cold cereal; paper products.

ANYONE INTERESTED IN VOLUNTEERING ABOUT 2 HOURS PER MONTH TO ASSIST IN THE PANTRY PLEASE CALL LINDA ROETMAN AT THE BOROUGH HALL. 973-835-4060 X6.



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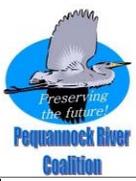
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Pequannock River Coalition Needs Help in Appelt Park on June 26 and July 18. Japanese Knotweed, an invasive plant, has become a major problem in New Jersey and within the Pequannock River Watershed. This aggressive, non-native plant, with a height of up to 13 feet, creates extensive, thick stands along rivers and streams, shutting out native plants while providing no benefit to wildlife.

Appelt Park covers about 4 acres on the banks of the Pequannock River in Riverdale, where large stands of Japanese Knotweed have developed. PRC's plan is to fully assess and document the extent of it within the park, then attempt alternate removal strategies and review the results. The removal will be accomplished by volunteers under PRC supervision. Three dates are scheduled this year, starting June 26. They also intend to educate local citizens, officials and DPW staff to the danger of these invasive plants and the best methods for control/removal. A follow-up project in 2011 would replant the areas of removal with native shrubs and trees.

Ross Kushner, executive director of the Pequannock River Coalition, said, "We are excited about reclaiming these lands for native plants to benefit of our wildlife. This could serve as a spark to braider control of these weeds across our area. We hope local folks will give us a hand!" Riverdale Mayor William Budesheim was also looking forward to the project: "PRC has been a great friend of the borough and we are happy to assist them in any way we can toward protecting this vital natural resource."

Funding for the project was provided by the Watershed Institute and the members of the Pequannock River Coalition with additional assistance from the Borough of Riverdale. The first work date is scheduled at Appelt Park for June 26 from 10AM to 2 PM. Volunteers will meet in the park at 9:45 and will be given the necessary equipment and instructions. Drinks, tools and gloves will be provided. There are tasks to suit any age or energy level. Same schedule for the second session on July 18.

Paddling Events. PRC is offering 2 chances to sample our Three Rivers canoe and kayak trail. Get up close and personal with the Pequannock, Ramapo and Pompton Rivers, while enjoying the day with a great group. Participants should note that these are rivers, not lakes. As our trail guide states, "Moving water is not the place to develop basic paddling skills." Participants should consider their skill level before joining these tours. Safety first! You must have your own canoe or kayak, and a Coast Guard-approved lifejacket.

June 5th-Canoe/Kayak Paddle. On this outing we will paddle our Three Rivers Trail. Very cool! Accessible only by boat, this offers a unique look at a fascinating area. The float starts at 10:00 AM on Willow Avenue in Pompton Lakes. Bring lunch and a break. With a lunch break, the tour is expected to end around 2:00 PM

July 10-River Trail Clean Up. On this river trip we will be rounding up trash along our boating trail. Dress for the mess! We will be using our big PRC canoe as a "garbage scow" with volunteers contributing whatever they can collect. A fun and rewarding day! Keep in mind that this is a work session. Same rules and location as above.

Healthy Living

Continued from last month. These are the nutrients that help with internal inflammations: cancer, diabetes, heart disease, etc.

Antioxidants. A broad family of phytonutrients, antioxidants (found in colorful fruits and vegetables) shuttle harmful free radicals out of the body, reducing inflammation by preventing them from oxidizing (Persistent oxidation leads to tissue injury and molecular damage, both of which cause inflammation.) *Carrots* and *orange winter squash* supply beta carotene; *bell peppers* are high in vitamin C; *tomatoes* are rich in lycopene; and *leafy greens* such as *kale* are abundant in lutein.

Curcumin. The Indian spice *turmeric* contains curcumin, one of the most powerful anti-inflammatory compounds in nature. Clinical trials concluded that curcumin may be effective in preventing or treating cancer (Other spices with anti-inflammatory properties are *ginger* and *rosemary*.) Use these spices liberally in your cooking.

Oleic Acid. Oils such as *almond*, *canola*, *macadamia* and *olive* are among the best sources of this monounsaturated omega-9 fatty acid, which promotes high levels of HDL ("good") cholesterol and reduces arterial plaque, a dangerous source of inflammation that triggers heart disease. If you prefer the milder flavors of *safflower* or *sunflower oil*, buy *high-oleic versions*, made from specially bred seeds that produce a higher ratio of oleic acid.

Omega-3 Fatty Acids. These healthy fats help the body produce hormone-like substances called eicosanoids, which regulate internal inflammation and provide significant benefits to patients with diseases such as asthma, irritable bowel syndrome and rheumatoid arthritis, according to the *Journal of the American College of Nutrition*. Fresh cold-water fish such as *wild Alaskan salmon* are an ideal source; *canned anchovies* and *sardines* are also good picks. Vegetarian sources include *flaxseed oil* and *walnuts*, *chard*. It's also a good idea to take at least 1,000 milligrams of fish oil in supplement form daily. Those with diagnosed inflammation-related conditions can benefit from 2,000 to 3,000 milligrams a day.

Polyphenols. These powerful phytochemicals, found in colorful berries such as *blackberries*, *blueberries*, *cherries*, *cranberries*, *raspberries* and *strawberries* prevent inflammation by promoting

healthy blood flow and reducing the stickiness of blood platelets, helping to reduce plaque buildup.

Quercetin. The flavonoid quercetin (think of it as a cousin to polyphenols) is found in *red grapes*, *red and yellow onions*, *garlic* and *apples*, and inhibits the flow of histamines, the chemicals your immune system floods toward perceived allergens, causing inflamed tissues.

How do you know if you have internal inflammation? One indicator is an elevated blood level of C-reactive protein, which the body produces in response to inflammation. "C-reactive protein (CRP) has been found to be both a marker and a source of inflammation in the body," says Challe. "Groundbreaking studies at Harvard University suggest that high levels of C-reactive protein make you four times more likely to suffer a heart attack."

Researchers at Brigham and Women's Hospital in Boston and Harvard Medical School monitored more than 28,000 healthy postmenopausal women for three years and found the CRP was the strongest predictor of heart disease compared with 11 other links, including LDL ("bad") cholesterol.

Although not currently part of routine lab work, a high-sensitivity CRP test is in order for anyone with a risk of developing a disease linked to inflammation. "If you have a family history of heart disease or an inflammatory condition such as gingivitis (especially if you smoke), ask your physician for a CRP test," advises Ronald Hunninghake, MD, chief medical officer of the Olive White Garvey Center for Healing Arts in Wichita, Kansas. "The CRP test is appropriate for people of any age who are at risk." Taken from *Natural Health*, April/May 2010.

Recipe: Blueberry Smoothie

1 cup Fresh or Frozen Blueberries
 1/2 cup Orange Juice
 1/2 cup Greek yogurt - plain
 Add Some Ice and Blend until frothy



Don't forget Riverdale Recreation has Yoga Classes weekly

YOGA

Every Thursday at the Community Center
 7:30pm-8:45pm



Riverdale News & Events

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Summer Concerts in the Park

Kickoff Concert: The Happenings

**Wednesdays, July 14
through August 11
7:30 PM**

**Watch for the annual
50/50 Raffle
to fund the concerts.**

Farmer's Market

**Tuesdays, June 15 - October 19
2:30 - 7:00 PM**

Glenburn Estate, 211 Hamburg Turnpike

- Ventimiglia Vineyards: Wines
- Stony Hill Farms: New Jersey grown vegetables and fruits.
- A La Cupcake: Baked goods
- Tree Licious Orchards: New Jersey grown fruits
- Hoboken Farms: Crab cakes, fish, fresh mozzarella, breads, etc.
- Vesco Foods: Olive oil, pickles, olives, sun-dried tomatoes, etc.
- And others on the way!



Annual Street Fair on Labor Day