

May 2012

Riverdale News & Events

Vol. 7 No. 8

A Monthly published by the Riverdale Mayor and Council

www.RiverdaleNJ.gov

Welcome Home, Vets!



On Monday, April 2, residents lined the Newark Pompton Turnpike welcoming home our Soldiers returning from Afghanistan. Thank God for their safe return.

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MEMORIAL DAY PARADE

Monday, May 28 at 10:00 AM

Ceremony at Municipal Building following Parade

Town Picnic immediately following Ceremony at Glenburn
211 Hamburg Tpk., serving the residents free Hot Dogs and Soda.



Happy Memorial Day

Any active soldiers or Veterans in town on Memorial Day, the Borough would be honored if you took part in the parade and ceremony. Please contact the office at Borough Hall if you are available to take part in the ceremony, 973-835-4060 x6.

Happy 65th Wedding Anniversary to **Doris & Richard Schilling** on May 3. Love, Rich & Linda, Jeanne & Steve, Bob & Debbie, and your 8 Grandchildren and spouses, and your 8 **G r e e a t** Grandchildren!



Happy 8th Birthday, **Matthew Soto**, on May 9! Have a wonderful year. We love you lots, Dad, Mom, Tyler, Joseph and Matthew!!!!

Happy Sweet 16, **Shannon Stewart**, on May 2. Lots of love, Mom, Dad and Zachary.

Happy 8th Birthday, **Matthew Budesheim**, on May 18. Love, Mom, Dad, Kevin and Nicholas, Grandparents, Great-Grandparents, aunts and uncles.



Happy 9th Birthday, **Carrie Schofield**, on May 2. Love, Reilly.

Happy 9th Birthday, **Louie Schofield**, on May 3. Love, Reilly.

Happy Birthday, **Gary Mastrangelo**, on May 4. Love, Jean, Danielle, Jamie and Bella!!

Happy Birthday, **Vinnie Pellegrini**, on May 8. Love, Terri, Dan, Jordan, Greg and Clare.

Happy 24th Birthday to **Dan and Jordan Pellegrini** on May 11. Love, Mom, Dad, Greg and Clare.

Happy May Police Birthday to **Patrolman Gary Keil** (13th).

Riverdale Seniors

The first meeting of the month was held on April 2nd. **President Loretta Lippens** opened the meeting and greeted everyone. **Chaplain Grace Chiesa** gave a nice reading. **Marion Davis** led the group in singing Easter Parade. **1st Vice President Dorothy Bowersox** led the acknowledged all the April birthday celebrants and they were given a rousing chorus of Happy Birthday. A thank you note was read from Police Chief Kevin Smith, who spoke at our last meeting and he thanked everyone for being so nice to him. President Lippens announced that at our next meeting we will be able to receive hearing tests. She also warned the Seniors about a phone scam to be aware of. Library spokesperson **Gerry Mahler** said she will report on the library book sale, at our next meeting. **Sunshine Lady Joan Moran** reported on our sick members and cards she had sent to the shut ins. Police advisory person **Bob Dondero** spoke on things going on and coming up to be aware of, concerning our police. We then welcomed Chief of Police Smith who presented our Seniors

with a plaque of thanks for their support. This will be hung proudly on the wall of the Community Center. Cakes were assigned for the next meeting. We then welcomed Borough Tax Collector Mary Ann Murphy, who was our speaker. She gave us some good tips and information on various deductions, etc. Following the meeting we all enjoyed bagels and cream cheese, coffee and tea



The second meeting of the month was held on April 16th. President

Loretta Lippens opened the meeting and welcomed everyone. She announced that our friend and member **Ray Maloney** has moved to North Carolina, to be nearer to his son and family. We will all miss him. Chaplain Grace Chiesa gave an appropriate, lovely reading. Roll Call was taken with fifty three members

present. Marion Davis led the group in singing "America the Beautiful". Library spokesperson Gerry Mahler announced that \$5,377.15 was profited from the Friends of the Library book fair, which was held recently. It was announced that Bob Dondero was in the hospital for a triple bypass operation. **Emily Kownacki** had serious surgery, **Joan Zulauf** is in rehab, and **Lorraine Pakosinski** will be having an operation. Several people have had falls. Our thought and best wishes go to all and our prayers are with them. **Trip Chairperson Barbara Stillwagon** gave a report on upcoming trips. The next trip will be to the Renault Winery. Dr. Betty Ann Wyks, Superintendent of Schools, was our speaker, joined by Gary Grembowiec, Business Administrator and Keith Cortwright, Principal and Kelly Norris, Board Member. Refreshments were provided by these visitors, along with one or two of our members. Until next time, Happy Springtime!

Presented by Marion Davis



Daisy Troop 94889

Daisy Troop 94889 gave people the opportunity to purchase cookies and donate cookies directly to the Food Pantry at the United Methodist Church in Bloomingdale. The 130 boxes were put into the recipients Easter baskets.

RIVERDALE Public Library

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

HOURS

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

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

INFANT & PRE-SCHOOL PROGRAMS

Winter infant and pre-school programs begin the week of Apr. 2nd and run through the week of May 28th, 2012.

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

Story Time — Ages 3-5. Tue, 10:15–11:00 am or 1:30–2:15 pm

CHILDREN'S PROGRAMS

Puppy Pals Reading Club — Trained therapy dogs will be at the library to listen to children read. (Grades K-5) Join us on **Wed, May 9 (2nd Wed each month) from 4:00–5:00 pm**

Lego® Lab — Children in grades K-5 listen to a story and build creations out of Legos. **Wed, May 23 (4th Wed each month) from 4:00–5:00 pm**

Beatles & Bubblegum — Musician Ray Leone will be at the library to lead a sing-a-long of popular 60s & 70s music. There will also be trivia and other fun activities! **Wed, May 16th from 4:00-5:00 pm**

Breakfast Book Club — Join us for a potluck breakfast as we talk about *The Giants and Joneses* by Julia Donaldson. There will also be a fun craft! **Sat, May 19 from 10:15–11:30 am**

Science is Cool — Join Miss Kate for some fun and easy science experiments. **Wed, May 30 from 4:00-5:00 pm. Grades 2-5**

TEEN PROGRAMS Grades 6 and up

Teen Advisory Board (TAB) — **Thurs, May 10 (1st Thursday of every month) from 5:00–6:00 pm**, Hang out with friends and tell us how you want your library to be.

Teen Movie Night — Join us **Wed, May 2 from 5:30–7:45 pm** Hang with friends and watch this month's feature: *City of Ember*.

Teen Book Discussion Group — Join us **Wed, May 16 from 6:00–7:00 pm** for pizza as we discuss *Clockwork Angel* by *Cassandra Clare*.

Teen Knitting Night — Hang out with friends and learn these fun and simple techniques. **Wed, May 23 from 6:00-7:00pm.**

Cake Decorating — Jennifer Bowers from Jenuinely Sweet Cakes will be at the library to share some easy techniques for creating edible masterpieces. **Sat, May 19 from 1:00-2:00 pm.**

Duck Tape Extravaganza! Come learn how to make fun and useful creations out of everyone's favorite fix-it tool. **Wed, May 30 from 6:00-7:00 pm.**

ADULT PROGRAMS

What's Your Ancestry?

Join us for a historical Power Point presentation and panel discussion on **Thursday, May 3 from 6:00 - 7:30 p.m.** to celebrate the addition of our new database, "The Library Edition of Ancestry.com." Our panelists include Riverdale's town historian, a genealogy researcher, and a local historian from the surrounding areas. Learn about the history of this area, with the people and places, and how it became the town we know today.



Ancestry.com Instruction Class

Learn how to use the new library edition of Ancestry.com through Proquest at the library. **Saturday, May 4 from 11:30 a.m.– 12:30 p.m.**

Journaling: The Write Touch

Saturday, May 12 from 1:00 - 2:30 p.m. Emil Vernarec presents this centuries old practice for exploring inner life, preserving memories, and exercising creativity. Learn how to create this personal form of artistic expression.



Board Game Night

Saturday, May 19 from 6:30-8:30 p.m. Join us for this after hours fundraiser with an evening full of fun board games! **\$5/family admission required.**



ADULT BOOK DISCUSSION

Join us for a discussion, *usually*, the third Monday of every month from 6:30 – 8:00 pm. Everyone is always welcome! Even if you haven't had a chance to finish the book, the discussion is great!

May 21 — *Hotel on the Corner of Bitter and Sweet* by Jamie Ford

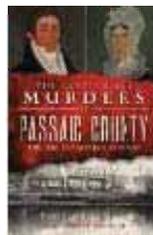
Musical Performance

Thursday, May 24 from 7:00-8:00 p.m. Guitarist Peter Biedermann will be on hand to lead an entertaining evening of acoustic music. Sponsored by the Friends of Riverdale.



Author Presentation

Author, Don Smith Jr. presents a historical, and engaging true story in his recently published novel "The Goffle Road Murders of Passaic County." He will be at the library to share his knowledge of these tragic murders and answer your questions! Join us on **Thursday, June 7th from 6:30 - 7:30 p.m.**



MONTHLY

Job Hunters

2nd Friday of the Month, 3:00-4:00 p.m.
Networking, resume tips, and more!

Photography Club

April 23 6:30-7:45 p.m.
All Photographers welcome!

Gypsy Knitters

Every Thursday, 4:00-8:00 p.m.
For experienced knitters. Join in!



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 timothyburklow.com

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Join Riverdale Recreation on a trip to Citifield to see the



Tuesday, July 3
 Game time is 7:10 pm
FIREWORKS after the game!
 Tickets: \$60

Price includes: Seat in the Pepsi Porch section having a great view of the game and fireworks, plus an \$18 stadium voucher to be spent anywhere in the stadium, and bus ride to and from the stadium.

For tickets call Debbie King at 862-228-1213 or email RiverdaleRec@gmail.com

*******DEADLINE TO PURCHASE TICKETS IS MAY 15, 2012*******

<p>Cornerstone Chiropractic</p>	<p>Dr. Joseph J. Young Chiropractic Physician</p>	<p><i>"Building the Foundation to A Healthy Spine"</i></p> <ul style="list-style-type: none"> • Chiropractic Manipulation • Pro-Adjuster Technique • Spinal Decompression (IDD Therapy) • Physical Therapy • Massage Therapy • Manipulation Under Anesthesia (MUA)
	<p>7 Newark-Pompton Tpke Riverdale, NJ 07457 Office: 973-831-1100 Fax: 973-831-6622</p> <p>www.cornerstonespine.com</p>	

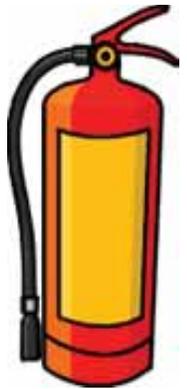
FIRE EXTINGUISHERS - ADVICE FROM FIRE CHIEF DAN STURM

A portable fire extinguisher can save lives and property by putting out a small fire or containing it until the fire department arrives; but portable extinguishers have limitations. Because fire grows and spreads so rapidly, the number one priority for residents is to get out safely.

Safety tips:

- Use a portable fire extinguisher when the fire is confined to a small area, such as a wastebasket, and is not growing; everyone has exited the building; the fire department has been called or is being called; and the room is not filled with smoke.
- To operate a fire extinguisher, remember the word PASS: - Pull the pin. Hold the extinguisher with the nozzle pointing away from you, and release the locking mechanism. - Aim low. Point the extinguisher at the base of the fire. - Squeeze the lever slowly and evenly. - Sweep the nozzle from side-to-side.
- For the home, select a multi-purpose extinguisher (can be used on all types of home fires) that is large enough to put out a small fire, but not so heavy as to be difficult to handle.
- Choose a fire extinguisher that carries the label of an independent testing laboratory.
- Read the instructions that come with the fire extinguisher and become familiar with its parts and operation before a fire breaks out. Local fire departments or fire equipment distributors often offer hands-on fire extinguisher trainings.
- Install fire extinguishers close to an exit and keep your back to a clear exit when you use the device so you can make an easy escape if the fire cannot be controlled. If the room fills with smoke, leave immediately.

Know when to go. Fire extinguishers are one element of a fire response plan, but the primary element is safe escape. Every household should have a home fire escape plan and working smoke alarms.



Follow our Facebook page for timely postings on events and activities within the Borough. In the event of an emergency situation the Office of Emergency Management will post needed information for residents including shelter services, road closures and other important measures to be taken to ensure resident safety.

facebook <https://www.facebook.com/RiverdaleNewJersey>

SOAP BOX DERBY

Saturday, May 19 @ 11 AM

Hersfield Park Place, Pompton Lakes

(between Ramapo Avenue & Arcadia Road)



Pack 88 is looking for a few K through 4th grade boys who want to hang with Tigers, Bobcats, Wolves and Bears! Pack 88 will be hosting a round-up during the event where boys and their parents can find out more about Cub Scouting.

Cub Scouting is a neighborhood centered program which combines fun with educational activities and lifelong values. It also helps parents to help their boys strengthen character, develop good citizenship, and enhance both mental and physical fitness. In addition, the program provides boys with positive peer groups and tools to shape their future. The cost to join is minimal, but the benefits are enormous.

For more info contact: [Charlie Sheridan - Cubmaster Pack 88 at 973-616-7588, CubmasterPack88@yahoo.com](mailto:Charlie.Sheridan@CubmasterPack88@yahoo.com)

Green Checklist **EAT UP FOOD.** Each year a typical household discards an estimated 474 pounds of food waste. Buying more fresh food than we can eat before the expiration date is up and allowing leftovers to expire in the fridge are culprits. Compost food scraps.

FILTER WATER WITH LESS WASTE. Bottled water is expensive and wasteful. Instead, purchase a home-filtering system that uses recycled or reusable filters.

PHASE OUT NON-STICK SKILLETS. Teflon coatings can leach toxins when damaged or overheated. Play it safe and begin assembling a set of cookware that includes properly seasoned cast iron, which is naturally non-stick.

DISPENSE WITH DISPOSABLES. Replace disposable paper and plastic products with durable, lasting alternatives: cloth napkins instead of paper; dishwasher-safe serving ware instead of single-use paper or plastic; glass or recycled food storage containers in place of throwaway plastic bags and wrap; and natural fiber dishcloths to replace paper towels and plastic sponges. Taken from *Natural Awakenings* by Crissy Trask.

Did You Know?

- ◆ Paul Revere took his midnight ride on a horse named Brown Beauty.
- ◆ The mill, equal to one-tenth of a cent, was declared the lowest money of account by Congress in 1786, but was never minted.
- ◆ He odds against a flipped coin coming up with the same side showing ten times in a row are 1,023 to 1.
- ◆ Thomas Edison preferred Braille to visual reading.
- ◆ The Academy Awards Oscar trophy weighs 8 lbs., 13 oz
- ◆ American naval hero, John Paul Jones, wound up his career as an admiral in the Russian navy.
- ◆ President Andrew Johnson's wife taught him how to read and write.
- ◆ Until 1936, it was against the law in New York to wear topless bathing suits - for both men and women.

Riverdale Baptist Church

Mother's Day Service. You are invited to join us **Sunday, May 13**, at 10:45 AM for a special Mother's Day service at Riverdale Baptist Church. For all they do and have done for us, this is a time set aside for us to show them our love and gratitude. What better way than to take your mom to a service designed to honor her? All the ladies present will receive a special gift. For more information, please call **973-835-3275** or visit us on the web, rbcnj.org. Riverdale Baptist Church, 6 Newbury Place, Riverdale.



90 Hamburg Turnpike
Riverdale, NJ 07457

973-839-7747

Fax 973-839-4269

mike@mikesfeedfarm.com

www.mikesfeedfarm.com

Riverdale Community Center

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BOB ROSS TECHNIQUE OIL PAINTING CLASS

Thursday, May 10, 6:00pm

Instructor—Bob DiBenedetto

\$35 Per Person (Incl's ALL Supply)

Scene: Deep in the Forest with Path

Call or E-Mail to Sign-Up:

Hurry! Seating limited to 10 participants

E-Mail: jcarelli@riverdaleborough.com

Or

(973) 706-6471 Community Ctr (Leave Message to Sign-Up)



BOB ROSS TECHNIQUE SPECIAL "MEMORIAL DAY" OIL PAINTING CLASS

Saturday, May 26, 10:00am

\$45 Per Person (Includes ALL Supply)

Scene: Poppy Flower

Call or E-Mail to Sign-Up:

Seating limited to 10 participants

E-Mail: jcarelli@riverdaleborough.com

Or

(973) 706-6471 Community Center (Leave Message to Sign-Up)



KIDS SEWING WORKSHOP LET'S MAKE A BANDANA SKIRT!

Thursday's—May 10, 17 & 24

Instructor—Vivian of So You Sewing

3:30pm—5:00pm

\$15 per Student (includes all supplies)



Recommended for 2nd Grade thru
Middle School Students

E-Mail: jcarelli@riverdaleborough.com

Or

(973) 706-6471 Community Center
(Leave Message to Sign-Up)

EXERCISE!

Monday's

Zumba Toning

7:30pm, \$6

Tuesday's

Zumba

10:00am & 7:30pm, \$6

Wednesday's

"NEW Schedule!" Kettlebell Fitness

7:30pm, \$7

(Bring Exercise Mat & KettleBell)

Thursday's

Zumba

"NEW" Time! 7:00pm, \$6

Saturday's

Kettlebell Fitness

9:00am, \$7

(Bring Exercise Mat & Kettlebell)

SENIOR ART

Every Friday

10:00am

FREE

Come over for an enjoyable morning
of painting, drawing &
crafting skills!

TOT'S MUSIC

Friday's, 10am

Fun, Fun, Fun!

ART KIDS RULE!

Thursday's (thru May 24)

2nd & 3rd Grade-4pm

4th & 5th Grade-5pm

Check Out Art Kids Rule
Website:

www.ArtKidsRule.Org

Call to Sign-Up:

(973) 706-6471 Comm Ctr

(201) 248-3455 Art Kids Rule

Or

jcarelli@riverdaleborough.com

Riverdale Woman's Club



60th ANNIVERSARY

On Wednesday, April 11, the Riverdale Woman's Club celebrated its 60th Anniversary as a member of the New Jersey State Federation of Women's Clubs (NJSFWC). Club presidents from the Ramapo District and NJSFWC Officers were invited to a Federation Guest Night joining us in our celebration at the Community Center. We were pleased to welcome NJSFWC President Patty Whitehouse, President-Elect Linda Babeuf, 2nd Vice President Jill Passaretti, 3rd Vice President Jean Revis, a Riverdale Woman's Club member, and District Vice President Dorothy Emmerich who presented certificates from the NJSFWC and from the General Federation of Women's Clubs. President Whitehouse reminded us of world events that happened the year we were federated.

We were honored to welcome Riverdale Mayor William Budesheim, who presented President Dolores Farrelly with a Proclamation citing the many accomplishments of the Club during its sixty year history.

After a short meeting presided over by President Farrelly, the Riverdale Players presented the entertainment for the evening, "A Fractured Fairytale", which was enjoyed by all.

Our next meeting is May 16 at which time our new officers will be installed. The Riverdale Woman's Club is always happy to welcome new members, for information please call Jean at 973-835-3269.

The Families of Riverdale would like to welcome home the Riverdale National Guard, we would like to thank you for your dedicated service and for defending our freedom. Welcome Home!



For the families that were able to make it to the Home Coming Parade, we Thank you!

The families of Riverdale would like thank everyone for their generous support.



Without you we would not be able to send the care packages that are so very much needed. With that being said, we are still in need of some supplies, mostly Baby Wipes and Canned Food. Thank you from the bottom of our hearts.

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.



"LIKE" Riverdale Recreation on Facebook
and stay up to date on the latest news!

RECREATION NEWS



Outdoor Movie Night

**Friday, June 1 - 7:30 p.m. - movie begins
upon nightfall, \$1.00 per person or \$5 family**

...at the Community Center on the basketball court, bring your own chair - Movie to be announced on the Town Hall Sign at later date.

Snack Stand Available - items are \$1 or less...FREE POPCORN!

All proceeds go to support Riverdale Recreation - Thank you!

For inclement weather updates, please check our facebook page



Riverdale Co-Ed Adult Softball

WHEN: Thursdays, starting June 28 **WHERE:** fields behind school

WHO: This is open to Men & Ladies and is just for fun! This is not a competitive league.

To play: email riverdalerec@gmail.com or just show up.
(There is a small fee for a team T-shirt for those who did not receive one last year.) Info at the first practice.

Golds Gym Summer Session

Starts week of June 2 - all classes are 6 wks

Spinning (\$30 TH 6p), Step Express (\$10 SAT 9:30a),
Yoga (\$20 W 6:30p), Toning-Boxing-Bootcamp (\$30 T
-TH 5:30p), Zumba (\$20 SAT 10a), Cardio Mix (\$20 W
10:30a), Cardio Combat Boxing (\$20 SUN 9:30a)

For more information or to sign up - contact Krista 973-835-1234
or email Riverdalerec@gmail.com



Join Riverdale Recreation on a Trip to
NY Yankees vs. Toronto Blue Jays

August 27, 2012

Game Time: 7:30 p.m.

Ticket Price:

\$95.00 Lower Level Seat (section 408)

\$45.00 Upper Level Seat (section 214B)

Bus will depart from Community Center at 5:00 p.m.

For Tickets Call Debbie King at 862-228-1213 or email

Riverdalerec@gmail.com

Deadline to purchase tickets is July 15, 2012

2012 Summer Rec FINAL PAYMENT DUE

MAY 24th

There will be a \$25.00 late fee
for all payments received after
May 31st.

You can either drop off your payment at
the Community Center between 6:30 -
8:00 p.m. or you can pay online.

Questions? Call Krista at 973-835-1234
or email Riverdalerec@gmail.com

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



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Celebrate With a Specialty Cake For Moms, Grads, & Dads!

Our Menu

Homemade Ice Cream

Nonfat Frozen Yogurt

No Fat No Sugar Ice Cream

Homemade Italian Ice

Novelty Desserts

Homemade Gelato (Hasbrouck Heights)

Ice Cream Cakes for Every Occasion

All menu items are made fresh on the premises

Save \$2.00 off any \$10.00 purchase!

One coupon per customer

Not valid with other offers

Expires 6/30/12

Gift Certificates Available

30 Rt.23 North
Riverdale, NJ
973-839-0198

459 Rt. 17 South
Hasbrouck Heights, NJ
201-426-0487



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WADING POOLS FOR SMALL CHILDREN. Molded pools and slides can be very slippery, but little feet can pitter and patter safely if you install bathtub appliques or bathtub mats with suction cups at strategic places, such as the bottom of the pool and the step before the slide (a half of a mat may serve here, so you can install the other half in the foot rinse-off tub beside the pool). If the wading pool will fit into your child's sandbox, installing it inside the sandbox not only prevents a pool-size section of dead grass in your lawn where you've put the pool, but the sandbox seats on the sides are also pool seats. Put a stool or lawn chair beside your child's wading pool and soak your tired, aching feet while you supervise the play. **GARDEN WALKWAYS.** If you use carpet remnants and strips of old carpet between garden rows, you won't have to step in mud when you pick your veggies and flowers. Either buy cheap remnants and pieces or use discarded old carpet for a "garden walkway." **GARDEN BEDS.** If you don't have much space for a garden, organizing plants according to size lets you grow both flowers and veggies in the same bed. You can plant beans with sweet peas and tomatoes behind marigolds, put peppers in with petunias, and otherwise combine nature's bounty. If you can, try to plant tall-growing plants on the north and northeast side of your garden so that, as they grow, they won't shade the rest of the bed.* Marigolds tend to repel mosquitoes, so they'll make your gardening more comfortable as well as pretty if you use them as a border around the garden plot. Taken from *All-New Hints from Heloise, 1989.*

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.



Keep cakes fresh with bread

Pre-bake your cakes and keep them fresh overnight by placing a slice of bread on top. In the morning your bread will be hard as a rock but the cake will remain moist, ready to ice. We have no idea how it works but Bree from *Bake Bree* swears by it!

SALON N° 5
RIVERDALE ART CENTER

The RAC, 5 Mathews Ave.
973.513.9250

www.riverdaleartcenter.org
info@riverdaleartcenter.org



Calendar of Events 2012

RAC Silent Auction Fundraiser
May 12, Saturday, 6 to 9 PM

Designer Preview: EDITION14
May 14 – May 20

Limited Edition Luxury Furniture by
Izabela Rodzen-Olesinski
Opening Reception: May 17,
Thursday, 5 to 8 PM

“Walking on Earth” -- Carl Richards
June 1 – July 1

Opening Reception: June 1, Friday,
6 to 9 PM
Closing Reception: July 1, Sunday,
2 to 4 PM

Zachary Stewart-Gold Medal Winner

Riverdale resident, **Zachary Stewart**, competed against students from across New Jersey in the statewide NJ SkillsUSA Championship Competition. Zachary took the gold medal for the computer programming contest in the New Jersey competition. NJ SkillsUSA Championships is the state-level competition for high school and post-secondary students who are enrolled in career and technical education training programs within the state. More than 1600 competitors competed in over 90 hands-on skill and leadership contests in March.



Zachary is a senior in the Academy for Networking, Information Technology and Communications at Morris County School of Technology, but is one of the select seniors at MCST accepted into the County College of Morris to take his 12th grade courses. Zachary's passion is computer programming; he spends his time learning programming languages, coding, & even developing his own games.

Zachary faced off against some of the best students in New Jersey in the computer programming portion of the SkillsUSA event. Students in this competition were required to take a written test and write two computer programs. The first program had to estimate the future height of a child based on their parent's height. The students were then required to write a computer program which would calculate the fare for a taxi ride based on the time spent in the taxi, speed of travel and distance traveled. The computer programs were judged on several criteria including how quickly the student completed them, correctness of output, validation of input, internal documentation, and efficiency of code.

1st place winners qualify to represent the state of New Jersey at the National SkillsUSA Leadership and Skills Conference in Kansas City, Missouri the week of June 23-27, 2012. This is a multi-million dollar event that occupies a space equivalent to 16 football fields. In 2011, there were more than 5,700 contestants in 94 separate events. Nearly 1,500 judges and contest organizers from labor and management make the national event possible. This means that as soon as Zachary graduates from Morris County School of Technology in June, he will travel to Kansas City to represent NJ and compete in the 48th annual National Leadership and Skills Conference. The SkillsUSA Championships is the showcase for the best career and technical students in the nation. Congratulations to Zachary, who is a 2008 graduate of Riverdale School. The community wishes him continued success.



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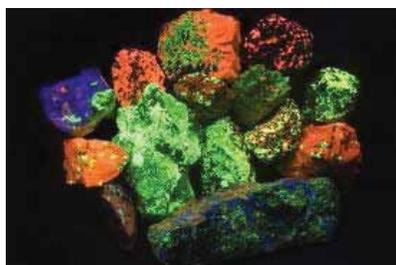
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The North Jersey Mineralogical Society Proudly Presents Our Annual

SPRINGTIME OUTDOOR ROCK, GEM & MINERAL SHOW & SWAP

On Sunday, May 20 from 9:00 AM to 5:00 PM (rain or shine)
The Glenburn Estate, 211 Hamburg Turnpike, Riverdale
FREE Admission. Refreshments will be sold.

New!! UV Fluorescent Mineral Display and Sale in the Glenburn Barn!



A fun outdoor sale and swap for anyone interested in Rocks, Gems, Minerals, Fossils, the Earth Sciences and Geology. See and learn about different rocks, minerals and fossils found here in New Jersey and around the world. See fluorescent minerals found right here in New Jersey. Also see crafts and jewelry that can be made from different rocks and minerals. An interesting and fun day out for all!!

Dealer/Seller space available at \$10 per table. www.nojms.webs.com
 Show info contact: **Jeff Wilson 973-293-7911** or **Ron Schulz 973-713-9665**

Organize Tupperware with CD racks



You need to find a use for those wire CD racks now that no one buys CDs anymore. Re-purpose them to hold your Tupperware lids.

Summer Concerts Are A-comming!

**The Ninth Annual
Free Summer
Concerts
In the Park have
been scheduled.**

**Wednesdays at 7:30 PM
at Freedom Park**

**July 11
July 18
July 25
August 1
August 8**



RIVERDALE



ARBOR DAY

EASTER E



Senior Club President **Loretta Lippens** stands by the tree at the Community Center honoring her service to the Senior Club.



Former President **Irene Mochring** stands by the tree at the Community Center honoring her service as President of the Senior Club.



LIBRARY NEWS



Our 3rd—5th graders worked together to find the hidden puzzle pieces and put together the mystery image.



Our younger friends searched the children's room for Teddy Bear prints and created their own Bear friends using beans!



DAILY NEWS

EGG HUNT

School Events



Riverdale School play, *Into the Woods*.

Aayla Markowski (Baker's Wife); Casey Struble (Cinderella)



Front l-r: PJ Latora, Sean McClinton, Julia Jablonski
Back l-r: Charles Sheridan, Alyssa Lightner,
Veronica Bastian, Kyle Clinton

N J T R I V I A G A M E



Adam Nadiroglu Steven Cali



Mrs. Lucci



Mr. Cortwright and Mrs. Hecht

Microwaves: Are They Safe?



Consumers are dying today in part because they continue to eat dead foods that are killed in the microwave. They take a perfectly healthy piece of raw food, loaded with vitamins and natural medicines, then nuke it in the microwave and destroy most of its nutrition. **Humans are the only**

animals on the planet who destroy the nutritional value of their food before eating it. All other animals consume food in its natural, unprocessed state, but humans actually go out of their way to render food nutritionally worthless before eating it. No wonder humans are the least healthy mammals on the planet.

- ◆ Microwaved foods lose 60 - 90% of the vital energy field and microwaving accelerates the structural disintegration of foods.
- ◆ Microwaving creates cancer-causing agents within milk and cereals.
- ◆ Microwaving alters elemental food-substances, causing digestive disorders.
- ◆ Microwaving alters food chemistry which can lead to malfunctions in the lymphatic system and disintegration of the body's ability to protect itself against cancerous growths.
- ◆ Microwaved foods lead to a higher percentage of cancerous cells in the bloodstream.
- ◆ Microwaving altered the breakdown of elemental substances when raw, cooked, or frozen vegetables were exposed for even a very short time and free radicals were formed.
- ◆ Microwaved foods caused stomach and intestinal cancerous growths, a general degeneration of peripheral cellular tissues, and a gradual breakdown of the digestive and excretive systems in a statistically high percentage of people.
- ◆ Microwaved foods lowered the body's ability of the body to utilized B-complex vitamins, Vitamin C, Vitamin E, essential minerals and lipotropics.
- ◆ The microwave field next to a microwave oven caused a slew of health problems as well.
- ◆ Heating prepared meats in a microwave sufficiently for human

consumption created destabilization of active protein biomolecular compounds, creation of binding effect to radioactivity in the atmosphere.

- ◆ Microwave emissions also caused alteration in the catabolic (breakdown) behavior of glucoside elements within frozen fruits when thawed in this way.
- ◆ Microwaves altered catabolic behavior of plant-alkaloids when raw, cooked or frozen vegetables were exposed for even very short periods.
- ◆ Cancer-causing free radicals were formed within certain trace-mineral molecular formations in plant substances, especially in raw root vegetables.
- ◆ Due to chemical alterations within food substances, malfunctions occurred in the lymphatic system, causing degeneration of the immune systems' capacity to protect itself against cancerous growth.
- ◆ The unstable catabolism of microwaved foods altered their elemental food substances, leading to disorders in the digestive system.
- ◆ Those ingesting micro-waved foods showed a statistically higher incidence of stomach and intestinal cancers, plus a general degeneration of peripheral cellular tissues with a gradual breakdown of digestive and excretory system function.
- ◆ Microwave exposure caused significant decreases in the nutritional value of all foods studied, particularly: a decrease in the bioavailability of B-complex vitamins, vitamin C, vitamin E, essential minerals and lipotropics, destruction of the nutritional value of nucleoproteins in meats, lowering of the metabolic activity of alkaloids, glucosides and nitrilosides (all basic plant substances in fruits and vegetables), marked acceleration of structural disintegration in all foods.



Cook for 3 minutes stir, wait 30 years to discover if the contaminated ingredient gives you stomach cancer.

Taken from www.apparentlyapparel.com

The Riverdale Food Pantry provides supplementary food and non-food household products to Riverdale residents that have demonstrated need. Assistance is provided in a confidential manner.

Food Pantry Items

- ✓ Canned Foods: vegetables, fruits, meats, soups, fish
- ✓ Individual snacks and juice items
- ✓ Canned/package meals
- ✓ Cereals, hot and cold
- ✓ Condiments
- ✓ Pasta and pasta sauce
- ✓ Packaged one-dish meals
- ✓ Packaged potatoes, rice, lentils, peas
- ✓ Crackers and cookies



Other Items Needed

- ✓ Kitchen and laundry detergents
- ✓ Paper products: towels, tissue, napkins

Items with expired dates are not accepted.

- ✓ Local supermarket gift cards (A&P, Pathmark, Shop-Rite) as well as cash donations are accepted.
- ✓ Frozen turkeys and canned hams are accepted and distributed at specific times.

Support for the Pantry is provided by residents, organizations and local business. Donations may be left at the Borough Hall or at the Riverdale Senior Community Center, Loy Avenue.

Mr. Peter Bankuti, Sr. wishes to thank all of his Riverdale Friends for their continued support throughout the year. He is totally reliant on *Ensure* for his nourishment. Mr. Bankuti, of course, continues to depend on your support for his nutritional needs. If you are able, please bring your bottles of Ensure Nutrition to the Municipal Building (Chocolate or Vanilla. He can't use Strawberry.)



CONSUMER CONFIDENCE REPORT

Riverdale Water Department
 PWSID# NJ1433001
 Reporting Period - January 1, 2011 to December 31, 2011

WATER-RELATED INFORMATION

The Riverdale Water Department is located at the DFW Building on Dalton Drive, and the administrative offices are located in the Borough Hall at 91 Newark Pompton Turnpike. Questions concerning this report should be directed to Mr. Steve Schotanus, Water Operator, at (973) 835-6077. The Borough Council holds regular public meetings every first and third Monday of the month at 7:30 P.M., at the Borough Hall. Included in this report are details about where your water comes from, what it contains, and how it compares to Environmental Protection Agency (EPA) and State standards. As always, we are committed to providing you with the highest quality drinking water and service. Please do not hesitate to contact us at any time. Some people may be more vulnerable to contaminants in drinking water than the general population. Immunocompromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by *Cryptosporidium* and other microbial contaminants are available from the Safe Drinking Water Hotline 1-(800) 426-4791.

Water for the Riverdale system is derived from a production well located on Dalton Drive. The Borough also purchases water from the Passaic Valley Water Commission (PVWC). Approximately 75% of the total water used by the homes and businesses in Riverdale is derived from the Borough's well. A copy of the Consumer Confidence Report from PVWC is appended to this report.

Source Water Assessments: The New Jersey Department of Environmental Protection (NJDEP) has completed and issued the Source Water Assessment Report and Summary for the Riverdale water system, which is available at www.state.nj.us/dep/swap or by contacting NJDEP's Bureau of Safe Drinking Water at (609) 292-5550. Riverdale monitors its water sources for

regulated contaminants in accordance with NJDEP requirements. Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the EPA's Safe Drinking Water Hotline 1-(800) 426-4791.

The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity.

Contaminants that may be present in source water before we treat it include: **Microbial contaminants**, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations, and wild life.

Inorganic contaminants, such as salts and metals, which can be naturally occurring or result from urban stormwater runoff, industrial or domestic wastewater discharges, oil and gas production, mining or farming.

Pesticides and herbicides, which may come from a variety of sources such as agriculture and residential uses.

Radioactive contaminants, which are naturally occurring.

Organic chemical contaminants, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban stormwater runoff, and septic systems.

In order to ensure that tap water is safe to drink, EPA prescribes regulations which limit the amount of certain contaminants in water provided by public water systems. We treat our water according to EPA's regulations. Food and Drug Administrations (FDA) establish limits of contaminants in bottled water, which must provide the same protection for public health.

WATER QUALITY DATA

The table below lists all the drinking water contaminants that we detected during the 2011 calendar year. The presence of these contaminants in the water does not necessarily indicate that the water poses a health risk. Unless otherwise noted, the data presented in this table is from testing performed between January 1, 2011 and December 31, 2011. The State of New Jersey requires us to monitor for certain contaminants less than once per year because the concentrations of these contaminants are not expected to vary significantly from year to year. Therefore, some of the data, though representative of the water quality, is more than one year old.

Terms & abbreviations used below:

Maximum Contaminant Level (MCL): the highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

Maximum Contaminant Level Goal (MCLG): the level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

Maximum Residual Disinfectant Level (MRDL): the highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.

Maximum Residual Disinfectant Goal (MRDLG): the level of a drinking water disinfectant, below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contamination.

Recommended Upper Limit (RUL): recommended maximum concentration of secondary contaminants. These reflect aesthetic qualities such as odor, taste or appearance. RUL's are recommendations, not mandates.

Primary Contaminants: substances that are health-related. Water suppliers must meet all primary drinking water standards.

Secondary Contaminant: substances that do not have an impact on health. Secondary contaminants affect aesthetic qualities such as odor, taste or appearance. Secondary standards are recommendations, not mandates.

Action Level (AL): the concentration of a contaminant which, when exceeded, triggers treatment or other requirements which a water system must follow.

Treatment Technique (TT): a required process intended to reduce the level of a contaminant.

na: not applicable; **nd**: not detectable at testing limit; **ppb**: parts per billion or micrograms per liter; **ppm**: parts per million or milligrams per liter; **µCi/l**: picocuries per liter (a measure of radiation).

Contaminant (units)	MCL	MCLG	Riverdale Water	Range of Detections	Sample Date	Violation Y or N	Typical Source of Contaminant
Microbiological Contaminants							
Total Coliform Bacteria	1	0	0	0	2011	N	Naturally present in the environment
Fecal coliform and E. coli	0	0	0	0	2011	N	Human and animal fecal waste
Secondary Contaminants							
ABSL A.S. (ppb)	500	500	0	nd	06-15-09	N	Synthetic detergents
Aluminum (ppb)	200	200	0	nd	06-15-09	N	Naturally occurring element
Chloride (ppt)	250	250	37	37	06-15-09	N	Erosion from natural deposits; Discharge of human and animal wastes; Discharge from industry
Color (Color Units)	15	10	2	2	06-15-09	N	Physical characteristic
Conductivity	<1.0	-	0.09	0.09	06-15-09	N	Physical characteristic
Hardness (ppt)	250	250	102	102	06-15-09	N	Naturally occurring minerals
Iron (ppb)	300	300	50	50	06-15-09	N	Naturally occurring element
Manganese (ppb)	50	50	96	96	06-15-09	Y	Naturally occurring element
Odor (Threshold Number)	3	3	1	1	06-15-09	N	Physical characteristic
pH (Standard Units)	8.5 - 8.5	8.5 - 8.5	7.8	7.8	06-15-09	N	Physical characteristic
Silver (ppb)	100	100	0	nd	06-15-09	N	Naturally occurring element
Total Dissolved Solids (ppm)	500	500	322	322	06-15-09	N	Erosion of natural mineral deposits
Zinc (ppb)	5	5	0	nd	06-15-09	N	Naturally occurring element
Lead and Copper							
Lead (ppb)	AL=15	15	0.0	0.0 - 0.002	06-15-09	N	Corrosion of household plumbing systems; Erosion of natural deposits
Copper (ppm)	AL=1.3	1.3	0.082	0.016 - 0.093	06-15-09	N	Corrosion of household plumbing systems; Erosion of natural deposits; Leaching from wood preservatives

Riverdale Water Department Consumer Confidence Report, PWSID# NJ1433001, 02/15/12

WATER QUALITY DATA

Contaminant (units)	MCL	MCLG	Riverdale Water	Range of Detections	Sample Date	Violation Y or N	Typical Source of Contaminant
Inorganic Contaminants							
Arsenic (ppb)	5	5	0	nd	06-15-09	N	Discharge from petroleum refineries, the steel industry, electronics, explosives, boiler
Asenic (ppb)	5	5	3	3	08-12-08	N	Erosion from natural deposits; Runoff from roads; Runoff from glass and electronics production wastes
Boron (ppm)	2	2	0.045	0.043	06-15-09	N	Discharge of drilling wastes; Discharge from metal refineries; Erosion of natural deposits
Beryllium (ppb)	4	4	0	nd	06-15-09	N	Discharge of metal refineries and coal burning facilities; Discharge from electrical, electronics, and defense
Cadmium (ppb)	5	5	0	nd	06-15-09	N	Corrosion of galvanized pipes; Erosion of natural deposits; Discharge from metal refineries; Runoff from waste batteries and paints
Chromium (ppb)	100	100	7	7	06-15-09	N	Discharge from steel and pulp mills; Erosion of natural deposits
Cyanide (ppb)	200	200	0	nd	06-15-09	N	Discharge from steel metal facilities; Discharge from plastic and fertilizer factories
Fluoride (ppm)	4.0	4	0	nd	06-15-09	N	Erosion from natural deposits; Water additive which promotes strong teeth; Discharge from fertilizer and aluminum facilities
Mercury (ppb)	2	2	0	nd	06-15-09	N	Discharge from steel metal facilities; Discharge from plastic and fertilizer factories
Nickel (ppb)	100	100	3	3	06-15-09	N	Runoff from fertilizer use; Leaching from ferric ores; Erosion of natural deposits
Nitrate (ppm)	10	10	0	nd	02-02-11	N	Runoff from fertilizer use; Leaching from ferric ores; Erosion of natural deposits
Selenium (ppb)	50	50	0	nd	06-15-09	N	Discharge from petroleum and metal refineries; Erosion of natural deposits; Discharge from mines
Sodium (ppm)	MCL 50 MCLG 18	MCL 50 MCLG 18	18	18	06-15-09	N	Discharge from petroleum and metal refineries; Erosion of natural deposits; Discharge from mines
Sulfate (ppm)	MCL 250 MCLG 250	MCL 250 MCLG 250	85	85	06-15-09	N	Discharge from petroleum and metal refineries; Erosion of natural deposits; Discharge from mines
Thallium (ppb)	2	2.5	0	nd	06-15-09	N	Leaching from ore-processing sites; Discharge from electronics, glass, and drug factories
Regulated Disinfectants							
Trihalo Total Disinfection Byproduct (ppb)	80	-	37	21 - 83	2011	N	Byproduct of drinking water disinfection
HAAs Halooacetic Acids (ppb)	60	-	28	8 - 28	2011	N	Byproduct of drinking water disinfection
Disinfection Byproduct (ppm)	Levels Detected - Average & Highest		MRDL	MRDLG			
2011	0.48		0.37	4.0 ppm	4.0 ppm		

Riverdale Water Department Consumer Confidence Report, PWSID# NJ1433001, 02/15/12

WATER QUALITY DATA

Contaminant (units)	MCL	MCLG	Riverdale Water	Range of Detections	Sample Date	Violation Y or N	Typical Source of Contaminant
Organic Chemicals							
Dibromochloromethane (ppb)	-	-	1.82	1.72-2.09	2011		NO MCL'S AT THIS TIME
Bromoforn (ppb)	-	-	0.94	0.58-1.39	2011		
Chloroform (ppb)	-	-	5.29	3.77-11.5	2011		
Bromodichloromethane (ppb)	-	-	2.12	1.58-3.25	2011		
Radioactive Contaminants							
Total Alpha (pCi/l)	15	0	2.50	2.60	11-16-09	N	Erosion of natural deposits
Radium 226/228 (pCi/l)	5	0	0.41	0.41	11-16-09	N	Erosion of natural deposits
Uranium (ppb)	30	0	2	2	11-16-09	N	Erosion of natural deposits

Water Standards Information

Is your drinking water in compliance with all regulations? The Borough of Riverdale is proud of the fact that our water complies with all drinking water standards for chemical and organic contaminants as set by the State of New Jersey and the U.S. EPA.

Regarding the manganese test results, the average manganese level of 96 ppb in 2009 exceeds the State's maximum goal of 50 ppb. Manganese is a naturally occurring element in most well waters. The recommended upper limit for manganese is based on staining of laundry, and toxicity is not expected from levels which would be encountered in drinking water.

Regarding New Standards for Arsenic, Riverdale's water meets the EPA's standard of 5 parts per billion for arsenic.

Regarding Asbestos, Nitrate and Synthetic Organic Compounds, As permitted under the Safe Drinking Water Act, the State of New Jersey has issued waivers to the Borough of Riverdale for testing of asbestos, nitrate and synthetic organic compounds. These waivers were given after careful review of prior negative testing, and consideration of factors which indicate low susceptibility to these types of contaminants.

Special Considerations Regarding Children, Pregnant Women, Nursing Mothers, and Others

Children may receive a slightly higher amount of a contaminant present in the water than do adults, on a body weight basis, because they may drink a greater amount of water per pound of body weight than do adults. For this reason, reproductive or developmental effects are used for calculating a drinking water standard if these effects occur at lower levels than other health effects of concern. If there is insufficient toxicity information for a chemical (for example, lack of data on reproduction or developmental effects), an extra uncertainty factor may be incorporated into the calculation of the drinking water standard, thus making the standard more stringent, to account for additional uncertainties regarding these effects. In the cases of lead and nitrate, effects on infants and children are the health endpoints upon which the standards are based.

Nitrate: Nitrate in drinking water at levels above 10 ppm is a health risk for infants of less than six months of age. High nitrate levels in drinking water can cause blue baby syndrome. Nitrate levels may rise quickly for short periods of time because of rainfall or agricultural activity. If you are caring for an infant, you should ask advice from your health care provider.

Lead: If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. Riverdale is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water is available from the Safe Drinking Water Hotline or at <http://www.epa.gov/safewater/lead>.

Table 1. Water Quality Results - Table of Detected Contaminants - 2011 PWWC PWS ID NJ1605002

Some people may be more vulnerable to contaminants in drinking water than the general population. Immunocompromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with kidney or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline (800-426-4791).

PRIMARY CONTAMINANTS	Compliance Achieved	MCLG	MCL	PLANT EFFLUENT SAMPLE RESULTS					TYPICAL SOURCE
				PWS ID NJ1605002	PWS ID NJ1613001 NJDWSC	PWS ID NJ0714001 NEWARK	PWS ID NJ0906001 JERSEY CITY MUA	PWS ID NJ0238001 UNITED WATER-NJ	
TURBIDITY AND TOTAL ORGANIC CARBON									
Turbidity (NTU)	Yes	NA	TT = 1	0.28 (0.05 - 0.39)	0.44 (0.05 - 0.44)	0.60	0.34 (0.01 - 0.24)	0.26 (0.01 - 0.26)	Soil runoff.
	Yes	NA	TT = percentage of samples <= 3 NTU (see 95% required)	99.9%	99.9%	97.7%	100%	100%	
Turbidity is a measure of the cloudiness of the water. We monitor it because it is a good indicator of water quality. High turbidity can hinder the effectiveness of disinfectants.									
Total Organic Carbon (%)	Yes	NA	TT = % removal (35-50% required) (Range 0% - 95%)	82%	30% (35% required) (Range 0% - 95%)	NA	44% (38 - 46% required) (20 - 30% required) (Range 0% - 40%)	35%	Naturally present in the environment.
INORGANIC CONTAMINANTS									
Arsenic (ppb)	Yes	0	0	ND	ND	ND	ND	1.0 (ND - 1.0)	Erosion of natural deposits; runoff from orchards; runoff from glass and electronics production wastes.
Barium (ppm)	Yes	2	2	0.023 (0.015 - 0.023)	0.011	ND	0.018	0.05 (0.03 - 0.015)	Erosion of natural deposits.
Bromate (ppb)	Yes	0	10	ND	NA	NA	NA	3.0 (ND - 3.0)	By-product of drinking water disinfection.
Chromium (ppb)	Yes	100	100	ND	ND	ND	1.1	1.1 (0.7 - 11.7)	Discharge from steel and pulp mills; erosion of natural deposits.
Fluoride (ppm)	Yes	4	4	0.34 (0.05 - 0.34)	ND	0.043	0.07	0.8 (ND - 0.05)	Erosion of natural deposits.
Nickel (ppb)	NA	NA	NA	2.9 (2.0 - 3.9)	ND	ND	0.7	2.2 (1.4 - 2.2)	Erosion of natural deposits.
Nitrate (ppm)	Yes	10	10	2.86 (0.02 - 2.86)	0.28	ND	0.32 (0.17 - 0.38)	2.38 (ND - 2.38)	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits.
Selenium (ppb)	Yes	50	50	0.68 (ND - 0.68)	ND	ND	ND	ND	Erosion of natural deposits.
RADIOLOGICAL CONTAMINANTS									
Alpha Emitters (pCi/L)	Yes	0	15	ND	ND	ND	ND	4.32 (ND - 4.32)	Erosion of natural deposits.
Combined Radium (pCi/L)	Yes	0	5	ND	ND	ND	2.59 (ND - 2.59)	2.04 (ND - 0.54)	Erosion of natural deposits.
Uranium (ppb)	Yes	0	30	ND	ND	ND	4.28 (1.91 - 4.38)	0.45 (1.91 - 0.45)	Erosion of natural deposits.
PRIMARY CONTAMINANTS <small>Some are not</small>									
MICROBIOLOGICAL CONTAMINANTS									
Total Coliform Bacteria (TC) (per 100 mL)	0	0	6% of monthly samples are positive	INSERT APPLICABLE DATA					Naturally present in the environment.
DISINFECTION BYPRODUCTS									
Haloacetic Acids (HAA5) (ppb)	NA	60	60	INSERT APPLICABLE DATA					By-product of drinking water disinfection.
Total Trihalomethanes (TTHM) (ppb)	NA	80	80	INSERT APPLICABLE DATA					By-product of drinking water disinfection.
Some people who drink water containing trihalomethanes in excess of the MCL over many years may experience problems with their liver, kidneys or central nervous systems and may have an increased risk of getting cancer.									
DISINFECTANTS									
Chlorine (ppm)	MROD=4	MROD=4	INSERT APPLICABLE DATA	INSERT APPLICABLE DATA					Water additive used to control microbes.
LEAD AND COPPER									
Copper (ppm)	1.3	1.3	INSERT APPLICABLE DATA	INSERT APPLICABLE DATA					Corrosion of household plumbing systems.
Lead (ppb)	0	15	INSERT APPLICABLE DATA	INSERT APPLICABLE DATA					Corrosion of household plumbing systems.
If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. (Insert system name) is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline at 800-426-4791 or at http://www.epa.gov/leadwater/ .									

DEFINITIONS OF TERMS AND ACRONYMS

AL: Action Level; the concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.

CU: Color unit.

CDC: Centers for Disease Control

Disinfection By-product Precursors: A common source is naturally occurring organic matter in surface water. Disinfection by-products are formed when the disinfectants (usually chlorine) used to kill pathogens react with dissolved organic material present in surface water.

EPA: Environmental Protection Agency

Inorganic Contaminants: Contaminants such as salts and metals, which can be naturally-occurring or result from urban stormwater runoff, industrial or domestic wastewater discharges, oil and gas production, mining or farming. These contaminants may be present in source water.

MCL: Maximum Contaminant Level; the highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

MCLG: Maximum Contaminant Level Goal; the level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

Microbial Contaminants/Pathogens: Disease-causing organisms such as bacteria and viruses, which may come from sewage treatment plants, septic systems, agricultural livestock operations and wildlife. Common sources are animal and human fecal wastes. These contaminants may be present in source water.

MFL: Million Fibers per liter.

MRDL: Maximum Residual Disinfectant Level; the highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.

MRDLG: Maximum Residual Disinfectant Level Goal; the level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLG's do not reflect the benefits of the use of disinfectants to control microbial contamination.

NA: Not applicable

ND: Not detected

NJDWC: North Jersey District Water Supply Commission

NTU: Nephelometric Turbidity Unit

Nutrients: Compounds, minerals and elements that aid growth, that are both naturally occurring and man-made. Examples include nitrogen and phosphorus.

Organic Contaminants/Volatile Organic Compounds: Compounds, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban stormwater runoff, and septic systems. Man-made chemicals used as solvents, degreasers, and gasoline components. Examples include benzene, methyl tertiary butyl ether (MTBE), and vinyl chloride. These compounds may be present in source water.

Pesticides/Herbicides: Man-made chemicals used to control pests, weeds and fungus, which may come from a variety of sources such as agriculture, urban stormwater runoff, and residential uses and may be present in source water. Common sources include land application and manufacturing centers of pesticides. Examples include herbicides such as atrazine, and insecticides such as chlordane.

pCi/L: picocuries per liter (a measure of radioactivity)

ppb: parts per billion

ppm: parts per million

PWS ID: Public Water System Identification

PWVC: Passaic Valley Water Commission

RAA: Running annual average.

Radioactive Contaminants/Radionuclides: Radioactive substances that are both naturally occurring and man-made and may be present in source water; result of oil and gas production and mining activities. Examples include radium and uranium.

Radon: Colorless, odorless, cancer-causing gas that occurs naturally in the environment.

RUL: Recommended Upper Limit; the highest level of a constituent of drinking water that is recommended in order to protect aesthetic quality.

RUL Achieved: Yes entry indicates the state recommended upper limit was not exceeded. A no entry indicates the state recommended upper limit was exceeded.

TCN: threshold color number

TT: Treatment Technique; a required process intended to reduce the level of a contaminant in drinking water.

% Removal Ratio: Actual percent removal divided by required percent removal, multiplied by 100.

ADDITIONAL INFORMATIONAL RESOURCES

PWVC's website: www.pwvc.com
 USEPA Drinking Water website: www.epa.gov/sofewater
 NJDEP Water Supply website: www.nj.gov/dep/watersupply
 American Water Works Association (AWWA) website: www.awwa.org

PWVC Customer Service Department: 973-340-4300
 USEPA Safe Drinking Water Hotline: 800-426-4791
 NJDEP Bureau of Safe Drinking Water: 609-292-5550
 AWWA New Jersey Section website: www.njaws.org

Table 5. Secondary Parameters - Plant Effluent

Contaminant	RUL	PWSID NJ1605002	PWVC RUL Achieved	PWSID NJ1613001 NJDWSC	NJDWSC RUL Achieved	PWSID NJ0714001 Newark	Newark RUL Achieved	PWSID NJ0906001 Jersey City MUA	Jersey City MUA RUL Achieved	PWSID NJ0238001 United Water NJ	United Water NJ RUL
Alkalinity, ppm	NA	48-60	NA	37	NA	23	NA	23-36	NA	54-200	NA
Aluminum, ppb	200	19-27	Yes	31	Yes	368	NO	ND-219	NO	ND-304	NO
Chloride, ppm	250	49-199	Yes	52	Yes	32	Yes	35-88	Yes	49-298	NO
Color, CU	10	ND-1	Yes	3	Yes	4	Yes	ND-10	Yes	3-8	Yes
Corrosivity	Non-Corrosive	Non-Corrosive	Yes	Corrosive	No	Non-Corrosive	Yes	Non-Corrosive	Yes	Non-Corrosive	Yes
Hardness (as CaCO ₃) ppm	250	74-118	Yes	65	Yes	29	Yes	64-86	Yes	82-280	NO
Hardness (as CaCO ₃) grains/gallon	14.8	4.3-6.9	Yes	3.3	Yes	2.3	Yes	2.2-8.0	Yes	6.8-16.4	NO
Iron, ppb	300	ND	Yes	23	Yes	30	Yes	10-70	Yes	10-40	Yes
Manganese, ppb	50	2-9	Yes	3	Yes	26	Yes	ND	Yes	ND	Yes
Odor, TON	3	4-6	No	1	Yes	1	Yes	ND-20	Yes	ND-20	Yes
pH	6.5 to 8.5	6.1-8.3	Yes	7.7	Yes	7.8	Yes	6.7-7.8	Yes	7.8-8.2	Yes
Sulfate, ppm	50	42-187	No*	28	Yes	14	Yes	32	Yes	28-147	No*
Sulfate, ppm	250	41-81	Yes	20	Yes	13	Yes	10	Yes	18	Yes
Total Dissolved Solids, ppm	500	182-481	Yes	142	Yes	98	Yes	109-219	Yes	137-612	NO
Zinc, ppb	5,000	1.8-6.4	Yes	5	Yes	ND	Yes	ND-20	Yes	ND-30	Yes

***Health Effects:**

Sodium: United Water-NJ and PWVC's finished water was above New Jersey's Recommended Upper Limit (RUL) of 50 ppm for Sodium. Possible sources of sodium include roadway salt runoff along with a small contribution coming from chemicals used in the treatment process. For healthy individuals, the sodium intake from water is not important, because a much greater intake of sodium takes place from salt in the diet. However, sodium levels above the recommended upper limit may be a concern to individuals on a sodium restricted diet. If you have any concerns please contact your health care provider.

Table 6. Organic Compounds - Plant Effluent

Contaminant	MCLG	MCL	PWSID NJ1605002	PWSID NJ1613001 NJDWSC	PWSID NJ0714001 Newark	PWSID NJ0906001 Jersey City MUA	PWSID NJ0238001 United Water-NJ
Haloacetic Acids (HAA5), ppb	NA	NA	NA	42 (24 - 42)	-	-	-
Total Trihalomethanes (TTHM), ppb	NA	NA	NA	10 (4 - 10)	94 (36 - 94)	56	44 (1 - 44)
Toluene, ppb	1,000	1,000	ND	ND	ND	ND	1.05 (ND - 1.05)

Additional inorganic contaminants monitored but not detected in the LFWTP plant effluent in 2011 include asbestos, antimony, arsenic, beryllium, bromate, cadmium, chromium, cyanide, iron, mercury, silver, ABS/LAS and thallium.

UNREGULATED CONTAMINANT MONITORING

Table 7. Unregulated Contaminant Monitoring Rule 2 (UCMR2) - 2010 Data

Contaminant	MCLG	MCL	PWSID NJ1605002	PWSID NJ1613001 NJDWSC	PWSID NJ0714001 Newark	PWSID NJ0906001 Jersey City MUA	PWSID NJ0238001 United Water-NJ
N-nitroso-dimethylamine (NDMA), ppb (detected at MRT site, 2010)	NA	NA	ND	ND	ND	ND	0.02 (ND - 0.02)

Unregulated contaminant monitoring helps EPA to determine where certain contaminants occur and whether the Agency should consider regulating those contaminants in the future.

PWVC PWS ID NJ1605002

SOURCE WATER ASSESSMENT

The New Jersey Department of Environmental Protection (NJDEP) has prepared Source Water Assessment reports and summaries for all public water systems. The Source Water Assessment, and related questions, for the PWVC system (PWS ID 1605002), North Jersey District Water Supply Commission (PWS ID 1613001), Jersey City MUA (PWS ID 0906001), Newark Water Commission (PWS ID 0714001) and United Water-NJ (PWS ID 0238001) can be obtained by logging onto NJDEP's source water assessment web site at <http://www.state.nj.us/dep/swap> or by contacting NJDEP's Bureau of Safe Drinking Water at 609-292-5550. If a system is rated highly susceptible for a contamination category, it does not mean a customer is - or will be - consuming contaminated water. The rating reflects the potential for contamination of source water, not the existence of contamination. Public water systems are required to monitor for regulated contaminants and to install treatment if any contaminants are detected at frequencies and concentrations above allowable levels. The source water assessments performed on the intakes for each system lists the following susceptibility ratings as indicated in Table 2. Contaminants that may be present in source water include:

Table 2. Intake Susceptibility Ratings

Intakes	Pathogens	Nutrients	Pesticides	Volatile Organic Compounds	Inorganic Contaminants	Radionuclides	Radon	Disinfection Byproduct Precursors
PWVC 4 Surface Water	4-High	4-High	1-Medium, 3-Low	4-Medium	4-High	4-Low	4-Low	4-High
NJDWSC 5 Surface Water	5-High	5-High	2-Medium, 3-Low	5-Medium	5-High	5-Low	5-Low	5-High
Newark 1 Surface Water	1-High	1-Low	1-Low	1-Low	1-High	1-Low	1-Low	1-High
Jersey City MUA 1 Surface Water	1-High	1-Medium	1-Low	1-Medium	1-Medium	1-Low	1-Low	1-High
United Water-NJ 6 Surface Water	6-High	2-High, 4-Medium	1-Medium, 5-Low	2-High, 3-Medium, 1-Low	5-High, 1-Medium	6-Low	6-Low	6-High

ADDITIONAL SOURCE WATER MONITORING RESULTS

Table 3. Source Water Pathogen Monitoring - 2008 Data

Contaminant	PWVC Sourcwaters Pompton River	PWVC Sourcwaters Passaic River	Jersey City MUA Source water	United Water-NJ	Typical Source
Cryptosporidium, Oocysts/L	0 - 0.4	0 - 0.2	ND	ND	Microbial pathogens found in surface waters throughout the United States.
Giardia, Cysts/L	0 - 0.9	0 - 0.6	-	-	
E.coli per 100 ml	16.1 - greater than 2419.6	25.6 - 1553.1	-	-	Human and animal fecal waste.

ADDITIONAL TREATMENT PLANT MONITORING RESULTS

Table 4. Additional Monitoring Results

Contaminant	PWVC Intake	PWVC Plant Effluent
Perfluorooctanoic Acid (PFOA), ppb	0.015 (ND - 0.015)	0.013 (ND - 0.013)
Perfluorooctanoic Sulfonate (PFOS), ppb	0.011 (ND - 0.011)	0.012 (ND - 0.012)
Perchlorate, ppb	0.21 (0.09 - 0.21)	0.27 (0.15 - 0.27)

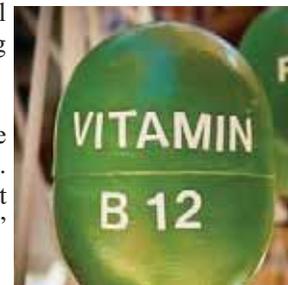
Table 4 presents PWVC data collected in 2011 as part of an ongoing study to determine the general occurrence of PFOA, PFOS and Perchlorate. Currently, there are no drinking water standards for these compounds. PWVC continues to participate in and support these types of regulatory and research efforts to maintain a position of leadership in cutting edge water treatment technology.

Vitamin B12 Deficiency and Dementia

A recent review of the medical literature from numerous sources found that before 1960, very few cases of Alzheimer's dementia were reported. After that year, the cases of dementia grew exponentially, and do not appear to be secondary to aging alone.

So what is responsible for this explosion of Alzheimer's disease? To find the answer, we need to look at a number of variables that have changed: things such as diet, exposure to environmental toxins, vaccination policy, and changes in medical practice. All of these have likely contributed to the rise in Alzheimer's, but one factor is particularly interesting because it involves modern medical practices.

In an effort to stem the public's interest in seeking alternative treatments, the medical establishment created the term "evidence-based" medical practice. This implies that anything they do not approve of must be quackery. When I was growing up, it was a common medical practice for elderly people to get regular B12 shots, at least every year if not every month. But then the evidence-based medical elite decided that there was no "evidence" for this age-old practice.



Unfortunately, they chose to ignore the evidence that most elderly people, even those who were supposedly healthy, were deficient in vitamin B12, a vitamin that is essential for many metabolic functions, especially in the heart and brain. Earlier studies of healthy elderly people still living in the community, as well as those in nursing homes, found that almost half of the "healthy" elderly and 80 percent of the full-care elderly were significantly B12 deficient.

A new five-year study conducted at the University of Oxford in England measured brain shrinkage (atrophy) using yearly MRI scans of the subjects' brains. Researchers also measured blood levels of vitamin B12 and homocysteine (an amino acid that is commonly elevated in people with B12 deficiency). Homocysteine is also an excitotoxin. What researchers found was that the study subjects with the lowest B12 levels had the greatest brain shrinkage. Brain shrinkage was not correlated with elevated homocysteine levels, which indicated that the B12 deficiency did not even need to be severe to cause the brain to atrophy.

Brain shrinkage can be a significant indicator of future difficulties with memory, orientation, and language. People with Alzheimer's disease have very low vitamin B12 levels. In the past, the cyanocobalamin form of B12 was used to treat B12 deficiency, but it is less compatible with the body than is methylcobalamin, which can be administered by a sublingual tablet (under the tongue). I recommend a dose of 5,000 to 10,000 mcg a day. Vitamin B12 has no known toxicity at any dose.

Maybe those old country doctors were not so primitive in their thinking after all.

Dr. Russell Blaylock

Sources of Vitamin B12

Vitamin B12 is derived from food sources, including animal products and fortified foods, and is also available as a supplement. Vitamin B12 occurs naturally in animal products including fish, meat, poultry, eggs, milk and dairy products. It is also added to grain products, such as breakfast cereal. It is not found in plant products, making it especially important for vegetarians to supplement their diets with B-12 to prevent deficiency.

Foods Rich in Vitamin B-12

Fish and shellfish contain abundant amounts of B12 per serving. Foods in this category include: clams (99 mcg), oysters (24-35 mcg), mussels (24 mcg), mackerel (12-19 mcg), herring (10-19 mcg), tuna (9-11 mcg), crab (9 mcg), trout (6-8 mcg) and salmon (4-6 mcg).

Meats, including beef, pork, lamb and sausage, are also rich in B-12. Foods in this category include: beef liver (59-83 mcg), beef kidneys (25-27 mcg), beef chuck (5-6 mcg), beef round (4-5 mcg), pork liver (19-26 mcg), pork kidneys (8 mcg), lamb liver (60-90 mcg), lamb kidneys (28-52 mcg), liver sausage (19-20 mcg), liverwurst (13 mcg) and lunch meat (4-5 mcg).

Poultry is another source of vitamin B-12. Foods in this category include: turkey liver (49-58 mcg), turkey (28-33 mcg), chicken liver (17-21 mcg) and chicken (9-13 mcg).

Eggs and dairy products contain vitamin B-12 as well. Foods in this category include: whole egg (11 mcg), egg yolk (5 mcg), nonfat milk (4 mcg), whole milk (3 mcg) and cheese (2 mcg).

Fortified foods contain vitamin B-12 in varying amounts. This includes cold cereal (2-24 mcg) and hot cereal such as oatmeal (14 mcg).

Recommended Daily Intake

The recommended daily allowance of vitamin B-12 varies by age.

The Institute of Medicine recommends the following amounts of daily intake:

Adults: 2.4 micrograms, or mcg

Children

9-13 years: 1.8 mcg

4-8 years: 1.2 mcg

1-3 years: 0.9 mcg

0-1 year: 0.4/0.5 mcg



Taken from:

<http://www.livestrong.com/article/38814-vitamin-b12-rich-foods/>

School Budget Passes, Board Members Take Oath of Office

The Board of Elections has certified the results from the Annual School Election in which voters endorsed the district's proposed budget for the 2012-13 school year and elected three members to the Board of Education. Richard Osterhoudt and Kelly Norris, each one an additional term of 3 years, and the board welcomes June Carelli, who was elected to fill the seat vacated by Colleen Tambuscio.

The approved budget enables the district to continue all existing programs and reflects an increase in the tuition rate for our students attending Pompton Lakes High School. In addition, a new Math program is expected to be adopted for our seventh grade students.

The Board of Education and administration appreciate the continued support of our community as it continues to meet the needs of our children in a fiscally conservative manner.

We remain grateful to the municipality for the continued shared services afforded to our school. The district also participates in pooled insurance and energy consortiums in order to contain costs.

Eighth Grader Receives Middle School Leadership Award

Dennis Schuck Jr. was recently honored by the Morris County Association of School Administrators for his academic achievement and leadership. D.J. presently serves as the President of the Student Council and National Junior Honor Society and is a member of the school band, basketball and baseball teams. He is involved in the larger community through church and athletics. D.J. Schuck was the 2011 Raoul Wallenberg Award nominee in 2011 and the winner of the 2012 Geography Bee. He aspires to become an attorney or doctor. D.J. was honored at a dinner in Parsippany, along with other leadership representatives from middle schools throughout the county. Congratulations, D.J.!

Nicole Merendino nominated for Raoul Wallenberg Award

The Raoul Wallenberg Honors Program recognizes middle and high school students who exemplify the courage and compassion demonstrated by Raoul Wallenberg, a Swedish Diplomat during World War II. Nicole has been nominated for this award, based upon her keen awareness of the feelings and needs of those around her. Nicole Merendino is one of those people who make others feel good about themselves. Her positive influence causes a ripple effect which changes the actions and attitudes of others.

Rotary Student Achievement Award

Eighth grader Casey Struble will be the recipient of the Pompton Lakes Rotary's Student Achievement Award at an upcoming luncheon held in her honor. Casey has been chosen for this honor based upon her strength of character in exhibiting an extraordinary effort and determination to achieve academic and personal success. We are proud of Casey's efforts at Riverdale School.

Important Dates for Incoming Kindergarteners

Approximately 35 students have registered for our kindergarten program, commencing in September. These youngsters are invited back with their parents for an orientation to the program, and as part of their transition to the school setting. The Kindergarten Tea, sponsored by the PTA, is scheduled for June 5. Members of the PTA will facilitate small group discussions to provide more information about the school while students spend time in the kindergarten classrooms and go for a ride on the school bus.

To introduce incoming kindergarteners to key school personnel, a series of story times are scheduled. The dates and times are as follows: May 30, 9:30 am, June 8 1:15 pm and June 12 1:15 pm.

Please contact Mrs. Mennonna in the main office, if you intend to join us in the school library.

Into the Woods

Many of us had the pleasure of attending Riverdale School's production of *Into the Woods*, which involved approximately 100 cast and crew members. Congrats to co-directors/drama club advisors Ms. Fagan and Ms. Caufield as well as the many actors, actresses & stage crew members who participated in the production.

School Calendar Modified Returns Unused Emergency Days

School will be closed on Monday, June 4th, due to the return of unused emergency days, in accordance with the teacher's contract. Additionally, June 20th, a Thursday will be the last school day for the 2011-2012 school year. It will be a one session day with a 12:40 dismissal. Graduation is scheduled for the front lawn, weather permitting, on June 20th.

Should we need to close the school for an emergency, prior to the end of the school year, the calendar will be adjusted accordingly.

Baseball and Softball Teams Off to a Great Start!!

The **boys' baseball team** is off to a fine start, thanks in part to stellar pitching by Cruise Turner and timely hitting by AJ Nadiroglu, Patrick Burg, Stephen Papadopolos, Chris Hester, and DJ Schuck.

The **girls' softball team**, led by captains, Mary Dougherty and Olivia Galletta is anticipating a successful 2012 season.

The schedule of games for these school teams is available on the district website www.rpsnj.org, via the "Sports" link.

District Celebrates Student Achievement

Dr. Wyks, Superintendent, Mr. Keith Cortright, Principal, and the staff of Riverdale School are proud to announce those students who attained Superintendent's List, High Honors and Honors during the third marking period for school year 2011/12:

Superintendents List: Mary Dougherty, Olivia Galletta, Christopher Hester, Steven Papadopoulos, Neelav Patel, Dennis Schuck, Jr., Cassidy Tibbetts, Cruise Turner, Spencer Vogel, Harlee York, Amanda Ekkers, Kevin Jablonski, Hallie Mansoor, Ayla Markowski, Amanda Edwards, Michael Magyar, Brandon Miller, Kristen Edwards, Alekya Gadiraju, Benjamin Morales, Dhruv Patel, Julia Phillip, and John Tanis

Honor Roll: Heather Berzak, Andrew Holl, Nicole Merendino, Kaitlyn Sautner, Nicole Schrock, Casey Struble, Emily Clinton, Yuti Gandhi, Christine Holl, Thomas Morales, Kristian Neuschwanter, Sean Bastian, Thomas Dougherty, Jason Dubrovich, Hailey Enrique, Brenden Kane, Amanda Gosson, David Mateo, Mohammad Saleh, Ryan Thomson, Ryan Chu, Mandi Giunta, Natalie Jablonski, Ashley Osterhoudt, and Faith Sutter

Veteran Staff Members Announce Retirement

Music Teacher, Michele Szwed announced her retirement after 36 years teaching vocal and instrumental music to our students. Ms. Szwed has also conducted the band, choral group and brass ensembles, leading many a concert and holiday celebration. Her students have received awards for their work.

Marlene Donnelly, a twenty five year veteran of the district, first began working with our students, as a substitute teacher. The majority of Senora Donnelly's career was spent teaching Spanish to our students, many of whom continued their language studies well after high school.

After 5 years in the district, Katherine Krause, who teaches mathematics and special education, will retire at the end of the school year. Ms. Krause was passionate about her subject area and continuously sought out hands on problem solving activities in order to make math meaningful for her students.

We wish all our retirees luck in their future endeavors and invite community members to celebrate their accomplishments at the board of education meeting, which will be held at the May 16 Board meeting.

May Events

May 1-3 – State testing Gr. 5 & 6

May 7-10 State testing Gr. 3 & 4

May 14- Progress Reports home

May 15 – Parent Workshop

May 16 – School Planning Team meeting 2:45

May 18- Luau Dance

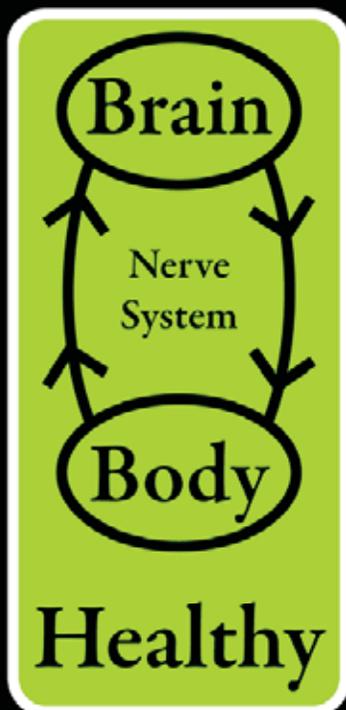
May 22 and 23 – Kindergarten Screening

May 25 – Civil War Encampment enactment

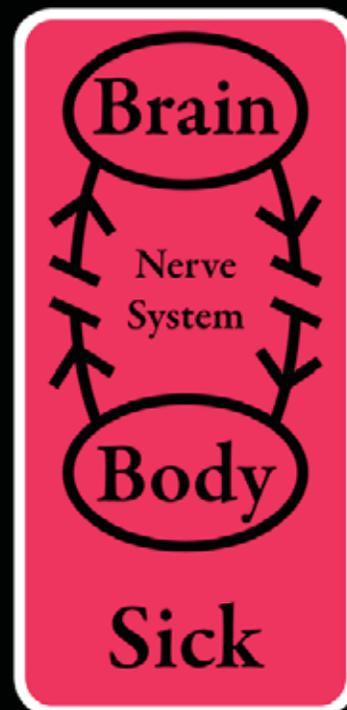
May 28 – School Closed Memorial Day

May 29 – School Closed Teacher in-service day

Simple Truth



- Your brain runs your entire body.
- Your nerve system carries messages from your brain to your body, controlling every function and all healing.
- Your nerve system also carries messages from your body back to your brain, monitoring every organ and function.
- A disturbance in nerve communication in either direction can cause your body to malfunction.



- Malfunction can show up as any one of hundreds of symptoms or conditions. Some common examples are:
migraine, common headaches, arthritis, sinusitis, asthma, high blood pressure, heart disease, tingling, numbness, carpal tunnel, digestive disorders, GERD, allergies, colitis, ED, infertility, ear infections, and many more.
- Your spinal bones may misalign with each other just slightly. When that happens they often DO NOT hurt, yet they can squeeze nerves, interfering with the flow of messages between your brain and your body.
- This is called a subluxation (sub-luck-say-shun).
- You typically cannot feel subluxations, yet they may result in cellular mutation and malfunction almost anywhere in your body.
- Medication often only masks symptoms.
- Medication often has dangerous "side effects."
- Gently re-aligning spinal bones can relieve nerve interference, allowing your brain to run your body more correctly again, often resulting in greater health.

Is nerve interference the true root cause of your condition?

Find out. Call (973) 835-5773.

Dr. Gary Stewart, 43 Newark Pompton Tpke., Riverdale, NJ 07457
 Chiropractor - Healer - Releaser of Nerve Interference

Wisdom of our Fathers

Words of Wisdom given us by our Founding Fathers. Words our government should follow today. Enjoy. Ponder.



“There are two ways to conquer and enslave a country. One is by the sword. The other is by debt.”
John Adams

“The belief in a God All Powerful wise and good, is so essential to the moral order of the world and to the happiness of man, that arguments which enforce it cannot be drawn from too many sources nor adapted with too much solicitude to the different characters and capacities impressed with it.”
James Madison

"Necessity is the plea for every infringement of human freedom. It is argument of tyrants. It is the creed of slaves."
William Pitt

"Stand upright, speak thy thoughts, declare the truth thou hast, that all may share; Be bold, proclaim it everywhere: They only live who dare." Lewis Morris

Why We Say...

Cold Turkey (quit something abruptly) - The expression originates from the goose bumps and pallor which accompany withdrawal from narcotics or tobacco. One’s skin resembles that of a plucked, cold turkey.

Cooking with gas (working fast, proceeding rapidly) - Although common place today, gas stoves have not always been the norm. Gas stoves started to be available in the 1800’s , and until that time wood stoves were the standard. Now you’re “cooking with gas” comes from an old advertisement for gas stoves. The phrase suggests that gas is faster, easier, cleaner, better than cooking with wood.

**Support
Riverdale**



**Bring Your
Used Clothes
Here!**

We're Cut From a Different Cloth Than Other Clothing Bin Companies

CARECYCLE is a respected family owned company that has been in the recycled clothing business for over 40 years. We are fully insured, and our pledge of pride guarantees your satisfaction with our programs.

Textile and clothing recycling provides numerous environmental and economic benefits for our planet. Not only does it prevent post-consumer textile waste from entering the waste stream (the total flow of solid waste from homes, businesses, institutions, and manufacturing plants that are recycled, burned, or disposed of in landfills, or segments thereof such as the “residential waste stream” or the “recyclable waste stream”), recycling efforts do not create any new hazardous waste or harmful by-products. Clothing recycling is one of the most efficient recycling industries. Nearly 100% of used textiles are recyclable.



The collection containers are next to the Municipal Building.

We accept clean, gently worn clothing, used clean clothing, including shoes and sneakers to support sustainable living and support the environment. We do not accept any household items.

CARECYCLE is Proud to Have Raised Hundreds of Thousands of Dollars for Various Organizations!



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

LICORICE Glycyrrhizic acid is the chief active principle in Licorice. Glycyrrhizic acid is 50 times sweeter than sugar cane, but will not increase the thirst. Actually, Licorice will alleviate thirst. Glycyrrhizic, is derived from the Greek root words *glukus* meaning "sweet", and *riza* meaning "root" and refers to the fact that the dried roots, because of their sweet flavor can be chewed like candy. Alexander the Great supplied his troops with rations that included Licorice sticks, so they could chew on them in battle which alleviated thirst and kept their energy up which helped to win the battles.



- Licorice root possesses substantial anti-arthritis activity. Glycyrrhizic acid provides the anti-inflammatory effects found in Licorice which is related to a release of corticoids from the adrenals and can then be helpful for people with arthritis.
- Licorice root stimulates the production of interferon, that is said to be the key to preventing and treating immune-response deficiency diseases.
- Licorice was recommended for soothing throats and quenching thirsts.
- Licorice root effects the concentrations of blood salts and stimulates and sustains adrenal function, yet protects the liver which is the body's detoxification plant insuring its purity from liver diseases, such as cirrhosis and hepatitis.
- Licorice contains a natural hormone that will replace cortisone. It induces the adrenal cortex to produce larger amounts of cortisone and aldosterone. Licorice root acts in the body like the cortin hormone and assists in helping the body handle the stress, allowing blood sugar levels to remain normal giving a general feeling of well-being. Glycyrrhizic, one of the compounds found in Licorice, has a chemical structure similar to that of human steroid hormones. It helps to raise blood sugar levels to normal.
- It stimulates adrenal function without depleting them.
- Perhaps the most common medicinal use is in cough syrups and cough drops. Licorice soothes the chest and helps to bring up phlegm.
- It soothes and heals inflamed mucous membranes of the respiratory tract.

NOTE: In very large doses, it induces sodium retention and potassium depletion and can lead to hypertension and edema. Occasionally, Licorice root elevates blood pressure. Use Licorice root with Potassium if high blood pressure is a problem.

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).

Waste Not, Want Not

- ♦ **SHOP SMARTER.** Preplan meals for the week. Buy produce in smaller quantities to use within a few days.
- ♦ **ORGANIZE THE REFRIGERATOR.** Place leftovers at eye level in the fridge, so they are front-and-center anytime someone opens it. Pay attention to use-by dates and understand that food is good for several days beyond the sell-by date.
- ♦ **STORE FOOD PROPERLY.** To maximize food's edible life, set the fridge between 35 and 38 degrees Fahrenheit and arrange containers so that air circulates around items; the coldest areas are near the back and bottom of the unit.

- ♦ **FREEZE FOODS.** Many food items will last for months in the freezer in appropriate storage bags and containers.
- ♦ **USE SOFT FRUITS AND WILTED VEGETABLES.** Soft, overripe fruits can be converted to jellies, jams, pies, cobblers, milkshakes and smoothies. Wilted carrots, limp celery, soft tomatoes and droopy broccoli can be chopped up and blended into soups, stews, juices and vegetable stocks.
- ♦ **DISH UP SMALLER PORTIONS.** Smaller portions are healthier and allow leftovers for another meal.



Taken from Natural Awakenings in an article written by Amber Lanier Nagle.

Riverdale Photography Club
Meets on the 4th Monday each month at the
Library from 6:45 to 7:45 PM
www.RiverdalePhotoClub.weebly.com



New director of the club is **Steven Otte**, a professional photographer. Club open to all, residents and non-residents.



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PEACE OUT GIRL SCOUT!

If April showers bring May flowers, what do May flowers bring? (You think you've heard this one, right?) DAISY's! And Brownies, Juniors, Cadettes and Seniors. And lots of fun activities!!!! The girls are starting to wind down for the year and trying to get in everything they can before the end of June when we wrap it up for the year.

Everyone is looking forward to the annual Memorial Day parades in both Pompton Lakes and Riverdale because this year, the 100th Anniversary of Girl Scouts, we will have a special float in the parade. Come watch the parade and look for the blaze of candles atop a gigantic cake! Start practicing "Happy Birthday to Girl Scouts, Happy Birthday to Girl Scouts..."

And while Girl Scouts is filled with lots of fun activities, the girls also learn about community service and doing for others. In early April, when the soldiers of the Riverdale Armory returned from their assignment overseas, Girl Scouts turned out to wave as they passed and welcome them home. Unfortunately most of the girls were in school, but the ones who made it represented all Girl Scouts when they shouted "THANK YOU!" Daisy Troop 94889 gave their cookie customers the opportunity to purchase cookies & donate them to a food pantry. The troop distributed the cookies to Easter food basket recipients at the food pantry of the United Methodist Church in Bloomingdale. The troop received a total of 130 boxes for the food pantry. Brownie Troop 94283 donated their Gift of Caring cookies to Operation NJ Cares, an organization that collects and ships items to troops overseas. In return, several Marines associated with the organization came to one of the girl's meetings and taught them about what they do on behalf of our country. And they even took the time to present the girls with several patches and badges that the girls had earned during the year. What an impressive moment!

With the coming of spring, Daisy Troop 94888 got outside and enjoyed a hike. The beautiful weather allowed them to explore nature and see lots of blossoming foliage. Senior Troop 285 ran a fantastic Sock Hop. Dressed in Fifties outfits, the girls had a blast Rockin' Around the Clock! And soon they will host the super-fun "Pig Races!" Troops are invited to dress up their adorable, mechanical pigs – and themselves - in a theme and then race them against the other troops. We're sure you'll hear the cheering no matter where you are in town that night!

Congratulations to April's Volunteer of the Month Kelly



It's time to register for Girl Scouts!!



Tues, May 22nd and Wed, May 23rd
7 p.m. – 9 p.m.
 at the Girl Scouts' Riverdale Service Center
 95 Newark Pompton Turnpike, Riverdale

Sat, June 9th
9 a.m. – 12 p.m.
 at Starbucks, Wanaque Ave, Pompton Lakes

**** Are you a NEW enrollee** to the Girl Scout organization? This registration is for you!
 Come in to register OR just to learn more of what GIRL SCOUTS is all about.

**** Are you ALREADY a Girl Scout?** Your Troop Leader will be registering existing members. See your troop leader for further information!

For more information, please contact:
Paulette Brauch at (973) 390-5066 or letuna1@hotmail.com

Be a Volunteer!

Help us bring Girl Scouting to ALL girls! Free training is provided!



Girl Scouts of Northern New Jersey
 www.gsnj.org

Paramus Service Center
 300 Forest Avenue
 Paramus, NJ 07652
 201-967-8100

Paterson Resource Center
 Center City Mall, 301 Main St
 Paterson, NJ 07505
 973-881-9400

Randolph Service Center
 1579 Sussex Turnpike
 Randolph, NJ 07869
 973-927-7722

Riverdale Service Center
 95 Newark Pompton Turnpike
 Riverdale, NJ 07457
 973-248-8200

Davies. Kelly, who has been involved in Girls Scouts for many years not only as a leader but in many other positions that help out the entire service unit, served as the Cookie Manager for all our troops this year. That means that she coordinated the ordering and delivery of over 2000 boxes of cookies to the girls who then delivered them to you. Kelly has done this for the girls for several years now and all her hard work makes it look easy! Thanks to her for the tremendous amount of time and effort she puts into it every year. And for the month of May, our Volunteer of the Month is Dawn Gosson. Dawn has helped all year behind the scenes on many events. She is an advisor to all the Daisy and Brownie troops and has helped out on our service unit projects including the luminary sale, 100th Birthday of Girl Scouts celebrations and the Lakedale Camporee. She is a creative genius and an amazing organizer. Personally, I couldn't have done it without her. THANK YOU!

Calabrian Figs That Make Your Mouth Water

Imagine orchards of fig trees with their wide, green leaves fluttering in the breezes coming off the Tyrrhenian Sea. Their branches are heavy with ripe, round figs as you reach up to pick one on a hot day in late summer. As you bite into this juicy, delicious fruit, you know you have to take home as many as you can carry. You will bake some of them in the oven, maybe filled with walnuts or almonds or filled with limoncello. You'll enjoy these figs all year, if you can keep yourself from eating them all at once.



Can this beautiful vision really be true? It will happen this summer, as it does every summer, in the small village of Amantea, not far from Cosenza in the region of Calabria, Italy. Fichi Marano is a company that began in 1930 and is currently run by the Marano brothers (Fratelli Marano). The brothers learned the business from their father, who taught them techniques and ancient recipes handed down through generations from the time the Greeks settled Southern Italy.

It is believed that figs were brought to Calabria by travelers from the Middle East and thrived in the new climate. The hills of Cosenza are covered with Dottato figs, a variety that

ripens to rich flavor in the Calabrian heat. The figs are packed green from the trees and sun-dried during the day on bamboo racks called cannezzì. Every night they're moved into a closed, dark space for rest and protection. This process continues until the figs reach perfection.



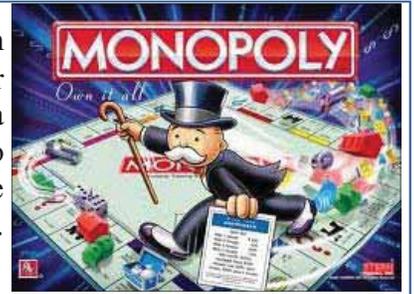
Fichi Marano creates wonderful products, like Bocconcini della Nonna. These figs are dried but moist, stuffed with walnuts and accented with sugar and cinnamon. There is also Paciocchi, which are figs dipped in melted chocolate and filled with almonds. Due to the interplay of natural ingredients, these delicacies will stay fresh for a year without refrigeration. The biggest challenge is not eating them all within the first week.

Fichi Marano also offers figs flavored with liqueurs like rum, grappa or limoncello, fruits like orange or lemon and even a spicy version with pepperoncino. They also create a variety of chocolate candy and beautiful small gift baskets filled with tasty treats. To learn more about Fichi Marano and to order their products, visit www.fichimarano.it

Submitted by Carolyn Masone

www.essenceofitaly.net

Fun Fundraiser! Put the **fun** back into "fundraiser" and participate in the Riverdale Library's **Board Game Night**. Join us at the Library for an after hours program on Saturday, May 19 from 6:30 to 8:30 PM. There will be a \$5.00 per family entrance fee and an evening full of fun activities and games to follow. Test your trivia knowledge, or spin the dial for various board game adventures. Refreshments will be served and plenty of door prizes available. Sign up online www.riverdalelibrary.org or call 973-835-5044.



Riverdale Health Department: Adult Protective Services

If you or someone you know is 18 years of age or older, living in the community and is subject to abuse, neglect and/or exploitation, a county APS program may be the place to turn! There is an APS program in each of the 21 counties that is monitored and evaluated by state staff. Complainants may be clients, caregivers, family members, agencies or any interested or involved individuals. Calls may be made to the Public Awareness, Information, Assistance and Outreach Unit toll-free number 1-800-792-8820.

An APS investigation is a thorough assessment of a potential at-risk adult. Within 72 hours of a referral's receipt, a face-to-face meeting with the adult by a trained APS social worker is required. During this meeting the potential client is interviewed in private. Every effort is made to determine the competence of the adult. Other individuals or agencies that have knowledge of the situation may also be interviewed. When the investigation is complete a report is submitted to the APS Supervisor who will then consult with the social worker and determine if the adult is at risk of abuse, neglect or exploitation. All information generated by the investigation is confidential.



For additional information contact:

New Jersey Department of Health and Senior Services, Division of Aging and Community Services
P.O. Box 812, Trenton, NJ 08625-0812 * **Phone: 609-341-5467**

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