

# Riverdale News & Events

## Glenburn Dedication Ceremony



Assemblyman Scott Rumana & Congressman Rodney Frelinghuysen



Donna Golding & Rob Kerwin came up from Virginia for the Dedication.



Riverdale Land Conservancy President Carolyn Masone



Riverdale Historian Ruth Pasquariello



CERT Team Member Gustav Grotz assisted at the Dedication.

Mrs. Terry Meier is shown here with her grandson, Eric Schmitt, at the Glenburn. Mrs. Meier grew up in the house, at which time she was a Montrastelle, whose family made the final renovations to the house in 1949.



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## Farmers Market

Every Tuesday  
Starting June 12

2:30 PM

Glenburn

211 Hamburg Turnpike



## Announcements

Congratulations to **Nick Ilacqua** on his 8<sup>th</sup> Grade Graduation! Love, Mom, Dad, Christina and Grandma!



Happy 1st Birthday, **Sara Grace Budesheim**, on June 10. Love, Mom, Dad, Jack and Emma.



Happy Birthday, **Mom/Grandma Ruppel** on June 10. We love you! Ron, Marybeth and the boys!

John & Josephine Spenillo are proud to announce the birth of their first Grandchild, **Pia Carmella Spenillo**, on April 26. The proud parents are John & Toni Ann Spenillo.



Happy 5th Birthday, **Caroline Budesheim**, on June 15. Love Mom, Dad and Elizabeth.



Happy 14th Birthday, **Matthew Thomas** on June 7! We love you! Love, Dad, Marybeth, RJ, Kevin and Kevin M.

Happy Birthday, **Uncle Joe**, on June 19! We love you! Ron, Marybeth, & boys!

Congratulations to **Kevin Miller** on your 8th Grade Graduation. We are so proud of you! Good luck in high school. Love, Dad, Marybeth, RJ, Kevin and Kevin M.

Congratulations to **Mathew Thomas** on your 8th Grade Graduation. We are so proud of you! Good luck in high school. Love Mom, Ron, RJ, Kevin T., Matthew.

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

The first meeting of the Riverdale Seniors was held on Monday, May 7<sup>th</sup>. There were 62 members in attendance. President Loretta Lippens opened the meeting and welcomed everyone. The group was led by Marion Davis in singing "God Bless America". Secretary Jean McMichael read the minutes from the last meeting. A thank you note was read, from Joan Zulauf, for our kindness and concern for her; following her operation, hospital stay and recovery.

A sheet was passed around for sign ups for riders and walkers in the Memorial Day Parade.

Our prayers and concern go out for Kay Peacock, long time member, who has been ailing for quite awhile. Our love and prayers are with you, Kay.

Our speaker of the day was Lester Lang, from the Seeing Eye Institute in Morristown, NJ. We learned a lot and it made us realize how fortunate we are for our sight. He was accompanied by his four month old seeing eye dog, Sugar, who is now in training. The Seeing Eye Institute began in 1929 and has done

wonderful work. Dessert, coffee and tea were enjoyed by all. Take advantage of and enjoy the lovely weather!

The second meeting of the month was held on Monday, May 21<sup>st</sup>. President Loretta Lippens welcomed everyone and conducted our meeting. She read a lovely piece called "Memorial Day Tribute". Roll call was taken with 43 members in attendance. She announced that Mayor Budesheim will be in attendance and wants to speak to us at our next meeting. She also said that Chair Aerobics begins on June 23<sup>rd</sup>.



Member Bob Dondero is still in the hospital, but is doing somewhat better; Joan Moran is in Lakeland Health Care Center, with a blood clot in her

## Riverdale Seniors

leg. Monica Meade had a stroke but is doing somewhat better; and last but not least, our dear Kay Peacock, is still struggling with poor health. She has been in and out of the hospital and has been having a real struggle. May all these members mentioned, be blessed with healing strength.

Barbara Stillwagon, trip chairperson, reminded everyone of the trip to the Black Head Mt. Lodge in the Catskill Mountains in October. Get on the list. She is also trying to get a trip together for the PNC Arts Center. The show is free. We just need to pay for transportation. Speak to her.

There are quite a few walkers and riders signed up for the Memorial Day Parade.

Larry Long from AETNA Insurance spoke to us and showed slides.

Dessert and coffee followed the meeting. See you at the Memorial Day Parade!!

*Presented by Marion Davis*

**Hoarding** Over the past few years, hoarding has become a national problem not only for the owners of the homes or apartments, but for all first responders. Many deaths have occurred because the firemen or police cannot gain entry to peoples' homes or apartments due to excessive accumulation of garbage and debris.

The two most common scenarios are dirty hoarding and clean hoarding, both of which are dangerous. Dirty hoarding is the storage of years of garbage, materials and passageways amongst the garbage. Clean hoarding is the accumulation of mementos, toys and collectables, etc., which also create narrow passageways to move about. When a fire starts and there is a smoke condition most people get disoriented and cannot find their way through the mazes that their hoarding has created and get trapped within the clutter they have amassed. 99% of these people will not listen to reason from their families, friends and town officials; but we must keep trying to talk reason to them. If anyone knows of any "hoarders" in Riverdale please contact this office and we will try everything to rectify this dangerous condition. **By Riverdale Fire Marshall Ralph Porrino**



# RIVERDALE Public Library

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

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

## INFANT & PRE-SCHOOL PROGRAMS

Summer programs will begin the week of June 25 and run through the week of August 6.

**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 Wed, 10:15–11:00 am or 1:30–2:15 pm

## CHILDREN'S PROGRAMS

**Puppy Pals Reading Club** — Trained dogs will be on hand to listen to children in grades K-5 read. **Wed, June 13 (2<sup>nd</sup> Tues of each month) from 4:00-5:00 pm.**

**Friday Matinee** — Bring the family to enjoy our Friday Matinee film *Judy Moody and the Not Bummer Summer* [PG]. **Fri, June 29 from 1:30 - 3:00p.m.**



## TEEN PROGRAMS Grades 6 and up

**Teen Advisory Board (TAB)** — Thurs, June 14 from 5:00-6:00 pm hang out with friends and tell us how you want your library to be.

**Teen Book Discussion Group** — Join us Wed, **June 20 from 6:00-7:00 pm** for pizza as we discuss *Airborn* by Kenneth Oppel.



**Teen Volunteer Program** — Students entering grades 6 and up who are interested in volunteering at the library this summer should join us with a parent on **Wed, June 6 from 6:00-7:00p.m.** for an informational meeting.

## MAY HIGHLIGHTS!



Ray "StingRay" Leone brought the music of the Beatles and other 60s pop groups to life with our young friends!



Riverdale Residents turned out to support the library at our first Riverdale Family Game night! Much fun was had by all!



## FRIDAY EVENING MATINEE

Join us for coffee, donuts and this romantic summer-fling on Friday, June 15 at 2:30 pm  
*The Descendants* — (R)



## HOURS

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

## SUMMER READING PROGRAM



### Children's Kick Off: Flow Circus

Children entering grades K-5 in Sept. may register for Flow Circus presents "Dream, Big, Read!" Paul Miller, a master juggler, magician, and comedian will share his story of how a visit to the library changed his life! **Wed, June 27, 4:00 –5:00 pm.**

### Teen Kick Off: Black Light Party—

Teens entering grades 6 – 12 in Sept. are invited to a black light party where everything will glow! **Wed, June 27 from 6:00 – 7:00 p.m.** Make sure to wear white or neon colors so you glow too!



**Summer Reading Program Registration** — Children and teens entering grades K-12 in Sept. may register for the program beginning **Mon, June 25**

**Early Literacy Summer Reading Program** — Parents with children age birth through 5 can participate in our Early Literacy Summer Reading Program. Registration begins on **Mon, June 25.**

**\*Summer Reading Program is open to Riverdale Residents only and preference at all programs will be given to Riverdale Residents.\***

**Keep an eye on the website, [www.riverdalelibrary.org](http://www.riverdalelibrary.org), for more information!**

## ADULT BOOK DISCUSSION GROUP

Join us for a discussion the last 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!

**June 18 — Devil in the White City  
by Erik Larson**

## AUTHOR PRESENTATION

Join us in welcoming **Don Smith Jr.**, author of "The Goffle Road Murders of Passaic county" as he shares the historical and engaging true story that inspired the book. **Thurs, June 7 from 6:30-7:30 pm.**

## Jewelry Design

Design earrings with Carolina on **Wed, June 13 from 6:30-7:30 p.m.** Brought back by popular demand!



## MONTHLY

**Photography Club**— 4<sup>th</sup> Mon. of each month. June 25, 6:30-7:45 pm. All Photographers welcome! Learn! Share!

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



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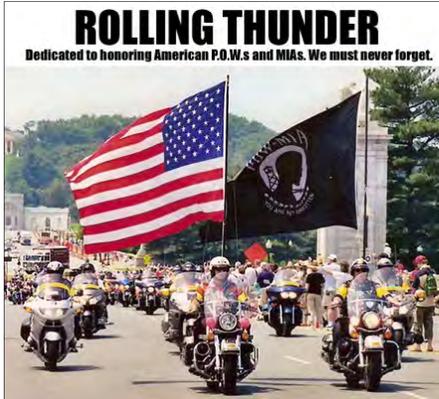
# Thank you!



**Riverdale Power Mower** donated a new lawnmower to the Riverdale DPW. Pictured l-r: DPW Shawn Mowla, DPW Don Van Orden, Owners Matt Lozosky and Bill Lozosky, DPW Neil DeBonte.



There are only two words that describe the meaning of Memorial Day.  
"THANK YOU"



# Emmy



**Michael Wickham** recently won an **Emmy** for a news story he did for the Fox affiliate in Albany, New York. Michael is the nephew of Bill and Marian Budesheim.



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Fax: 973-831-6622

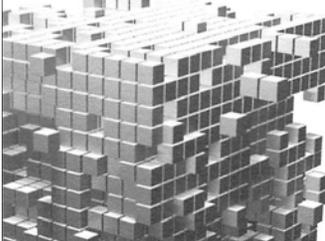
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- Physical Therapy
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# Need a Computer?

Former resident John Dean, a Dell representative, has refurbished a number of computers that have been cleaned up and have Windows XP, OpenOffice, and AVG virus protection installed. We have just the towers, no monitors, keyboards, etc. If you want one for your personal use, please stop in the Municipal Building to pick yours up. We have, of course, a limited number, so it is first come, first served. Thank you, John!



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>



**The Riverdale Woman's Club** will hold it's last meeting of the Club year on **Wednesday, June 13, 2012** at the Riverdale Community Center at 7:30 PM. All women are invited to join us and hear our end of the year reports as we wrap up our club year.

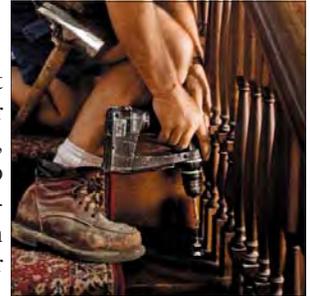
Looking ahead our Welcome Back Breakfast will be held on **Sunday, September 9, 2012**. Mark your calendars now and plan to attend to learn how you can become a member of the largest woman's volunteer organization in the state. More details will follow. New members are always welcome. For membership information call Jean **973-835-3269**

Did you know if you try to say the alphabet without moving your lips or tongue every letter will sound the same?

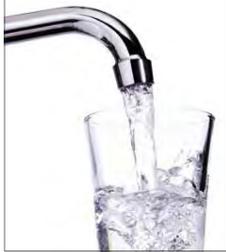
Did you know wind doesn't make a sound until it blows against an object?

## SILENCE SQUEAKY FLOORS

Your overnight guests don't need to know about your midnight refrigerator raids, so tighten up those creaking floorboards and stair treads before they wake up the whole house. Squeeeeeek-No-More screws, available at home centers and hardware stores, draw flooring tight to joists, or stair treads to stringers; then their heads snap off, leaving a 1/8-inch-wide hole in the finished surface. "The holes disappear in carpeting," says *This Old House* general contractor Tom Silva. "For wood floors, fill the holes with a wax filler stick in a matching color."



## Tap Water Health Risk



Researchers in Spain have found that drinking tap water increased the risk of bladder cancer. They combined 6 "case control studies" totaling 2,749 bladder cancer patients and 5,150 healthy "controls" in the U.S., Canada and Europe. Drinking more tap water (or beverages made from it) was associated with a 46% increased risk of bladder cancer. This was very consistently seen in all 6 of the studies reviewed. Men appeared to be the most affected. Consumption of other fluids did not have this effect. In fact, non-tap water reduced risk, especially for women.

This research group has been studying the tap water problem for several years. They are especially concerned about chemicals called "THMs" (trihalomethanes), which form when chlorine combines with compounds found naturally in water. THMs are known to be cancer-causing, and in their previous studies the team found the same results, especially for water from chlorinated water systems. [*International Journal of Cancer; Journal of Epidemiology & Community Health; Epidemiology*]

## Did You Know?

- ◆ There are 1,792 steps to the top of the Eiffel Tower, 296 steps to the top of the Leaning Tower of Pisa, and 168 steps to the crown of the Statue of Liberty.
- ◆ In many species of birds, the eyes weigh more than the brain.
- ◆ A snail takes 115 days to travel a mile.
- ◆ How fast is "in a jiffy"? Faster than you can say it. A "jiffy" is equal to one one-hundred-thousand-billion-billionths of a second, according to lexicographers.
- ◆ The inside of a cucumber is 20 degrees cooler than the air temperature on a warm summer day.

## Cutting Down Trees?

Before you cut down any trees, please contact Linda Roetman at the Municipal Building to be that you don't need a permit.

Under Borough Ordinance Chapter 157, permits may required before trees are cut down.

Did you know when lightning strikes it can reach up to 30,000 degrees Celsius (54,000 degrees Fahrenheit)?

Did you know "bookkeeper" and "bookkeeping" are the only 2 words in English with 3 consecutive double letters?



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# Glenburn Events

COMMUNITY CENTER EVENTS

## KIDS CARDIO CRAZE

**2 Week Introductory Class**  
**Tuesday-Jun 12 & Tuesday-Jun 19**



**4:00pm (1 Hour)**

**2 Classes for \$12!**

**Instructor—Jennifer**  
**Recommended for**  
**ALL Ages!**



This fun class will combine games & drills to improve speed, agility and coordination. Perfect for beginners looking to get into sports as well as the advanced athlete.

CALL OR E-MAIL NOW TO SIGN-UP:  
 (973) 706-6471 Comm Center Phone -or-  
 jcarelli@riverdaleborough.com

## **BOB ROSS**

### **TECHNIQUE**

### OIL PAINTING

**Thursday-Jun 7**

**6:00pm**

**\$35/Incl's ALL Supply**

**Instructor-Bob D.**

**Scene:**

**Meadow with Bridge**



**Must Sign-Up:**

**(973) 706-6471 -or-**

**jcarelli@riverdaleborough.co**

## TOT'S MUSIC CLASS

**Every Friday**

**10:00am (1 Hour)**

**Instructor—Miss Ildiko**



Interactive Music Class for Ages 1 thru 5.

Hands-on instrument use for everyone,  
 sing-a-long's and fun games!

Walk-In's Welcomed!

## **BOB ROSS**

### **TECHNIQUE**

**"ADVANCED"**

### OIL PAINTING

**Saturday-Jun 16**

**10:00am**

**\$45/Incl's ALL Supply**

**Instructor-Bob D.**

**Scene:**

**Gazebo in Park**

**Must Sign-Up:**

**(973) 706-6471 -or-**

**jcarelli@riverdaleborough.com**

## SENIOR ART

**Every Friday**

**10:00am (til' 12pm)**

**Instructor-Pam**

**Walk-In's Welcome**

**FREE**

Join everyone to learn  
 basic skills of drawing,  
 painting, crafts, n' more...

## SENIOR CHAIR

### AEROBICS

**Every Wednesday**

**10:00am (1 Hr)**

**\$2 Class**

**Instructor-Jennifer**



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**tember**

**Instructor—**

**Norma Overlock**

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**Behaviorist**



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**(201) 337-6179**

## EXERCISE!

E-mail questions: [jcarelli@riverdaleborough.com](mailto:jcarelli@riverdaleborough.com)

### Monday's

Zumba Toning

7:30pm, \$6

### Tuesday's

Zumba

10:00am &

7:30pm \$6

### Wednesday's

KettleBell Fitness

7:30pm, \$7

### Thursday's

Zumba

7:00pm, \$6

### Plus "New"

Bootcamp (Tues &

5:30am \$5 Thur)

### Saturday's

KettleBell Fitness

9:00am, \$8

Dawn's Early Light



# CARL RICHARDS WALKING ON EARTH

The real miracle is not to walk on water or in thin air, but to walk on the earth.  
— THICH NHAT HAHN

## JUNE 1 TO JULY 1, 2012

OPENING RECEPTION FRIDAY, JUNE 1ST • 6 TO 9PM



RIVERDALE ART CENTER

### SALON N° 5

5 Mathews Avenue, Riverdale, NJ 07457 • 973.513.9250  
WWW.RIVERDALEARTCENTER.ORG

CLOSING  
RECEPTION

SUNDAY, JULY 1ST

2 TO 4 PM

# SALON N° 5

RIVERDALE ART CENTER

The RAC, 5 Mathews Ave.

973.513.9250

[www.riverdaleartcenter.org](http://www.riverdaleartcenter.org)

[info@riverdaleartcenter.org](mailto:info@riverdaleartcenter.org)



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

Join us Sunday, July 1st, for RAC Open House featuring all of our teachers, live music, light refreshments from 12 to 2.

**Sunday, July 1** there will be a closing reception, 2-4pm for **Carl Richards** and poetry reading by award-winning local poet, **Cat Doty**.

Art Classes: Art Club 4 Teens starts again Fridays, starting June 15th, from 6:30 to 8:30 pm. \$25 per class. Sign up for Life Drawing workshop with Tracy DiTolla for July 11, 6 to 9 pm, \$60. Ongoing independent study with 24/7 art studio access for \$100 per month. Call 73-513-9250 to preregister or email [lmooney@riverdaleartcenter.org](mailto:lmooney@riverdaleartcenter.org)

**Salon No. 5 Gallery at The RAC is open  
Thursday - Saturday  
12 to 5 pm**



## PHOTO TIPS: BRACE FOR EXPOSURE

Your heartbeat causes your body to move around a lot more than you might think. Try sitting perfectly still for a minute and you'll see what we mean.

While it keeps you alive, this movement can cause your arms to move around a lot, taking your camera along with it. This can lead to blurry photos. The best way to prevent this to to adopt a bracing stance.

With your feet shoulder-width apart, tuck your arms into your chest. This will cut down on shake dramatically. **For extra stability, lean up against something solid, like a wall or a pillar.**



*Taken from [www.Photojojo.com](http://www.Photojojo.com)*

## 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



### Join Riverdale Recreation on a trip to **NY Yankees vs. Toronto Blue Jays**

August 27, 2012

7:10 p.m. - bus leaves Community Center at 5pm

Ticket Price: \$95.00 - Lower Level (section 214B)

\$45.00 - Upper Level (section 408)

*For tickets call Debbie King at 862-228-1213 or email [Riverdalerec@gmail.com](mailto:Riverdalerec@gmail.com)*

*Deadline to purchase tickets is JULY 15, 2012*



**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](mailto:riverdalerec@gmail.com). (There is a small fee for a team T-shirt for those who did not receive one last year.) Info at the first practice.

### Dorney Park Discount Tickets through Riverdale Recreation!

Log onto [www.dorneypark.com](http://www.dorneypark.com) and enter RRD123 in the "enter promo" field in the upper right corner of the home page and receive discounted tickets!

Questions? Call Anne Gould  
at 973-248-9663.

**Dorney Park**  
& Wildwater Kingdom

### SUMMER REC

Parent Meeting

June 15, 6:30 PM

Community Center

Get the details on the program &  
Trips.

Meet your child's counselors.

Bring your questions.

To see the photos of many of the events taking place around town, go the Borough's Website at [www.RiverdaleNJ.gov](http://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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**STONELEIGH - RIVERDALE!**

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STONELEIGH!**

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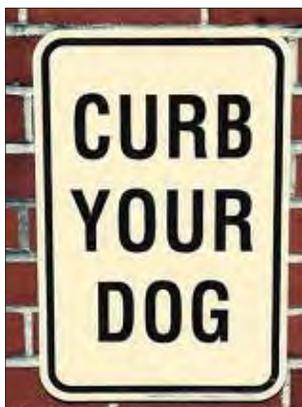
**CALL ME TODAY!**

**Call Tina Cali 973-493-1477**



**POOL SAFETY.** Always keep a rope, life ring, and/or your long-handled skimming net or pool brooms near the pool and in easy reach so that they can be used as a rescue pole in case a swimmer needs help. ♦ Not all pool covers are safety devices that support weight, and small children and animals can drown even in a shallow puddle that forms in a pool cover. Don't take a chance. ♦ Children always need adult supervision when using a pool. Don't leave a child alone even for a moment to run into the house, whether it's to answer the phone or front door. All it takes is a few seconds for a tragedy to happen. ♦ Make family rules about how many and which children can be guests at the pool. To ensure the safety all guests, you have the right and the obligation to ban those who won't follow your safety rules. ♦ The chemicals used to clean and sanitize pool water can be harmful when improperly used or stored. If mixed with other chemicals or elements, pool chemicals can cause explosions and fires. ♦ NEVER add chemicals to the water if swimmers are in the pool. And allow for the correct amount of time after adding chemicals for anyone to swim. ♦ Have a foot rinse-off dishpan or tub near the pool to keep grass clippings and dirt out of the pool. ♦ Have an outdoor hanging place (rack, clothesline, fence, lawn chair) for wet towels and bathing suits. If you have a large family or many swimmers, you can't keep up with washing so many towels each day. Even putting all the wet things in the dryer gets tedious by mid-summer. 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.



**CLEAN UP AFTER YOUR DOG**

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

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

# 9th Annual Summer Concerts in the Park

Wednesdays at 7:30 PM  
at Freedom Park

July 11

Ring of Fire Band (Johnny Cash)

July 18

Frankie G and the Toys (60's)

July 25

Alternative Groove (Classic Rock & Soul)

August 1

Elvis - One Night With You

August 8

Rave On (Buddy Holly)



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**EYEGLASSES  
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Free eyeglasses or RX Sunglasses  
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Buy a complete pair (frame and lenses) at tag price and receive a free complete pair of eye-glasses or RX sunglasses - some prescription, valued up to \$200. First pair must be of equal or greater value to free pair. Certain frames excluded including Maui Jim and Oakley. Cannot be combined or used in conjunction with any vision care or insurance benefits or plans, any store or other offer, discount or sale, previous purchases, readers or non-prescription sunglasses. Savings applied to lenses. Valid prescription required. Valid at participating locations. Void where prohibited. Some restrictions apply. See store for details. Offer expires 6/30/2012. R. Lovett NJ Lic# D3520 and E. Murtz NJ Lic# 3050

**SAVE 30%  
EVERY DAY!**

Discount off tag prices. Valid on multiple pairs. Frame and lens purchase with valid prescription required. Certain frames excluded including Maui Jim and Oakley. Cannot be combined or used in conjunction with any vision care or insurance benefits or plans, any store or other offer, discount or sale, previous purchases, readers or non-prescription sunglasses. Savings applied to lenses. Valid at participating locations. Void where prohibited. Some restrictions apply. See store for details. Offer expires 6/30/2012. R. Lovett NJ Lic# D3520 and E. Murtz NJ Lic# 3050

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# Having Trouble Sleeping?



**A good night's sleep may be worth more than you think.** Researchers affirm that sufficient, restful sleep is vital to one's health, safety and well-being, warding off illness while also affecting everything from mood and energy level to job performance and personal relationships. According to the U.S. Centers for Disease Control and Prevention, sleep deprivation can trigger the onset of diabetes, heart disease, depression, obesity and other serious conditions. Even more worrisome, lack of shut-eye can be downright dangerous, interfering with driving and daily functioning - and causing preventable accidents and injury.

Are you short on sleep? Or feeling tired during the day no matter how long you spend in bed at night? If so, you could be among the millions of Americans who suffer from a chronic sleep disorder.

**We'll Help You Rest Easier.** Accredited by the American Academy of Sleep Medicine, Chilton's recently modernized Sleep Health Institute is dedicated to diagnosing and treating a full range of sleep problems in both adults and children. We offer a comprehensive spectrum of services, including free sleep health screenings, personalized sleep studies, diagnostic testing and sleep disorder therapies, along with a team of experts who share 70 years of experience in the field. Led by a board certified sleep physician, our staff has treated more than 10,000 patients since the program's inception and is trained in the latest sleep medicine techniques. Our goal is to help you reclaim a restful night's sleep - and all its rewards, from better memory to better health.

## Types of Sleep Disorders.

There are more than 80 different kinds of sleep disorders that can affect individuals at any age. Some of the most common include:

- **Sleep Apnea** - This serious disorder occurs when breathing is briefly and repeatedly interrupted during sleep. Those afflicted often experience loud snoring, choking and gasping sounds while struggling to breathe, though many are unaware of the problem until it's brought to his or her attention by a bed partner. Other symptoms may include sleeplessness, daytime sleepiness, focus and memory trouble, irritability and depression. Sleep apnea can be life-threatening if left untreated, increasing risk for high blood pressure, heart attack, stroke and other medical conditions.
- **Parasomnias** - This broad category includes a variety of abnormal sleep behaviors, such as night terrors, nightmares, sleepwalking and bedwetting, which occur as one is falling asleep or during the sleep cycle. While they can affect anyone, they're most frequently found in children.
- **Narcolepsy** - This neurological disorder is caused by the brain's failure to regulate sleep-wake cycles. Most prominent in teenagers and young adults, the condition is typically associated with excessive daytime sleepiness or "sleep attacks," dream-like hallucinations, and sleep paralysis. Once diagnosed, the disorder responds very well to treatment.
- **Nocturnal limb movement disorders** - These disorders are characterized by repetitive limb movements during sleep, such as brief muscle twitches, jerking, or upward flexing of the feet. The movements generally occur every 20 to 40 seconds in episodes that can last for a few minutes or several hours.
- **Insomnia** - People who suffer from insomnia have trouble falling asleep or staying asleep, often as a result of stress, anxiety, depression, pain, prescription medications or a host of other contributing factors. Chronic cases require professional treatment.
- **Excessive sleepiness** - A persistent state of feeling tired or sleepy may be caused by self-imposed sleep deprivation, poor sleep habits or other sleep disorders.
- **Sleep problems associated with other diseases** - High blood pressure, heart failure, Parkinson's disease, chronic pain and other ailments can interfere with sleep and trigger various sleep disorders.

**Sleep Disorders in Children.** Sleep disorders affect kids, too... babies, toddlers, teens and all ages in between. Truth is, snoring is just as concerning in children as it is in adults, posing serious health risks associated with sleep apnea. It is important to recognize, however, that children may exhibit different symptoms. For example, rather than daytime sleepiness, sleep apnea can cause hyperactivity, school problems and behaviors that are sometimes misdiagnosed as Attention Deficit Disorder.



Other sleep problems, such as night terrors, sleepwalking and narcolepsy, are prevalent in young children and adolescents. At the same time, adolescents and teenagers often lose sleep as biological changes increase their desire to stay up later while getting up earlier for school, sports and extracurricular activities. This puts them at risk for poor grades, depression and even car crashes once they're old enough to drive. *Taken from [www.chiltonhealth.org](http://www.chiltonhealth.org)*

## Cheese is Better than Butter

Despite traditional cautions against eating animal fats to keep cholesterol in check, Danish researchers have found that eating hard cheese is better for the arteries than consuming the equivalent number of calories in butter.

According to their study, published in *The American Journal of Clinical Nutrition*, when hard cheese accounted for 13 percent of participants' daily calories, the LDL (bad cholesterol) did not increase. When the same individuals switched to consuming more butter, their LDL levels rose. Their researchers were unsure what caused the results, but noted that cheese contains a lot of calcium, which can increase the amount of fat excreted by the digestive tract. *Taken from Natural Awakenings magazine.*





# Vacation Bible School Riverdale Baptist Church

July 9-13, 6:00-8:00 pm Ages 5-12

rbcnj.org Preregister: 973-835-3275 or riverdalebaptist@yahoo.com



**Screw Loose?** Set screws are those tiny fasteners that hold everything from doorknobs on their spindles to wall-hung toilet-paper and towel hooks on their brackets. But some set screws just won't stay set. Try applying a drop of Loctite Threadlocker Blue to the threads and reinserting it. "It's a superglue-type adhesive that's strong enough to keep the screw from vibrating out, but will easily release when you want to unscrew it," says Norm Abram. No glue will help if the threads are stripped, though. In that case, wrap some sewing thread clockwise around the screw's shank before putting it back.

**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

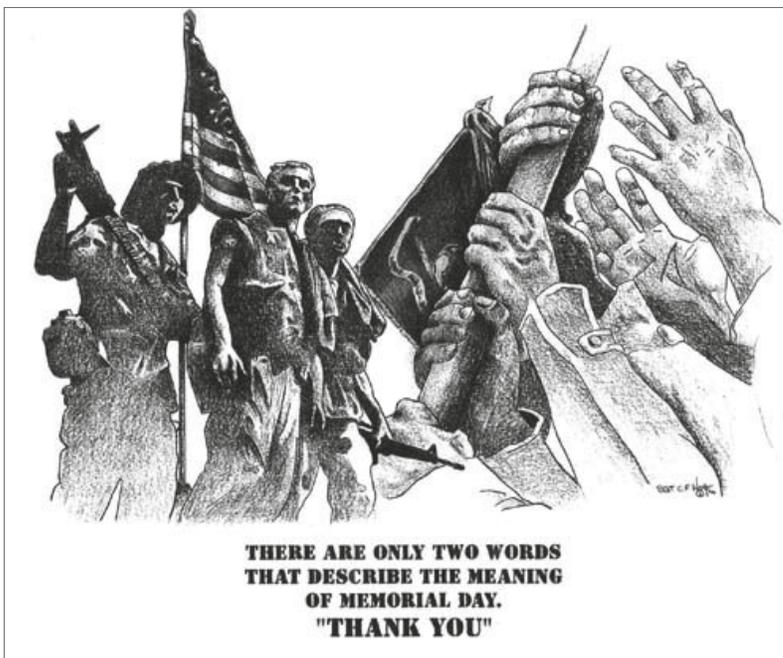
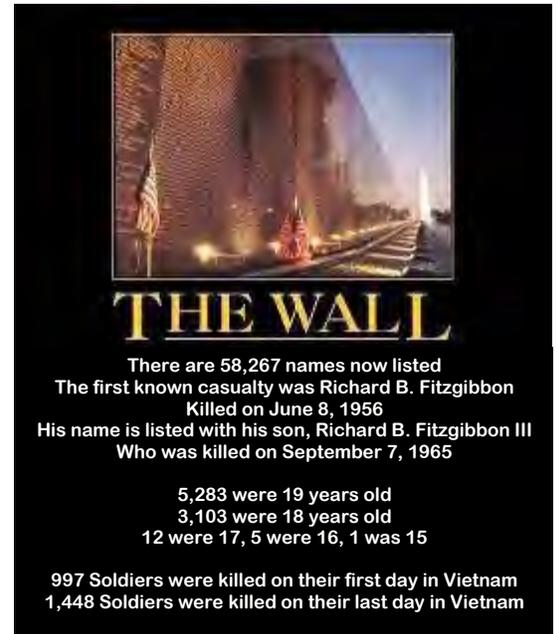
*Items with expired dates are not accepted.*

- ✓ 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.)





# RIVERDALE



## School News

## Another



**D.J. Schuck** and parents at Middle School Leadership Award Dinner



The Riverdale Ram visited 3rd & 4th grade students during NJ ASK testing, praising their stamina and hard work throughout the testing week.



Ms. Szwed with members of the brass ensemble, 8th graders: **Mary Dougherty, D.J. Schuck, Neelav Patel, & Steve Papadopoulos.**



**Steve Revis, Board Vice President, Mrs. Donnelly & Dr. Wyks.**



**Nicole Merendino, Raoul Wallenberg nominee, and Ms. Conn.**



**Casey Struble, Rotary Award Recipient, with Principal Keith Cortright.**



# DAILY NEWS

## Summer Glenburn Event

## Grand Opening



Freeholder Hank Lyon is on hand for the Grand Opening of **Coney Island Pizza** with owner, Jed. Home of the Brick Oven Pizza.



Girl Scouts from the Lakedale Service Unit held their 1st Annual Camporee at Glenburn Estate on May 19th. Girls from Kindergarten to 7th grade plus many adult chaperones spent the night in tents under the stars. They held field events like Obstacle Course, Bucket Race and 3 legged race. After a barbeque, they roasted marshmallows and enjoyed smores around a campfire, while singing all kinds of traditional Girl Scout songs.



# Riverdale Health Department News

**Summer is almost here; update yourself on preventative measures for you and your family to take on this month's tips to assure that this summer is filled with fun, safe activities the whole family can share!**

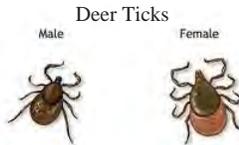
When preparing food for a special event or just a family BBQ, remember that there may be an invisible enemy ready to strike. It's called bacteria and it can make you sick, follow four simple steps to help protect yourself and your loved ones from bacteria and help keep your food safe. Log on to [www.fightbac.org](http://www.fightbac.org) for more information on cooking temperatures and food borne illness or contact the health department.



- Clean-** Wash hands and surfaces often.
- Separate-** Don't Cross Contaminate.
- Cook-** Cook to the proper temperatures.
- Chill-** Refrigerate promptly.

Prevent **Lyme disease** "Ticks". Protect yourself and know the signs. Lyme disease is an infection cause by a bacterium, spread through a bite of an infected tick; it is the most frequently reported tick borne illness in the US. Risk of exposure is greatest in the woods and in the edge area between lawns and gardens but can also be carried by animals and house pets. Early signs & symptoms:

- A characteristic skin rash, a "bull's eye".
- Fatigue, Chills and fever, Headache
- Muscle and joint pain
- Swollen and joint pain and lymph nodes



**Prevent Lyme disease what you can do:**

1. Wear repellent
2. Check for ticks daily
3. Shower soon after outdoors
4. Call your doctor if you get a fever or rash.

**For more information check out:** [www.cdc.gov/Lyme](http://www.cdc.gov/Lyme)

**Do you know a child or family who does not have health insurance or coverage for routine vaccinations?** If so please contact the Health Department Nurses. The HD offers a Child Health Conference on a bi-monthly basis to provide Well Child Care and Vaccinations for a nominal fee. For more information, please call 973-835-5700, Susan DeGraw, RN x 135 or Jean Vrablik, RN x 109.

**Gardasil available at no charge.**  
**TDap shot available for \$10.**

Contact the nurses at the numbers listed above for information on these vaccinations.



A new species of mosquito is spreading throughout NJ and may be in your backyard. The **Asian Tiger Mosquito** (*Aedes albopictus*) are black mosquito's with **Bright White Stripes** on the legs, back and head. Asian Tiger Mosquitos use containers of water located in SHADE to breed. Mainly these mosquitos bite in the daytime, shaded areas often locations of bites are on the feet, ankles and lower legs. Please dump standing water to destroy their breeding habitat. Discard all unwanted containers like:



- |               |               |            |
|---------------|---------------|------------|
| Old tires     | Flower Pots   | Buckets    |
| Plastic tarps | Kiddie pools  | Pet dishes |
| Bird baths    | Watering cans |            |

Contact Morris County Mosquito Extermination Commission at (973) 285-6450. [www.morrismosquito.org](http://www.morrismosquito.org)

**Composting** is a natural process where organic material decompose and are recycled into a dark, crumbly, earthy smelling soil conditioner known as "compost. Compost improves soil structure and moisture retention, and contributes to healthy plant growth by providing plant nutrients.



**Do Compost:**

- Vegetable food scraps
- Grass Clippings
- Leaves, Weeds, Flowers
- Sawdust and wood ash
- Chopped twigs and branches
- Coffee grounds w/filters

**Don't Compost:**

- Meat scraps
- Diseased or insect infested plants
- Weeds with seeds
- Dog and Cat feces
- Food with grease or soap residue

For more information about composting log onto: [www.rce.rutgers.edu](http://www.rce.rutgers.edu) look under **Home Composting**.

Let's **Prevent Poisoning** all year round, each year, 50% of poisoning happen to children under the age of five. You can keep children safe by following these poison prevention tips:



**Do:**

- Store cleaning supplies in a locked cabinet.
- Lock up prescription and over-the-counter medications.
- Teach children to ask first before tasting anything new.
- Keep children away from poisonous plants.
- Keep children in sight at all times
- Keep the poison Control Hotline number handy.

**Learn what not to do and more safety tips by logging on to [www.NJPIES.org](http://www.NJPIES.org). Call the poison control center IMMEDIATELY if a child eats, drinks, or touches something harmful. Poison specialists will instruct you call 1-800-222-1222.**



## Cover Up Bathroom Mold

The mildew-blackened caulk around your bathtub will surely disappoint your mother, but no amount of bleaching will make it white again. Here's a quick, cosmetic solution: Hide the mildew under a thin layer of fresh caulk. (Let it cure overnight before using the shower.) Mom will never be the wiser. This is not a permanent fix. If you don't remove and replace all the caulk, the mold will grow up through the new layer in a matter of weeks.

# Propane Gas Grill Safety Tips

## Propane Grill Do's

- Always use the grill outdoors in a well-ventilated area. Always follow all the manufacturer's instructions and keep written materials and manuals in a safe, accessible place.
- Make sure the grill burner controls are turned off and keep the cylinder valve closed when not in use.
- Make sure the gas grill is shut off and completely cooled before covering it after use.
- Always use or store cylinders in an upright, vertical position. Be sure to store them outdoors away from sources of ignition (i.e. heat, matches, or lighters).
- When a cylinder is refilled, have the supplier check for dents, damage, rust, or leaks.
- After filling, take the cylinder home immediately. While transporting, keep the vehicle ventilated with the cylinder valve closed and plugged or capped.
- When a grill is not in use, cover disconnected hose-end fittings and burner air intakes with small plastic bags, or obtain protective fitting caps from the propane gas retailer to keep out dirt, insects, and moisture.
- Before lighting a propane gas grill burner, use a leak-detection solution to check all connections for tightness. Contact a local propane gas retailer to obtain the leak-detection solution and instructions on how to use it.
- If there is a significant and uncontrollable release of gas or fire, call the fire department immediately and move all people and pets away from the unit.

## Propane Grill Don'ts

- Do not bring cylinders indoors or into an enclosed space such as a garage.
- Do not smoke while handling the propane cylinder.
- Do not leave the cylinder in a vehicle.
- Do not use matches or lighters to check for leaks.
- Do not allow children to tamper or play with the cylinder or grill.
- Do not use, store, or transport a cylinder where it could be exposed to high temperatures. (This includes storing spare cylinders under or near the grill.)

*Source:*

*National Propane Gas Association/Propane Education & Research Council (2003)*

**RECENT PARENT WORKSHOP** Mrs. Tomkins, technology teacher, presented an informative parent workshop on Social media Safety. The presentation was made available to parents through NCLB funding, and was the final workshop of the 2011-2012 school year. The district hopes to present another series of workshops, beginning in the fall. If there are any topics you would like considered, please contact Mrs. Palek in the superintendent's office.

**BAND AND CHORUS STUDENTS TO PERFORM** Band and chorus members, under the direction of Music Director Ms. Morris will be performing their Spring Concert on Thursday, June 7 at 1:15 pm. The public is invited to the evening performance of the concert on Tuesday, June 12<sup>th</sup> 7:30 pm.

**STORYTIME FOR INCOMING KINDERGARTENERS** who are invited to Riverdale School for any and all of the following story times, each of which will be hosted by a member of the district's staff. No pre-registration is necessary, but the parent/guardian should plan on remaining with their child for the event.

Friday, June 8 @ 1:15 pm

Tuesday, June 12 @ 1:15 pm

Wednesday, June 13 @ 9:30 a.m.

The Kindergarten orientation/parent tea is scheduled for June 5<sup>th</sup> from 8:30 – 10:15 am. If your child is eligible for kindergarten (age 5 by Oct. 1, 2012) and you have yet to register him/her, please call Mrs. Mennonna in the main office to begin the process.

**BOARD MEMBER HONORED** At its reorganization meeting on May 2 the Board of Education honored Colleen Tambuscio for her service to the community. Mrs. Tambuscio, who is an educator, served as board member for the past sixteen years, keeping students at the forefront of all her considerations. Thank you Colleen!!

Congratulations to incumbents Rich Osterhoudt and Kelly Norris along with newcomer June Carelli, who were sworn in to their respective terms at the May 2nd reorganization meeting.

### **Eighth Grader Receives Middle School Leadership Award**

Dennis J. Schuck, Jr. was recently honored by the Morris County Association of School Administrators for his academic achievement and leadership. Among D.J.'s achievements are: winner of this year's Geography Bee, member of the school band and brass ensemble, recognition as candidate for last year's Raoul Wallenberg Award, and member of the basketball and baseball teams. D.J. is currently the President of the Riverdale School Student Council and National Junior Honor Society. One eighth grade student from each school in Morris County was honored at a dinner in Parsippany, earlier this month. 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 demonstrated sense of responsibility as well as her efforts towards promoting understanding, acceptance, tolerance and peace.

**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 was chosen from a group of very deserving candidates to receive this award. Casey has shown tremendous resolve and has worked hard over the past several years to achieve success both in and out of the classroom. We are proud of Casey's efforts throughout her years at Riverdale School.

**DARE Graduation** Fifth graders have been working with police officers Keil and McDermott, receiving instruction in the Drug Abuse Resistance Education Program for the latter part of this school year. They received their certificates of completion at a recent school ceremony, during which they shared speeches and performed skits communicating the *anti* drug/alcohol, violence and bullying message. We thank the borough and police department and the municipality for their continued support of this program, which provides our students with additional strategies for remaining safe and healthy. The program also supports individual responsibility for combating peer pressure.

**Mrs. Quackenbush Models Lifelong Learning** Mrs. Courtney Quackenbush, second grade teacher, achieved a Masters Degree in Education with a concentration in Reading, through William Paterson University. Mrs. Quackenbush also was recognized by the University, receiving the Reading Award for Excellence in Scholarship and Research. Vocabulary Development was the topic her thesis. Undoubtedly, her advanced coursework will continue to benefit our students. Congratulations Mrs. Quackenbush!!

**Long time district faculty members retire** General and instrumental music teacher, **Michele Szwed**, announced her retirement, after 36 years of service to the district, effective June 6, 2012. Ms. Szwed's students have delighted members of our school community through their annual performances, participating in: Winter and Spring Concerts, commencement exercises, presentations to the senior citizens group, borough tree lighting events and Veteran's Day celebrations at school. Ms. Szwed's students often earned accolades in a number of festivals.

Ms. Szwed was honored at the May 16 Board of Education meeting, during which her current brass ensemble honored her with a performance. The Board of Education also honored Ms. Szwed with a resolution at the same meeting.

World Language teacher, **Marlene Donnelly**, will be retiring at the conclusion of the current school year and was also honored at the May 16 BOE meeting. During her 25+ year tenure in our school, Mrs. Donnelly served in a variety of capacities including Basic skills instructor and, Gifted and talented instructor. Her predominant role has been that of Spanish teacher, working with students to develop conversational skills, in preparation for future study of the language. Her students have performed a number of classroom skits demonstrating their abilities throughout the years.

Ms. Kathryn Krause, math teacher has also announced her retirement, after 5 years in the district. Prior to working in Riverdale, Ms. Krause worked in Ridgewood. While teaching at our school, Ms. Krause worked with students in the areas of special education and basic skills, as well as general education. All classes focus on mathematics. Ms. Krause's problem solving ninth period class was a much sought after class by our students. Many former students were on hand to celebrate our retirees, who are wished good health and much happiness.

### **June Events**

**June 4** – DISTRICT CLOSED

**June 5** – Kindergarten Tea 8:30 am

**June 6** – Field Day rain date  
BOE meeting 7:30 pm

**June 6-12** – Final exams mid. school

**June 7** – School concert 1:15 pm  
School Safety Team Meeting 2:45 pm

**June 8** – Grade 5 Field Trip  
K story time 1:15 pm

Eighth grade awards dinner

**June 11** – Grade 3 Field Trip

Kindergarten moving up ceremony

**June 12** – K story time 1:15  
Spring Concert

**June 13** – K story time 9:30  
BOE meeting

**June 14** – Gr. 7 Greek Festival Flag  
Day PTA meeting

**June 18** – Pre K beach party

**June 20** – one session day, eight  
grade commencement exercises



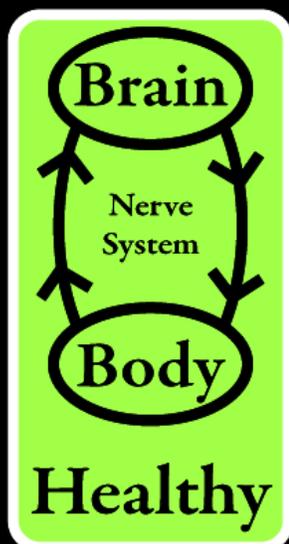
# Pain? Sickness? Disease?

migraine, arthritis, sinusitis, common headaches, asthma, high blood pressure, heart disease, tingling, numbness, carpal tunnel, digestive complaints, dizziness, GERD, allergies, colitis, ED, infertility, ear infections, and many more.

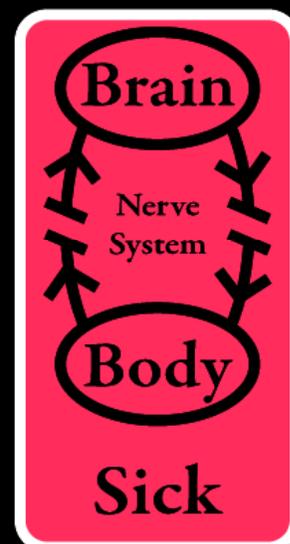
- There are hundreds of symptoms and conditions
- Most are the result of a malfunction in your body
- Medications often only mask symptoms.
- Medications often have dangerous "side effects."

## Simple Truth

True healing must come from within you



- 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 carries messages from your body back to your brain, monitoring every organ and function.
- A break in nerve communication in either direction can cause your body to malfunction resulting in dis-ease.



- Your spinal bones may misalign with each other just slightly, 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 malfunction, cellular mutation, sickness, disease, and pain.
- Gently re-aligning spinal bones can relieve nerve interference, allowing your brain to run your body more effectively, often resulting in healing and 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.



“A free people ought not only to be armed and disciplined, but they should have sufficient arms and ammunition to maintain a status of independence from any who might attempt to abuse them, which would include their own government.” *George Washington*

“You have rights antecedent to all earthly governments; rights that cannot be repealed or restrained by human laws; rights derived from the Great Legislator or the Universe.” *John Adams*

“If the American people ever allow private banks to control the issue of currency, first by inflation, then by deflation, the banks and corporations that will grow up around them will deprive the people of all property until their children wake up homeless on the continent their fathers conquered.” *Thomas Jefferson*.

“Political interest can never be separated in the long run from moral right.” *James Madison*

**Why We Say...** **Rings a Bell (to sound familiar, to spark a memory)** - Bells such as the type used in churches are large and loud. Their sound can be heard from a great distance. Bells sound a single, clear note so their sound is distinctive and not easily confused. Before electric sirens and amplification systems, bells were a valuable means of signaling people and alerting of important events. Further, accurate timepieces were not always as available as they are today. Bells were used to signal people of the start of events such as a church session, the start of school, or a celebration. The bells acted as a reminder of the start of the event for people who had an out of synch timepiece or no timepiece. Someone would literally ring a bell as a reminder. Bells were later used on clocks to mark the hour. A large clock usually in the town square could be heard throughout the town. This clock acted as a master time reference for the town. The hourly bell ringing gave people an opportunity to synchronize their respective timepieces, and early watches required frequent adjustment.

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

**ST. JOHN'S WORT** According to legends surrounding St. John's Wort, it is espoused by St. John of Jerusalem who is said to have used it in the time of the Crusades as a battlefield balm for its abilities to clean and heal some terrible battles wounds. St. John's Wort has been found to be very beneficial in healing wounds and is especially good for dirty, septic wounds. St. John's Wort has been used in cases of putrid leg ulcers, that nothing heals. Like the leach that was used not too many years ago for wound cleansing it does not destroy the healthy tissues and healthy cells but it cleans the dirt out of septic wounds. It helps reduce the inflammation in septic sores, in boils, in cellulite and lymphangitis.



The compound Hypericin was isolated from St. John's Wort in 1942 and has been used as an anti-depressant for emotionally disturbed people. This tranquilizing quality from small quantities hypericin increase blood flow to stressed tissue. There is a reduced capillary fragility and enhanced uterine tone due to the increased hypotensive blood flow.

The use of St. John's Wort has been shown to demonstrate a side effect producing a photosensitivity. Hypericin is absorbed in the intestines and concentrates near the skin. An allergic reaction takes place when those with light fair skin are exposed to sunlight. That exposure causes tissue damage. While taking St. John's Wort one should avoid strong sunlight whether the skin is dark or light. There is a photosensitizing substance produced under the skin by this exposure to sunlight that causes the skin to burn.

St. John's Wort relieves pain, it has a sedative effect, it is used for treatment of neuralgia, anxiety and nervous tension. It can be applied as liniment or poultice to relieve pain, for treatment over the spine for relief of nervous diseases that are related to the spine, sciatica, neuralgia, rheumatic pains, as a lotion for pain relief, eases bruises.

- ◆ Among the uses for St. John's Wort are a variety of conditions such as Chronic Fatigue Syndrome, and mental burnout.
- ◆ St. John's Wort is used for control of viral infections, for reduction and control of tumor growths, both malignant and benign.
- ◆ It is also known to be useful for pulmonary complaints, bladder trouble, suppression of urine, dysentery, worms and nervous depression.
- ◆ St. John's Wort acts to dissolve and remove tumors and also boils. It calms the nerves and increases the flow of urine.
- ◆ It is an excellent blood cleanser and blood purifier.
- ◆ St. John's Wort is used to relieve phlegm obstructions in the chest and lungs. It is beneficial with bronchitis and is known to eliminate all signs of the ailment.
- ◆ It is known to be valuable for treating internal bleeding. St. John's Wort contains an alkaloid that is a heart and artery stimulant.

*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).*



# Get Rid of Odors

Why spend the money on store-bought disposer-cleaning capsules when baking soda works just as well? First, run the unit with plain water to clear any gunk. Then, put in the stopper and fill the sink halfway with warm water. Add 1/4 cup of baking soda. Now remove the stopper as you flip on the disposer's switch. Toss in some lemon or orange peels as the water swirls down, and switch off the disposer when the water runs out.

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What a busy end of the Girl Scout year! Like school, Girl Scouts is finishing up in June and will take the summer off, but boy what a finish it is.

What a fun Memorial Day parade (actually two – Riverdale and Pompton Lakes) it was for Girl Scouts this year because we had our very own BIRTHDAY CAKE! The five foot high cake, made of paper mache by Cadette Troop 124 and decorated with “flowers” made by girls of all levels, was the centerpiece for our 100<sup>TH</sup> Birthday of Girl Scouts celebration and was surrounded by all the girls carrying candles. What a sight to see. Also in May, the service unit had a Camporee at the Glenburn Estate. With perfect weather, almost 100 girls spent the afternoon playing games and doing crafts before having dinner and, of course, s’mores around the campfire while singing campfire songs. For many of the girls this was their first time camping and it was a huge success. Hopefully next year it will be bigger and better!

Troop 285’s Pig Races were ADORABLE! You probably heard the girls cheering on their “pigs” that night at your house. Troops of every level dressed up their mechanical pigs as babies, movie stars – you name it! Each troop that participated was so creative that not only did they dress up their pigs, but they dressed up themselves to match. And the winner was...It doesn’t matter. Fun does not even begin to describe the night.

A highlight of the year was our First Annual Court of Awards. This ceremony was an opportunity for all the girls to be recognized for their accomplishments during the year in front of family, friends, the Mayors of both Riverdale and Pompton Lakes and their school officials. In addition, the girls who bridged, or moved up from one

level to the next, were able to do it in front of the entire service unit and with the support of the rest of the troops. Every troop present was given badges, patches and awards they earned and the girls that earned their Silver and Bronze Awards were highlighted. So many people showed up to support the girls that next year we’ll have to move to a larger location. Thank you for your support.

Lastly, if you want to register for next year, look for the information in this newsletter or a flyer coming home through school. Or you can contact Paulette Brauch at 973-390-5066, [letuna1@hotmail.com](mailto:letuna1@hotmail.com). See you in September!



*Brownie Troop 94283 donated their Gift of Caring cookies to Operation NJ Cares, an organization that collects and ships items to troops overseas.*

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## Edible Treasures of Ascoli Piceno

Ascoli Piceno is the southernmost province of Italy's Marche region, about 2 hours north of Rome. It borders the region of Abruzzo to the south, is caressed by the Adriatic Sea to the east and protected by the Apennine Mountains to the west. This little-known province is home to some wonderful delicacies. Food

historian and author, Francine Segan, educated us all at a recent event held in NYC's Princeton Club.

For instance, Olive all'Ascolane is a taste sensation. These olives were already famous during Roman times for their pleasing, mild flavor. Start with the tender, succulent green olives that grow only in Ascoli Piceno. Knife peel each one by hand. Simmer 3 types of meat together and season to taste. Squeeze the meat into a small ball and wrap an olive around each one. Tap this stuffing into the olive 10 times. Dip each rotund olive into egg, flour and bread crumbs, then fry in hot olive oil. Yes, it takes hours. Yes, it's worth it. Perfect for an antipasto or side dish, you'll never think about olives the same way again.

An unassuming little town in Ascoli Piceno, called Offida, is home to Cantina del Picchio, a restaurant where Francine swears she had the best meals of her life. The Cantina has an outstanding chef, Emilio Pasqualini, who serves up heavenly dishes on a daily basis in this out of the way place. Chef Pasqualini recently spent some time in NYC and, just before returning to Italy, prepared the olive all'ascolane for our Princeton Club event. According to Francine, he made 800 of them. Delicious.

An award-winning egg pasta also comes from this region, Spinosi Pasta. Made with fresh eggs, superfine flour, salt and

Spinosi's own full-bodied olive oil, this pasta is rich in protein, Omega 3 and Vitamin E. It cooks in 3-4 minutes and is very porous, meaning that a little goes a long way and it quickly soaks up any sauce you serve with it. The flavor of this dry pasta rivals that of fresh pasta from other brands. You can find Spinosi Pasta at Di Paolo's in NYC's Little Italy or online.



Ascoli Piceno not only offers food, but it is also a great source for wine. The Ciu' Ciu' Winery produces Kurni, which Joe Bastianich lovingly describes in his new book, Grandi Vini, An Opinionated Tour of Italy's 89 Finest Wineries. I haven't tasted that particular wine, but I have tried Oppidum from the same winery, and it has become a favorite of mine. It's a smooth red with just the right amount of body. This winery is an organic operation and the reds have extremely low sulphite levels.

If you prefer white wine, I highly recommend the Ciu' Ciu' Pecorino. It tastes like apricots, dandelion and honey, and I loved it.

Ascoli Piceno has a colorful Carnevale in February and a Renaissance Faire in August that has the whole town dressed in period costumes. One of its landmarks is Caffè Meletti, voted among the Most Important Cafes in Italy. Not only is it an architectural masterpiece, but its guest list includes Ernest Hemingway and Jean-Paul Satre.

For DiPaolo's, visit [dipaoloselects.com](http://dipaoloselects.com).

For the wine, visit [ciuciu vini.it](http://ciuciu vini.it)

To learn more about Ascoli Piceno, visit [www.provincia.ap.it](http://www.provincia.ap.it)

Submitted by Carolyn Masone

[www.essenceofitaly.net](http://www.essenceofitaly.net)

## LIQUID TASTE TREATS

Getting started requires only a blender or a juicer, depending on the recipe. Juicing is great for a quick jolt of concentrated energy; the drink delivers maximum nutrient intake, and the absence of fiber enables near-immediate absorption of vitamins and minerals. Juicing is also preferred by people with digestive issues or those looking to cleanse or heal their system.

While blending a green smoothie reduces nutrient concentration through oxidation, by whipping air into the drink, it is ideal for people that need to keep their sugar in check. It's the flip side of juicing, which can turn a five-pound bag of fruits and greens into a glass of concentrated fruit sugars, call fructose. Blending also delivers fiber, which helps keep the digestive tract which helps keep the digestive tract in tip-top shape. It can even serve as a complete meal; you can avocado or raw almond butter for healthy fats, and protein powder, raw chocolate and bee pollen for extra stamina and endurance - much more than what is possible using a juicer.

**COOL SLAW** This refreshing summer delight is perfect for parties by the pool, barbecues and picnics in the park. Broccoli's cancer-fighting properties combat carcinogen introduced to meat by a smoky grill. Ginger works to settle stomachs and has long been a remedy for heartburn.

- 1 crown of broccoli
- 1/2 small red cabbage
- 2 carrots
- 1 lemon (peeled)
- 1 green apple
- Ginger to taste



Peel ginger root and juice all ingredients together. Serve over ice.

**MINT JULEP** Think of this drink as summertime in a glass. Though the name traditionally has a less-than-healthy connotation, this vitamin-rich twist on the theme will leave partakers refreshed and energized. Celery and mint make for a smooth and clean taste, while delivering essential nutrients and properties known to help lower blood pressure. Bottoms up!

- 1 stalk celery
- 1 handful mint leaves
- 2-3 handfuls spinach
- 1 apple



Combine ingredients and juice.

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