

July 2012

Riverdale News & Events

Vol. 7 No. 10

A Monthly published by the Riverdale Mayor and Council

www.RiverdaleNJ.gov

Congratulations, 2012 Graduates!



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**FREE
SUMMER
CONCERTS IN
THE PARK
SCHEDULE ON
PAGE 26**



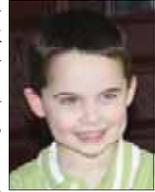
Recent Nighttime Medevac at Riverdale Armory.

Announcements

Happy 6th Birthday to **Emma Struble** on July 12. We love you Munchkin! Love, Mommy and Erin.



Happy 5th Birthday, **Jack Budesheim**, on July 8. Love, his proud parents Greg & Lisa; sisters Emma & Sara. Grandparents are Bill & Marian and Joe and Diane D'Imperio.



Happy Birthday, **Anne Gould**, on July 18. Love, Reilly and Dave.

Happy 6th Birthday, **Kevin Budesheim**, on July 2. His proud parents are Matthew and Sylvana; brothers Matt and Nick. Grandparents are Bill and Marian and Silvio and Myrna Gavilanes.



Happy July Police Birthday to **Patrolman Travis Roemmele** (5th) **Detective John Barone** (10th).

Wedding Bells

Ann and Steven Frast would like to announce the marriage of their daughter **Amelia** to **Derrick Andressen** on Friday June 8, 2012. The ceremony and reception took place at Perona Farms in Andover NJ. They enjoyed a honeymoon cruise to Florida the Bahamas.



Riverdale Seniors

The first meeting of the month was held on Monday, June 4, 2012. **President Loretta Lippens** opened the meeting and greeted everyone. **Chaplain Grace Chiesa** read a lovely piece called "My Whole Life Long". The group was then led in singing "You're a Grand Old Flag", in honor of upcoming Flag Day. **First Vice President Dorothy Bowersox** introduced the June Birthday people and they were given a "Happy Birthday" song. President Lippens read a thank you note from **Elaine Peacock**, thanking the Seniors for their care and concern on the loss of her mother Kay. The Senior's response was heart warming.

Mayor Budesheim attended the meeting and filled us in on upcoming

events in Riverdale. He announced that the concerts in the park will begin on Wednesday night, July 11th. All are welcome. The Mayor also took photos of those who wanted them and he will make up ID cards for them.



Following the meeting, dessert, coffee and tea were served.

The second meeting of the month was held on Monday, June 18, 2012. President Loretta Lippens opened the meeting and announced we would be having a speaker, who also brought refreshments. Chaplain Grace Chiesa gave a reading, "Let Go".

Marion Davis led the group in singing "America the Beautiful". **Secretary Jean McMichael** took attendance, with 55

members present. **Joan Moran** is back in the hospital and **Barbara Hallock** will be having an operation. Our prayers are with these members. **Irene Moehring** thanked everyone for their cards, concern, prayers and phone calls during her trying health problems. **Trip Chairperson Barbara Stillwagon** encouraged people to get their name on the list for upcoming trips to Black Head Mountain Lodge and also the PNC Arts Center. President Lippens gave a run down on the upcoming town concerts in the park. Get in on the fun! They start Wed., July 11th.

Our speaker of the day was Andrew Wubbenhorst, who spoke on energy deregulation, Stream Energy and Ignite.

Following the meeting, dessert, coffee and tea were enjoyed by all. Have a happy summer.

Presented by Marion Davis



Cheers! When you have decided to toss the old wine rack, think again. Turn it into a towel storage for the bathroom.

No-Bake Cheesecake

Ingredients:

- 1 8 oz. package low fat cream or neuchatel cheese
- 1 (3-4 oz.) package of low sugar/no sugar vanilla pudding mix
- 1 cup low fat milk
- 1 graham cracker crust, ready-made
- diced fresh fruit, etc. (optional)

Directions:

Bring cheese to room temperature in bowl. Add the milk, then the pudding mix. Mix well with hand mixer. May also be done in the blender. Fold in fruit if wanted. Pour into prepared crust, smoothing top with spatula. Chill at least 2 hours in refrigerator. Can be topped with fruit or enjoyed plain.

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 for adult programs and riverdalelibrarykids@nac.net for children's programs. You can also register online at 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 Tues, 10:15–11:00 am or 1:30–2:15 pm

CHILDREN'S PROGRAMS

Drop In Craft — Join us on Tues, July 10, 17, 24 & 31 and Tues, Aug. 7 from 2:00-3:00 pm Kids in grades K-5 can stop by anytime during the hour to do our craft of the week!

Puppy Pals Reading Club — Trained dogs listen as children in grades K-5 read a favorite book to them. Wed, July 11 and Aug. 8, (2nd Tues of each month) from 4:00-5:00 pm.

Lego Lab — Bring your building talents and we'll provide the Legos and a fun story. For kids entering grades K-5. Wed, July 18th 4:00 - 5:00 pm.

Friday Matinee — Bring the family on Fri, July 20, 1:30 - 3:00 p.m. to enjoy our Friday film *How to Train Your Dragon* [PG]. Popcorn and juice will be served.

Breakfast Book Club — On Sat, July 21, 10:15 - 11:30 am kids entering grades 2-5 and their parents can enjoy a potluck breakfast, do a fun craft, and talk about the book "The Lemonade War" by Jacqueline Davies.

Stuffed Animal Sleepover — Kids entering grades K-3 can bring their favorite stuffed animal on Wed, July 25, 4:00 - 5:00 pm for a pajama themed story hour featuring stories, singing, snacks and more!

Collage Art — Kids entering grades 2-5 can join local artist Yvonne Fascicles on Tues, July 31, 3:00 - 4:00 pm as she shares her techniques for creating unique collage art.

Game Time — Kids and their families can join us on Thurs, August 2, from 3:30 - 4:30 pm to enjoy a selection of fun board games and activities!

TEEN PROGRAMS Grades 6 and up

Art Workshop — Make fun crafts on Wed, July 11, 4:00 - 5:00 pm to make your summer even better!

Teen Book Discussion — Join us Wed, July 18, 6:00-7:00 pm for pizza as we discuss *Airborn* by Kenneth Oppel.

Blind Scavenger Hunt — Learn to heighten your other four senses on Wednesday, July 25, 6:00 - 7:00 pm finding hidden surprises throughout the library.



HOURS

Monday	10-8	Thursday	10-8
Tuesday	10-5	Friday	10-5
Wednesday	10-8	Saturday	10-2

Teen Theater — Thurs, July 19 and 26, 3:00-4:30 pm.

Plan a play based on a well-known children's book and then be a part of the debut performance!

Teen Knitting Night — Thurs, Aug. 9, 4:00-5:00 pm Hang out with friends and learn how to knit using fun and easy designs!

Teen Advisory Board (TAB) — Thurs, Aug. 9, 5:00-6:00 pm Teens have the chance to plan programs and choose materials for *your* library!

ADULT PROGRAMS

Ancestry.com — Learn how to discovery your ancestry on Thurs, July 12, from 6:00-7:30 pm using the library edition of Ancestry.com.

PowerPoint Computer Class — Learn to create and show presentations that will engage and inform your audience on Wed, July 18, from 6:00 - 7:00 pm.

Microsoft Word Computer Class — Learn about the basics of Microsoft Word on Thurs, July 26, 6:00 - 7:00 pm.

Family Tree Workshop — Join us for an educational presentation and discussion on Mon, July 30, 6:30-7:30 pm where you'll learn how to research your ancestors and create a family tree.

Social Networking Class — Learn the basics of Facebook and Twitter on Wed. Aug. 8, 6:00-7:30 pm

Personal Collage Workshop — Enjoy this collage workshop for adults on Sat, Aug. 4, 11:00 - 12:30 pm. Space is limited so register early!



JUNE HIGHLIGHTS!

On June 7, local author Don E. Smith introduced us to the Van Winkle family of Hawthorne, the subjects of his newest book

"The Goffle Road Murders of Passaic County."

ADULT BOOK DISCUSSION GROUP

Join us for a discussion the fourth 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!

July 23 — *Snow Flower and the Secret Fan*
by Lisa See

MONTHLY

Photography Club— 4th Mon. of each month. July 23rd, 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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Open to the Public!

Push to Walk would like to invite our friends, donors and supporters to join us for the following **Summer Camp** events.

All events are **FREE-No Admission**

Please RSVP for events you are interested in attending.

Open Houses at Push to Walk Tuesday, July 17, 9:30 am-5:00 pm; Thursday, July 19, 9:30 am-3:30 pm
See our program and equipment, ask questions, meet trainers and clients!

Ice Cream Social and special Guest Speaker Scott Chesney
 Sunday, July 15 at 4:00 pm - Riverdale Senior Community Center, 57 Loy Avenue, Riverdale

Adaptive Sports Day Saturday, July 21 at Central Park of Morris County, 10:00 am to 7:00 pm
 Hand cycles, yoga, adaptive softball and lunch. Guest Speaker **Scott Chesney** at 6:00 pm. Spectators and volunteers are welcome in addition to participants.

Push to Walk, 6 North Corporate Drive, Riverdale, NJ 07457
 862-200-5848 slajam@pushtowalk.org; www.pushtowalknj.org



Dr. Joseph J. Young
 Chiropractic Physician

7 Newark-Pompton Tpke
 Riverdale, NJ 07457
 Office: 973-831-1100
 Fax: 973-831-6622

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- Physical Therapy
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Make your own air freshener



So apparently, you don't really need all those scented plug-ins, sprays, or automatic dispensers that look like space ships. This recipe couldn't be easier. It's just baking soda, with around 8 drops of your favorite essential oil. Give it a shake every now and then to refresh the scent.

- ◆ The average bed contains over 6 billion dust mites.
- ◆ The word racecar can be spelled the same way backwards.
- ◆ The lifespan of a squirrel is 9 years.
- ◆ The Atlantic Ocean is saltier than the Pacific.

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! **Thank you, John. Riverdale appreciates your generosity!**



FOLLOW RIVERDALE ON FACEBOOK

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.

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

Keeping the Kids Entertained during the Summer

Homemade Play Dough - Kids Recipe

- 1 cup flour
- 2 teaspoons cream of tartar
- 1 Tbsp. cooking oil
- 1/2 cup salt
- 1 cup water with food coloring



Mix all ingredients in a saucepan. Cook for about 3 minutes, stirring constantly until a firm ball is formed. Knead a few minutes. Store in an airtight container. This needs no refrigeration and will last a long time. It is not edible!

Bubble Solution - Kids Recipe

- 1/3 cup dish soap or baby shampoo
- 2 teaspoons sugar
- 1 1/4 cup water
- 1 drop food coloring



Combine ingredients and pour into an unbreakable bottle. To blow bubbles, experiment using plastic straws, pipe cleaners formed into loops, strawberry baskets from the grocery store, spoons with holes in them and other items you think of. Do not drink.

Finger paint - Kids Recipes

- 1/2 cup cornstarch
- 3 Tablespoons Sugar
- 2 cups cold water
- Several drops of food coloring
- 1 drop dish detergent
- Plastic cups



Mix sugar with cornstarch in a saucepan. Add water and mix. Cook over medium heat for 5 minutes, until the mixture starts to boil and thicken. Take the pan off the heat, cool, and pour into plastic cups. Add a few drops of food coloring and a drop of dish detergent. Mix, then go!

Face Paints - Kids Recipe

- 1/2 cup 1 tsp. Cornstarch
- 1/2 tsp. Cold cream
- 1/2 tsp. Water
- 2 drops food coloring
- Plastic cups



Mix cornstarch, cold cream, water, and 2 drops of food coloring in a cup. Stir. Make several cups of different colors. Cover your kids with a smock or old T-shirt, get a mirror and let the imagination flow.

MIDEAST FACTS

- ◆ The Sea of Galilee, at 695 feet below sea level, is the lowest fresh water lake in the world.
- ◆ The Dead Sea is the lowest surface point on earth, at about 1,373 feet below sea level.
- ◆ Jericho is the oldest continuously inhabited town in the world.
- ◆ The Mount of Olives in Jerusalem is the oldest, continually used cemetery in the world.
- ◆ Israel is comparable in size to the State of New Jersey 8,522 square miles to New Jersey's 8,721.



The Dead Sea

Did You Know?

- ◆ 23 year old George Custer was the youngest man ever to become a general in the Army.
- ◆ In tennis, the term "love", meaning zero, comes from the French *l'oeuf* which is an egg, as in goose egg.
- ◆ Your feet swell through the day and can become as much as 5 to 10 percent bigger at the end of the day than they were in the morning.
- ◆ The average office chair on wheels travels about eight miles per year.
- ◆ "La Gioconda" is the actual title of the Mona Lisa.
- ◆ A.C. Gilbert was a U.S. pole vaulter in the 1908 Olympics. A year later he was scaling new heights with his invention of the Erector Set.



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 be required before trees are cut down.

A bowling pin will fall at a tilt of 7.5 degrees.

When water freezes it expands by 9%.

There are 31,536,000 seconds in a year.
The longest possible eclipse of the sun is 7.31 minutes.



90 Hamburg Turnpike
Riverdale, NJ 07457

973-839-7747

Fax 973-839-4269

mike@mikesfeedfarm.com

www.mikesfeedfarm.com

Glenburn Events

COMMUNITY CENTER EVENTS

KIDS CARDIO CRAZE IT'S BACK!



Younger Students (Ages 4, 5, & 6)
Tuesday-Aug 7 til' Aug 28
4:00pm (1 Hour)
Or

Elementary Age Students (Ages 7 & Up)
Thursday-Aug 2 til' Aug 30 (will skip Aug 9th)
4:00pm (1 Hour)

4 Classes for \$24!
Instructor—Jennifer



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

EXERCISE!

E-mail questions: jcarelli@riverdaleborough.com (Walk-In's Always Welcome!)

Monday's
Zumba Toning
7:30pm, \$6



Tuesday's
Zumba
10:00am &
7:30pm \$6
Plus "New"
Bootcamp 5:30am, \$5

Wednesday's
KettleBell Fitness
7:30pm, \$7

Saturday's
KettleBell Fitness
9:00am, \$8

Thursday's
Zumba
7:00pm, \$6
Plus "New"
Bootcamp 5:30am, \$5



BOB ROSS TECHNIQUE OIL PAINTING

Thursday-Jul 19
6:00pm

\$35/Incl's ALL Supply
Instructor-Bob D.

Scene:
Beach Cove

Must Sign-Up:

(973) 706-6471 -or-
jcarelli@riverdaleborough.com



BOB ROSS TECHNIQUE "ADVANCED" OIL PAINTING

Saturday-Jul 28
10:00am

\$45/Incl's ALL Supply
Instructor-Bob D.

Scene:Vase of Flowers
Must Sign-Up:

(973) 706-6471 -or-
jcarelli@riverdaleborough.com



NATURALLY

DIANE NEGLIO & PATTI WATSON

JULY 19 TO AUGUST 1, 2012

OPENING RECEPTION THURSDAY, JULY 19 • 6 TO 8PM



RIVERDALE ART CENTER

SALON N°5

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

Floral Design
Demonstration by
Kenny Norman (AIFD)
Thursday, July 26
6:30 to 7:30 pm
GALLERY HOURS:
THURS. - SAT. 12 - 5

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Saturday
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6 - 9 PM

Sunday
SEPT. 9
BBQ
1 - 4 PM

Monday
SEPT. 10
DINNER
6 - 9 PM

Tuesday
SEPT. 11
DINNER
7 - 9:30 PM

Glenburn Estate
211 Hamburg Turnpike
Riverdale, NJ 07457
(off Exit 53 from Rt. 287)

Tickets:
Dinner \$75
BBQ \$35
Donation

For tickets, go to
www.riverdaleartcenter.org
or Call The RAC
at 973-513-9250 or Email us
at info@riverdaleartcenter.org



To support the 501(c)(3) nonprofits

**RIVERDALE
ART CENTER**



PHOTO TIPS: LEARN A LITTLE STRING THEORY

If you forget your tripod at home, a bit of string and a pencil can be fashioned into something we call, "The Stringpod."

To make a stringpod, cut a length of string that reaches from your toes to your head. Then, tie one end of the string around a pencil or pen. Lastly, tie the other end of the string around your camera lens, close to the camera body.

To use the stringpod, stand on the pencil with both feet and pull the string taut (gently!). This will cut down on camera shake drastically, letting you come away with sharp photos in a pinch.

If you want to take the stringpod to the next level, buy a screw that fits the tripod mount on the bottom of your camera. These can be sold for a few cents at any hardware store. Then, tie the string to the screw instead of around the lens. This works great for compact cameras!



Taken from 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.**



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

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 or just show up - it's not too late to join!

Dorney Park Discount Tickets through

Riverdale Recreation!

Log onto 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 **Dorney Park & Wildwater Kingdom**
973-248-9663.

CHECK OUT

"RIVERDALE



RECREATION"

ON FACEBOOK!

Be sure to LIKE our page and you will stay up to date on the latest information regarding recreation news and inclement weather updates regarding rec events.

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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459 Rt. 17 South
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201-426-0487



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GENERAL TIPS FOR TRAVELING WITH CHILDREN. BY CAR Try to take rest stops every two hours or every 100 miles and try to have picnic lunches or light, nutritious snacks of fruit, raw veggies, or cheese and crackers. ♦ Pack surprise toys, pillows, blankets, clothing changes, and "wipes" or damp washcloths in plastic bags. ♦ When traveling by car, think about hanging a plastic shoe bag over the back of the front seat so the children can put all of their toys, loose games, and so on in the pockets. Our use a metal or plastic container with a lid to hold crayons, coloring books, and so forth; the children can use it as a lap tray too. ♦ Play such scenery games as finding or counting different state license plates, animals, vegetables, minerals, people—possibly in alphabetical order. **BY AIR** When traveling by air, ask for a bulkhead seat so that you can have more leg space for children. ♦ Relieve ear pressure on airplane takeoff and landing by having children suck on something (pacifier, bottle, hard candy, chewing gum) or have the children yawn or laugh with their mouths open to relieve the pressure.

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.

PEARLE VISION
Clearly Different™



**EYEGLASSES
BUY ONE,
GET ONE FREE**

Free eyeglasses or RX Sunglasses with complete pair purchase.

Buy a complete pair (frame and lenses) at top price and receive a free complete pair of eye-glasses or RX sunglasses - same 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 9/30/2012. R. Lovett NJ Lic# D3520 and E. Mutz NJ Lic# 3050

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RIVERDALE

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LEASE FOR: **\$129** PER MO 24 MOS

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Nissan NEW 2012 Rogue



LEASE FOR: **\$119** PER MO 24 MOS

FWD, automatic transmission, 4 qt, power steering, ABS, air conditioning, airbags, p/ptions, smt/ncd cruise, 1st Model #2212, 5th #3520H WinCBluetooth, SiriusXM WinCBluetooth. MSRP: \$25,700. \$295 Cap. Cost. Reduction + \$19.14/mo + \$0 Sec. dep + \$395 Bank fee due at lease signing. Purchase option available at lease end of \$35,079. Price includes: \$3,000 Nissan Lease Cash, 11 qt. oil, \$2,000 11 qt. oil.

Quick Lube OIL CHANGE

\$21.95 PLUS TAX
NO APPOINTMENT NECESSARY

CHANGE OIL, FILTER & INCLUDES FREE 10 POINT INSPECTION

Up to 2 quarts, exclude synthetic & diesel oil & up to 7.0L. Open Mon-Fri 10:00am - 9:00pm Sat 10:00am - 7:00pm

DAILY AND WEEKEND RATES

\$24.95 PER DAY

LEASE TO PURCHASE EVERY VEHICLE

COUPONS CANNOT BE COMBINED. EXPIRES 9/30/12. TAX EXTRA.

ANY SERVICE 10% OFF

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- Scott Barna, Owner



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Prices include all costs to be paid by consumer except for tax, license, registration & destination fee. Leases are closed end with 12,000 miles w/15¢ per miles thereafter. Leases to qualified buyers. To qualify for Rt 23 loyalty you must be trading in a vehicle purchased from Rt 23 within the last 6 months and trading this vehicle. *Vehicle must be in-stock, must have exact equipment, MSRP. Terms & Conditions as competitor's and we reserve the right to purchase the other offer. Rebates/incentive & dealer discounts payable to dealer. Offer expires 72 hours after publication. Offers cannot be combined.

Some of America's biggest retailers are handing out receipts that — according to new lab tests— contain the controversial carcinogen BPA

The next time a cashier hands you a receipt at Walmart, Whole Foods, or McDonald's, you may want to think twice before touching it. In a neurosis-inducing study commissioned by the Environmental Working Group, 40 percent of cash register receipts printed on heat-activated paper were found to contain the dangerous chemical Bisphenol A (BPA). The alleged risk for cashiers, who handle hundreds of receipts per day, is even higher. Here, a quick guide to this unseen danger:

What is BPA?

A synthetic estrogen, Bisphenol A is a carcinogen that is considered toxic to the endocrine and nervous system. It is widely used in both the manufacturing of thermal paper (on which many receipts are printed) and plastics, particularly those used to line food containers.

Which companies' receipts were found to contain BPA?

Sample receipts from CVS, Walmart, KFC, Chevron, McDonald's, Whole Foods, the U.S. Postal Service and a variety of other businesses all contained BPA. Those from Safeway contained the highest levels; 3 percent of the receipts' total weight was BPA. On the plus side: Scientists found that sales tickets from Target, Starbucks and Bank of America ATMs were BPA-free or contained only trace amounts.

Why is BPA on the receipts?

The thermal paper on which receipts (as well as airline tickets, cinema tickets, prescription labels and lottery tickets) are often printed is coated with a dye and BPA, or a similar "developer chemical." When heat triggers a reaction between the dye and the BPA, the black print is revealed.

What health problems can BPA cause?

In animal studies, BPA has been found to cause abnormal reproduction, decreased intellectual capacity and behavior problems — and also contribute to the development of cancer, diabetes, asthma and cardiovascular disorders. Relatively little is known about the effects of the chemical on humans, although detectable amounts of BPA have been found in 93 percent of people over age 6.

How does the BPA get into the body?

Laboratory tests show that the powdered chemical can rub off the receipt and onto the skin. It then penetrates so deep into the skin that it can't be washed off, and enters the blood stream.

How can I avoid BPA contamination from receipts?

The Environmental Working Group suggests customers decline receipts whenever possible; store receipts separately in a wallet or purse; and wash hands after handling receipts, especially before eating or food preparation. The EWG also says it's important to "never give a child a receipt to hold or play with," since BPA has been found to potentially affect the brain development of fetuses, infants and children.

<http://www.ewg.org/bpa-in-store-receipts>



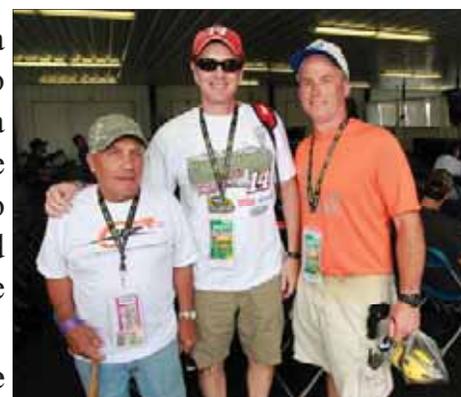
Frank Sorgi & NASCAR - Perfect Together!



Riverdale resident **Frank Sorgi** had a once in a lifetime experience at Pocono Raceway this month. Frank, Chris Hanna and Brad Clinton had "Hot" Passes at the Pocono NASCAR race. With access to anywhere on the track, before, during and after the race, they had an unforgettable weekend.

Frank was able to meet **Dale Earnhardt, Jr.** and get his autograph.

They attended the pre-race driver/crew chief meeting and got a behind the scenes view of everything that goes into a race. Watching the race from inside the driver's pit area was an incredible sight.



The Sun is Not Your Enemy

No one wants to get sunburned or develop skin cancer, but there are better ways to achieve those goals than by covering yourself in questionable chemicals. I encourage my patients to rethink their long-held views of sun exposure and sunscreens.

The third point is especially important because here's the elephant in the room that few doctors talk about: Skin cancer happens from the inside out. In other words, it's not sun exposure that causes skin cancer but the body's reaction to sunlight.

SUNSCREEN CONTRIBUTES TO VITAMIN D DEFICIENCIES. During the past 30 years, if there is one health message that got through to the American public, it's "sunshine kills." What a pity! Here's what happens as a result: Instead of improving, skin cancer diagnoses are on the rise. Meanwhile, somewhere between 70 and 90 percent of the country is deficient in vitamin D. As you may know, vitamin D, produced when bare skin is exposed to sunlight, is a vitally important nutrient for good health. Deficiencies in vitamin D have been linked to the following:

Certain types of cancer	Heart Disease	Type 2 Diabetes
Pre-diabetes	Depression	Multiple Sclerosis
Tuberculosis	Dementia	Obesity/weight issues

Obviously, vitamin D is a crucial nutrient for anyone who wants to avoid serious, chronic diseases. So we know how important vit. D is, and we also know that we need sunshine to manufacture vit. D. Yet despite that, mainstream medicine continues to demonize the sun. Instead, these experts recommend we drench ourselves with untested, toxin-laden creams and lotions that can be absorbed by the skin, the body's largest organ.

In the meantime, a number of studies show that eating certain foods and taking a couple of common supplements protect against sunburns and skin cancer without exposing you to the chemical soup in sunscreen.

UVA, UVB and SUN SAFETY. What happens when your skin is exposed to sun? The short answer is that it becomes inflamed and turns red as the immune system goes into high gear to repair damage to skin cells. How long it takes for skin damage to occur depends on whether you are fair, medium, or dark skinned. A person with a fair complexion may start to turn pink in as little as five or ten minutes, while it usually takes longer for a person with a dark complexion to begin burning.

There are two types of radiation from sunlight - UVA (ultraviolet A) and UVB (ultraviolet B). UVA penetrates below the skin, so it contributes to wrinkles and aging, but it is less likely to create sunburn.

UVB can burn your skin more readily, but it is involved in creating vitamin D. Both types contribute to premature aging and skin cancer.

Sunscreens are rated according to their SPF, which measures the product's ability to shield you from UVB radiation only. Sunblocks deflect as much as 99% of various forms of light so they can be very useful on areas that tend to burn quickly, such as the nose and ears.

Don't forget to protect your eyes when you're outside. I recommend sunglasses equipped with side panels to shield your eyes from UVA and UVB rays. Exposure to sunlight has been linked to cataracts.



SUN PROTECTION FROM THE INSIDE OUT. Scientists have known for some time that healthy skin begins inside your body. A diet rich in antioxidants and related healthful compounds, as well as good fats found in omega-3s, is the key. *Food nutrients to reinforce the body's own sun-protective mechanisms:*

- ◆ **Carrots and other yellow-orange fruits** contain beta-carotene, which helps reduce sun damage.
- ◆ **Salmon, shrimp and algae** contain astaxanthin, an antioxidant that reduces skin inflammation, boosts immunity, and helps protect against sagging, wrinkling and skin cancer.
- ◆ **Tomatoes (especially when cooked in a small amount of oil), pink and red grapefruit, guava, and watermelon** contain lycopene, which helps protect skin from sunburn damage.
- ◆ **Citrus fruits and most vegetables** contain vitamin C, an antioxidant that can prevent the sort of free-radical damage linked to the development of skin cancer.
- ◆ **Sweet potatoes, carrots, spinach, milk and eggs** contain vitamin A, which research shows may reduce some forms of skin cancer, including melanoma.
- ◆ **Green leafy vegetables, raw nuts and wheat germ** contain vitamin E. When taken with vitamins A and C, this powerhouse antioxidant trio helps repair sun damage.
- ◆ **Fatty, cold-water fish, such as salmon, herring and anchovies,** contain the good fats (omega-3s) that help reinforce the body's own sun-protective mechanisms and shield the skin from sun damage.

Supplementing with antioxidants and good fats provides these benefits, too. Often, these nutrients are combined in mixed antioxidant supplements, which can be good choices. You can also find combinations of various antioxidants in topical skin products. Research shows that applying antioxidants directly onto the skin provides substantial protection. **Leigh Erin Connealy, M.D.**

For the complete article go to www.NewportNaturalHealth.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/packaged 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.

Riverdale Woman's Club

FAMILY PROMISE: THE NJSFWC SPECIAL STATE PROJECT FOR 2012-2014

Every two years at the beginning of a new administration a Special State Project is chosen on which all the clubs in New Jersey work for the next 2 years. At the New Jersey State Federation of Women's Clubs Annual Convention, newly installed President, Linda Babeuf announced that this administration's Special State Project would be Family Promise.



When we think of homelessness, we usually associate it with a single person sleeping under a bridge, or people with addictions or mental illness. But in reality 40% of the people in this country who are homeless are members of families with children—and 25% of the people who are homeless are children themselves—yes, one out of every 4 people who are homeless is a child!

The root cause of family homelessness is the gap between a family's income and the high cost of housing. So, it doesn't take much for a low-income family to fall into homelessness. When faced with some unforeseen circumstance like a medical bill, a car repair, an illness, or the loss of a job, a family can find themselves homeless. These are the people who Family Promise helps.

Family Promise was founded here in NJ and has been serving families in our state since 1986. It has involved tens of thousands of volunteers locally, including many members of Women's Clubs and Women's Clubs themselves as organizations and this partnership stands in the proud tradition of Women's Clubs serving the public good.

Here are some key points about Family Promise and our Special State project:

- ◆ Family Promise is a national non-profit organization that mobilizes communities and existing resources to help homeless families regain their independence.
- ◆ Family Promise has 178 Affiliates nationwide, with 16 Affiliates in New Jersey.
- ◆ Last year, Family Promise served nearly 50,000 family members nationwide, more than half of them children, by engaging 150,000 volunteers.
- ◆ In New Jersey, the 16 Family Promise Affiliates served more than 3,200 family members.
- ◆ On average, 77% of Family Promise guests find secure housing within nine weeks of entering the program.

THE NEED FOR FAMILY PROMISE'S SERVICES IN NEW JERSEY

- ◆ Homelessness has increased in New Jersey by 6.6 percent since 2009
- ◆ About 300,000 children in New Jersey live in poverty
- ◆ Last year, nearly 11,000 children in New Jersey experienced homelessness

Members the Riverdale Woman's Club are proud to be a part of this effort and invite all women to join our club and help to make a difference in the lives of others by joining their efforts to support the NJSFWC Special State Project.

For membership information please contact Jean at 973-835-3269 or any club member.

Make a non-slip dish cloth



Attach a strip of velcro to your tea towel, loop over your oven door handle and join the ends – voila, a non-slip dish towel!

RIVERDALE



Memorial Day

Blast from the Past

Photos by Cal Deal



Mrs. Carpenter's gas station — later "Slater's Mill." Gas is 33 and 34 cents.



Richard's Corner



Pastor Timothy Flynn



Doug Fritsch



Gordon Davis leads us in *God Bless America*.



Grand Marshall John Schaub

DAILY NEWS

Bridal Shower



Glenburn was the setting of a bridal shower recently.

Fishing Derby



Photos courtesy of Jack Polhemus

Freeholders



The Morris County Freeholders had their June meeting at the Riverdale Municipal Building on June 26 during which they presented a plaque to the borough acknowledging the funding the Morris County Historic Preservation Trust Fund has contributed towards the preservation and restoration of Glenburn. R-L Doug Cabana, Tom Mastrangelo, Hank Lyons, William Chegwiddden, Land Conservancy President Carolyn Masone, Donna Bush, John Cesaro, Ann Grossi, Trust Director Ray Chang, John Murphy.

First Lady



New Jersey First Lady Mary Pat Christie appeared at the Riverdale Armory to promote her New Jersey Hero Scholarship. L-R Rebecca Dollaway, Assemblyman Scott Rumana, Elaine Wetzel, William Budesheim, Mrs. Christie, Will Felegi.



ZACHARY STEWART

A Court of Honor was held by the Pompton Lakes Boy Scout Troop 388 on June 2, 2012 at Christ Church Pompton to recognize the advancement of Zachary Stewart to the Rank of Eagle Scout. During the ceremony, Zachary was presented with the Eagle Badge by Peter Schaper who was Scoutmaster during Zachary's tenure as a Boy Scout.

Zachary is a resident of Riverdale and is the son of Dr. Gary and Donna Stewart. Zachary joined Riverdale Boy Scout Troop 73 in 2005, and then transferred to Pompton Lakes Troop 388 in 2008.

Becoming an Eagle Scout is no small feat. Young men must earn 21 merit badges; serve six months in a troop leadership position; plan, develop, and give leadership to a service project; take part in a Scoutmaster conference; and successfully complete an Eagle Scout board of review. The road to becoming an Eagle Scout is not short, but it's one that impacts young men and shapes them into the model citizens that we all should strive to become. Zachary earned 26 merit badges.

In addition to the 21 life skills merit badges required to earn the Eagle Scout rank, each Scout must complete an extensive self-directed service project. The Scout must plan, organize, lead, and manage the entire service effort prior to his 18th birthday.

Zachary's Eagle Scout service project involved tearing down a dilapidated storage shed belonging to Christ Church and replacing it with a new larger shed, at no cost to the church. Along with replacing the concrete pad for the shed,

Zachary's project also included repair of the church's driveway skirt. In order to involve some of the scouts who were too young to help with the construction portion, Zachary's project included planting 30 perennials in the gardens of Shepherd's Haven Social Adult Day Center.

Not only did Zachary draw up the plans for the new shed, he obtained all the materials, and directed his fellow scouts during demolition and construction. Zachary coordinated the work of 32 volunteers, who with himself, accumulated a total of 344 service hours during the project. Zachary solicited and received donations from over 30 businesses, individuals, and civic groups, and managed to raise over \$3,300 in cash and building materials to pay for the project.

While there were many businesses and individuals who

were very generous, Zachary would like to especially acknowledge the following major contributors who made this project possible: Excelsior Lumber, Bradco, Salomone Redi-Mix, Therma-Tru, and Birch Hill Nursery. Sizeable donations were also received from 84 Lumber, Hajeks Inc., Knights of Columbus Marian Council #3801, Genesis Lodge #88 of Free and Accepted Masons, Pequannock Valley Rotary, and Lehman Mann Contractor.

In attendance at Zachary's Eagle Scout Court of Honor were several dignitaries who presented awards and certificates. A presentation was made by Pompton Lakes Mayor Katie Cole, who proclaimed June 2, 2012 Zachary Stewart Day in the Borough of Pompton Lakes. Presentations were also made by Riverdale Mayor William Budesheim along with Councilman Steve Loesner; Morris County Freeholders Tom Mastrangelo and Hank Lyon; Thomas Fitzpatrick of the VFW Post 2906; and Ms. Gerry Mahler of the Riverdale Woman's Club. Representing Genesis Lodge #88 of Free and Accepted Masons were Frank Nemeth, Charles Hash-Hagen and Zach Martin. Ray Grimes from the Knights of Columbus Marian Council #3801 also made a presentation, as well as Charles Huha from the Lakeland Marine Corp Detachment, and Assistant Chief Jim Regelin Jr. and President Mike VanRy from the Riverdale Fire Department. Gary Rosenblum of Troop 388 presented Zachary with a shadow box containing all of his rank badges. Zachary has also received over 30 commendation letters and certificates from other various distinguished politicians, citizens, and businesses. Zachary's parents presented him with a scrapbook for all his certificates and commendation letters, a membership in the National Eagle Scout Association, and a flag case to hold the flag that was flown over the Capitol Building on June 2nd in Zachary's honor.

Zachary is a Senior at the Morris County School of Technology and will be graduating in the top 3% of his class. Zachary will be attending the University of Maryland, Baltimore County (UMBC) where he will major in computer science. After college, Zachary plans to become a computer programmer, and to continue his hobby of video game development.



EAGLE SCOUT



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.

- ◆ A Piece of paper cannot be folded more than 7 times.
- ◆ The opposite sides of a dice always add up to 7.
- ◆ VHS stands for Video Home System.
- ◆ The WD in WD-40 stands for Water Displacer.
- ◆ Hawaii is the only U.S. state that grows coffee.
- ◆ Peru has more pyramids than Egypt.

Candle Safety

Candles may be pretty to look at but they are a cause of home fires — and home fire deaths. Remember, a candle is an open flame, which means that it can easily ignite anything that can burn.

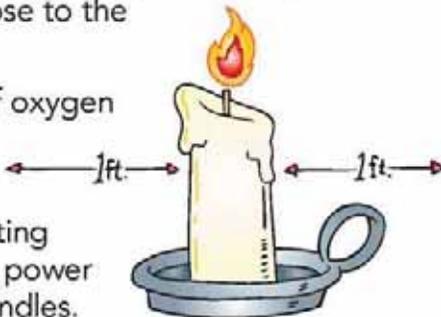
"CANDLE WITH CARE"

- » Blow out all candles when you leave the room or go to bed. Avoid the use of candles in the bedroom and other areas where people may fall asleep.
- » Keep candles at least 12 inches away from anything that can burn.

Think about using flameless candles in your home. They look and smell like real candles.

IF YOU DO BURN CANDLES, make sure that you...

- » Use candle holders that are sturdy, and won't tip over easily.
- » Put candle holders on a sturdy, uncluttered surface.
- » Light candles carefully. Keep your hair and any loose clothing away from the flame.
- » Don't burn a candle all the way down — put it out before it gets too close to the holder or container.
- » Never use a candle if oxygen is used in the home.
- » Have flashlights and battery-powered lighting ready to use during a power outage. Never use candles.



Candles and Kids

Never leave a child alone in a room with a burning candle. Keep matches and lighters up high and out of children's reach, in a locked cabinet.



FACTS

- ! On average, a candle fire in the home is reported to a U.S. fire department every **40** minutes.
- ! More than **one-third** of home candle fires started in the bedroom.
- ! More than half of all candle fires start when things that can burn are too close to the candle.



Your Source for SAFETY Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

www.nfpa.org/education

Superintendent Betty Ann Wyks

The Board of Education and Administration of Riverdale School proudly announce the graduation of the Riverdale School Class of 2012:

- ◆ Heather Renee Berzak
- ◆ Daniel Simon Brandt
- ◆ Jeffrey K. Bremer
- ◆ Patrick D. Burg
- ◆ Amanda Marie Dakake
- ◆ Joseph Frank Dellapi, Jr.
- ◆ Mary Rose Dougherty
- ◆ Makenzie Marie Failla
- ◆ Olivia Nicole Galletta
- ◆ Tyler Garcia
- ◆ Michael V. Giunta
- ◆ Nicholas Hentz
- ◆ Christopher Hester
- ◆ Andrew T. Holl
- ◆ Nicholas Tyler Ilacqua
- ◆ Mathew Lemay
- ◆ Nyleska Janice Maldonado
- ◆ Shannon Noelle Mc Carthy
- ◆ Nicole Marie Merendino
- ◆ Franchesca Hope Mickens
- ◆ Kevin W. Miller
- ◆ Claire Noel Morales
- ◆ Alan John "AJ" Nadiroglu
- ◆ Lucille Olivia Navarro
- ◆ Steven Paul Papadopoulos
- ◆ Neelav Patel
- ◆ Melissa Nicole Quiles
- ◆ Brianne Marie Remy
- ◆ Kaitlyn Julia Sautner
- ◆ Nicole Elena Schrock
- ◆ Dennis J. Schuck, Jr.
- ◆ Jordan Marie Sciarra
- ◆ Casey M. Struble
- ◆ Gianna Marie Stygar
- ◆ Cassidy M. Tibbetts
- ◆ Valona Toska
- ◆ Cruise Christian Turner
- ◆ Spencer Grayson Vogel
- ◆ Harlee York
- ◆ Abdel Rahman A. Zeidan



The achievements of these youngsters were celebrated at their formal graduation ceremony on June 20, which took place on the front lawn, in the company of family, friends and the community. The following awards were presented during the ceremony:

Art

Heather Berzak

Physical Education

Curtis Turner & Claire Morales

World Language

D.J. Schuck

Technology

Shannon McCarthy

Instrumental Music

Heather Berzak & Mary Dougherty

REA Holocaust Essay Award in Memory of

Eileen Guerra

D.J. Schuck

REA All Around Student

Harlee York

Pequannock Valley Rotary Volunteerism

Cassidy Tibbetts

Morris County Middle School Leadership

D.J. Schuck

Rotary

Casey Struble

Raoul Wallenberg Nomination

Nicole Merendino

President's Award for Educational

Excellence

Mary Dougherty, Olivia Galletta, Michael Giunta, Andrew Holl, Neelav Patel, Nicole

Merendino, Kaitlyn Sautner,

DJ Schuck, Cassidy Tibbetts, Cruise Turner

Carolyn Espie Art Awards

Melissa Quiles, Olivia Galletta, Cruise Turner, Brianne Remy

Dorothea Walker Writing Award

1st Daniel Brandt; 2nd Cruise Turner;

3rd Nicholas Ilacqua

Third Ranked Student Award

Olivia Galletta

Second Ranked Student Award

D.J. Schuck

First Ranked Student Award

Harlee York

Final Marking Period Honors

Superintendent Dr. Wyks, Principal Keith Cortright and the staff of Riverdale School are proud to announce those students who attained Superintendent's List and High Honors during the fourth marking period for school year 2011/2012

Superintendent's List

Grade 8

Mary Dougherty	Olivia Galletta
Steven Papadopoulos	Cruise Turner
D.J. Schuck	Andrew Holl
Cassidy Tibbetts	Harlee York
Spencer Vogel	

Grade 7

Amanda Ekkers	Christine Holl
Kevin Jablonski	Hallie Mansoor
Ayla Markowski	

Grade 6

Amanda Edwards	Brandon Miller
----------------	----------------

Grade 5

Kristen Edwards	Alekya Gadiraju
Benjamin Morales	Dhruv Patel
Lily Trowse	

High Honor Roll

Grade 5

Jessica Knapp

Other School News

Mrs. Paldino's performance troupe held their own improve festival prior to the end of school. This troupe will become an extracurricular activity in the fall.

Mrs. McCarthy hosted a "bring an adult to school day" in her "book club" classes. Students in each of her book clubs did a dramatic story retell, shared and demonstrated a favorite strategy for reading, and peppered their audience with comprehensive based questions.

The GOLD Team emerged victorious in this year's Field Day festivities. A special thank you to the PTA who worked with Mr. Schneider annually, to make this event a huge success!

Students summer reading packet information and middle school math packets are located on the website www.rpsnj.org. Additionally, we are now on Facebook! Please check for updates throughout the summer!

This summer will be a busy one as we prepare for the implementation of the new, common core standards and update the district's policies to reflect recently enacted laws, in addition to our typical preparation for the upcoming school year.



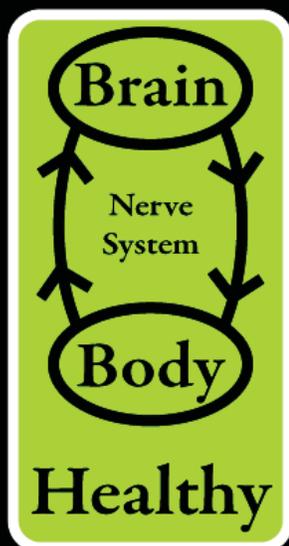
Pain? Sickness? Disease?

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.

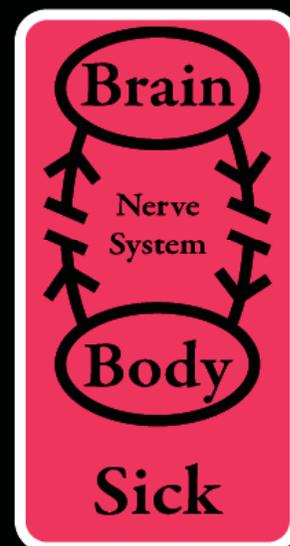
- There are hundreds of symptoms and conditions
- Most are the result of a malfunction in your body
- Medications often only mask symptoms.
- Medications often have dangerous "side effects."

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.

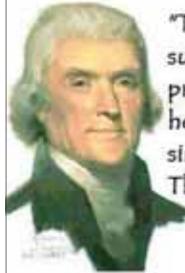


Dr. Gary Stewart, 43 Newark Pompton Tpke., Riverdale, NJ 07457
Chiropractor - Healer - Releaser of Nerve Interference

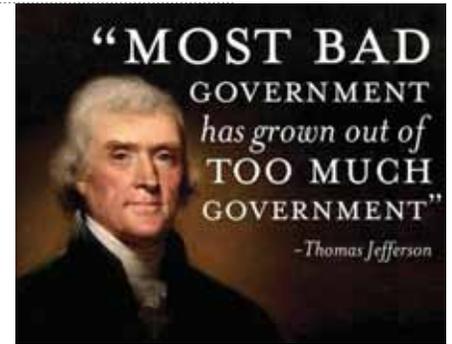
Wisdom of our Fathers

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



"To compel a man to subsidize with his taxes the propagation of ideas which he disbelieves and abhors is sinful and tyrannical"~
 Thomas Jefferson



"MOST BAD GOVERNMENT has grown out of TOO MUCH GOVERNMENT"
 -Thomas Jefferson

Why We Say...

The Real McCoy (the real thing, not an imitation) - Bill McCoy was a rum runner who brought the top of the line in booze to the U.S. from the West Indies. His product was so good that a new expression was coined—*the real McCoy*.

Rule of Thumb (A basic rule that is usually but not always correct.) Based on the use of ones thumb as a rough measurement tool. Generally correct for course measures. Most ole English measures of distance were based on the body measurements of the king - the length of the foot, inch (thumb tip to first knuckle), cubit (elbow-to-fingertip), and yard (nose-to-fingertip).

Straight and narrow (to stay out of table). This phrase comes from the Bible and describes the path to heaven. Matthew 7:14 to be exact: "Broad is the way that is the path of destruction but narrow is the gate and straight is the way which leadeth to the house of God."

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

BURDOCK Burdock has the historical reputation of being an “alternative,” meaning herbalists have considered it as a good source of nutrients to help build the body. Our great-grandparents called plants like Dandelion and Burdock “blood purifiers”. Menominee and Micmac Indians used Burdock for skin sores, while the Cherokees used it for a broader base of ailments.

Burdock is an herb used during pregnancy. It is a mineral-rich hormone which can help in balancing all systems. It helps prevent water retention and jaundice in the baby.

Burdock is a strong liver purifying and hormone balancing herb with particular value for skin, arthritic and glandular problems. It is a specific in all blood cleansing and detoxification problems. It is an excellent blood purifier and cleanser and eliminates long-term impurities from the blood very rapidly. It is also an antidote for acute poisoning. Burdock can reduce swelling around the joints by promoting kidney function, thus increasing the flow of urine. It helps to clear the blood of harmful acids due to calcification of deposits.

- ◆ Used as a poultice, Burdock was found to be an effective remedy when applied to sores and bug bites.
- ◆ Inulin, the source of most of Burdock’s curative powers, consists of 27% to 45% inulin, which is a form of starch important in the metabolism of carbohydrates.
- ◆ Burdock has been used extensively by some for cancer cases, as it is an alternative. When used as a poultice on skin cancer, it has manifested its greatest success.
- ◆ In Europe it has been used as a remedy where is a prolapsed and displaced uterus.
- ◆ Burdock works on the pituitary gland helping it to release protein in proper amounts, thus maintaining hormonal balance for a healthy body.
- ◆ It is a good source of iron making it an excellent choice for treating iron deficiencies.
- ◆ The Chinese have used Burdock for coughs, colds, sore throats, tonsillitis, measles, sores and abscesses.
- ◆ Burdock has the ability to neutralize most poisons, relieving both the kidney and lymphatic system.
- ◆ Herb beneficial during pregnancy: aids in balancing hormones and helps prevent water retention and jaundice in babies.

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

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

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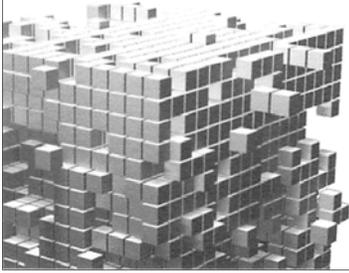
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For Information on Rain Cancellations please check Borough Website after 2 PM at www.RiverdaleNJ.gov

Naples – You Won’t Believe It Until You See It

Naples – what can I say that you haven’t already heard? It’s crowded, noisy, hectic, colorful. It has the Bay, Vesuvius and the world’s best pizza. Here’s something you may not have heard: Naples is a destination. Yes, you read that right. Not just a place to travel through on your way to Capri or Sorrento. Naples is an almost unbelievable combination of high and low, sweet and sour, rough and smooth. Naples has to be experienced, and not just for a few hours. Spend some time in this one of a kind city and I’ll bet you’ll be smitten.



Naples is a truly urban multi-cultural Italian environment. Narrow streets, graffiti, fast cars, buzzing vespas. This isn’t Tuscany, baby. It’s something else - more challenging, more surprising, maybe more frustrating. As a tourist in any big city, you have to keep your eyes and ears open. But you should be doing that anyway, to take in what Naples offers the intrepid traveler. Storefronts line Spaccanapoli in the historic district, offering treasures of artisanal craftsmanship alongside tourist chatskis. You have to learn the difference. Trattorias, gellaterias, pizzerias; it doesn’t stop. There’s plenty to do, whether it’s out on the street, inside a centuries-old structure, on the waves, underwater or underground.

Here are just a few ideas:

You can always grab a late-morning cappuccino at Gran Caffe Gambinus. Perhaps Naples’ most storied café, it was a hub of elite literary life in the early 20th century. The surroundings are opulent, complete with chandeliers and a grand piano. Imagine yourself swapping stories with Ernest Hemingway (a frequent patron) while you indulge in gelato, pastry and specialty chocolate creations.

Naples National Archeological Museum. This is considered by many to be Italy’s most important archeological museum, and in Italy, that’s saying a lot. Its holdings include marbles, bronzes and mosaics from Greek and Roman antiquity. It

houses Italy’s third largest Egyptian art collection and an impressive collection of Roman erotic art.

Castel dell’Ovo. The Castle is named for the legend that the poet Virgil placed an egg in its foundation and, as long as the egg is unbroken, the Castle will survive. The spaces within the Castle are marked with stone archways and afford beautiful views of the Bay of Naples on one side and the charming marina on the other. The Castle hosts art exhibitions, conferences and weddings. The long, bricked causeway leading to the Castle is a popular spot for wedding pictures.

Pompei. About 40 minutes outside of Naples, Pompei is a must see. No matter how jaded a tourist you might think you are, Pompei will amaze you. It’s larger than you expect and the sheer number of details illustrating ancient daily living invite you to consider your place in civilization’s continuum. Buy your water/souvenirs before you reach the site.

San Gennaro Catacombs. This is an underground Pagan and Christian burial site dating back to the 3rd century. Unlike the Roman catacombs, these are spacious and (believe it or not) airy, allowing you to stand up straight as you walk among some of the oldest and most evocative frescos in Italy. The Catacombs were consecrated to San Gennaro in the 5th century, when his remains found a home here. The Catacombs house a church, a baptismal font and of course, graves. The complete cycle of life and death was commemorated here. Take a tour with one of their impressively knowledgeable guides and emerge into the sunlight a little wiser.

Go snorkeling or scuba diving in ancient waters and peek into Roman villas from centuries past. Statutes, pillars, pottery, even tile floors remain in the depths to be enjoyed. You can explore the underwater cities of Baia and Portus Julius in a glass-bottom boat at Baia Underwater Park, if getting wet isn’t your thing.

Submitted by Carolyn Masone

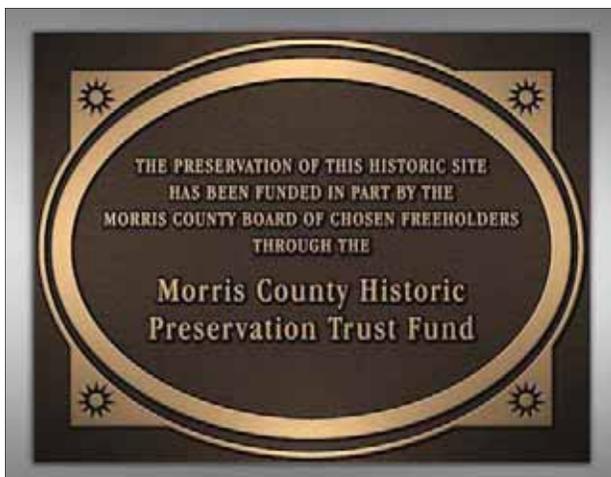
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Plaque presented to the Borough by the Morris County Freeholders to be installed at Glenburn. The Freeholders announced that Riverdale was just awarded another \$87,000 in grants for the continued restoration of Glenburn, bringing the total to over \$800,000.

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