

June 2013

Volume 8 Number 6

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Columnists

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Catherine Felegi
William Lango
Freeholder Hank Lyon
Bill Madden
Elaine Peacock
Don Pruden

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Riverdale News & Events

WTC Artifact Memorial Dedicated



Memorial Day Parade

Riverdale Seniors

We welcomed back **President Loretta Lippens** after going through surgery and being absent for quite a few meetings. Welcome back Loretta! We missed you. **1st Vice-president Dorothy Bowersox** did a great job filling that position in Loretta's absence. There were 57



people present. We celebrated the birthday people. **1st Vice-President Dorothy** read a beautiful reading for Mothers Day. New members were welcomed. All officer's reports were given. A discussion was had on those needing transportation in the Memorial Day Parade. **Chaplain Grace Chiesa** gave a reading. **Trip Coordinator Barbara Stillwagon** reported that the trip to Hunterdon Hills Playhouse was a success. The next trip is to LaNeve in July,

to see *Lullaby of Broadway*. Deposits are needed for this. The Shady Maple trip is coming up. Get on the list!!

Mary Gambino read a funny story about dogs and one about friends. Our scheduled speaker couldn't make it, so the meeting was adjourned and refreshments were served.

Second Meeting Monday May 20, 2013

President Loretta Lippens conducted the meeting. Officer's reports were given. Several people reported there are "scams" out there. BE AWARE! A list will be passed around for people to sign, if they need a ride in the Memorial Day Parade. Walkers are needed also. Birthday and anniversary celebrations of some of our members were announced. Joan Moran gave a long list of members who are ill or need our prayers.

Trip Committee Chairperson Barbara Stillwagon gave her report. The next trip is LaNeve and this trip is drivable, so let Barbara know if you are driving or need a ride. The trip to Sight and Sound is coming up. Get your name on the list and get your payment in. This will be to see "Noah".

Antoinette Kajor thanked all who attended the spaghetti dinner of the Ladies Auxiliary of the Fire Department. It was a great success!

John Moody was welcomed back after being on the sick list. We missed you John!

Linda from Unclaimed Property was our speaker. We enjoyed a lovely cake to welcome back President Loretta Lippens, donated by a mystery donor. Until next time.

Submitted by Marion Davis

Summer Concerts in the Park

Wednesday Evenings at 7:30 in Freedom Park

2013
SUMMER
CONCERT
SERIES

- ♦ July 10 To be announced
- ♦ July 17 A Touch of Sinatra
Life and Music of Frank Sinatra
- ♦ July 24 The Larry Stevens Band
Rock and Country Fusion
- ♦ July 31 Denville String Band
Tradition of the Philadelphia Mummies

Visit us on the

Borough of Riverdale Facebook Page

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



When I was young I was scared of the dark. Now when I see my electricity bill I am scared of the lights.

Morris County Monthly

By Freeholder

HANK LYON



The County of Morris provides a myriad of services to our residents and one that we should be particularly proud of is the County College of Morris. Our county college provides high quality education, but at an affordable rate. As a recent college graduate, I know firsthand the importance of affordability in making higher education decisions. I write about our county college because on Thursday, May 23, the County College of Morris graduated over 1,100 students. Many of these students will now move on to elite universities and attain a four-year degree. The graduation ceremony focused on the accomplishments of the students and this helps showcase how it's the students – our children, siblings, friends - that make this institution a success.

I joined my freeholder colleagues in the ceremony. It's one of our favorite events of the year. We get to see the fruits of everyone's labor. Now, what is our role in this educational process? The Freeholder Board interacts with the County College of Morris in two main ways. First, we appoint the majority of their Board of Trustees. Once appointed, the Board of Trustees govern the affairs of the college. Secondly, the Freeholder Board appropriate a significant amount of funds to the college to keep the tuition rates more affordable. In Fiscal Year 2013, the Freeholder Board will appropriate \$11,600,000 to the college and provide an additional \$3+ million in capital funds. To put this in perspective, the overall County College of Morris Budget is about \$70,000,000. We provide a significant chunk of the college's revenues.

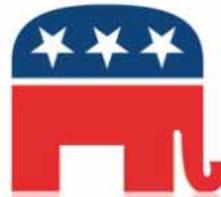
Our Freeholder Board remains committed to providing tax relief to our citizens this year and in future years. We plan to build off of this year's freeze in County taxes, but we also remain committed to providing good, quality services to the citizens of Morris County and I feel that the County College of Morris is one program of which we should be especially proud. Please join me in congratulating the County College of Morris Class of 2013!

You can reach me at whlyon10@gmail.com or get real-time updates by following me at [Facebook.com/FreeholderLyon](https://www.facebook.com/FreeholderLyon).

The **Riverdale Democratic Committee** meets on the **third Monday of every month at 6:30 PM** in the Riverdale Public Library, 93 Newark Pompton Turnpike, in the conference room. Local issues will be discussed along with strategies to keep Riverdale as one of the best small towns in New Jersey. We always welcome concerned residents and fellow Democrats to our meetings. Please visit our website at www.riverdaledemocrats.com.



The **Riverdale Republican Club** meets the **last Tuesday of every month at 7:30 PM** at Glenburn, 211 Hamburg Turnpike. Usually we have guest speakers from the Freeholder Board or Legislators at which time we are kept informed. We put forth our plan showing how Riverdale became one of the best small towns in New Jersey and how we plan to keep it that way. All are welcome - Republicans, Democrats and Independents.



History of Morris County Timeline

- ◆ 1715 - The Morristown Green established as the center of the community.
- ◆ 1739 - Morris County was created on March 15th.
- ◆ 1752 - Arnold's Tavern on the Morristown Green opened.
- ◆ 1774 - Jacob Ford's mansion built.
- ◆ 1777 - Continental Army came to Morristown after the Battle of Trenton.
- ◆ 1779-1780 - Washington headquartered at the Ford Mansion, with 10,000 Continental Army soldiers at Jockey Hollow for the most severe winter of the century.
- ◆ 1787 - New Jersey became the third state in the Union.
- ◆ 1794 - First newspaper in Morris County established in Chatham, called The New Jersey Journal.
- ◆ 1822 - The Newark to Morristown Turnpike built with stops in Bottle Hill (Madison).
- ◆ 1831 - First trip completed on the 102-mile long Morris Canal.
- ◆ 1838 - Samuel F.B. Morse and Alfred Vail demonstrated the first telegraph at the Speedwell Iron Works.
- ◆ 1863 - Thomas Nast illustrated Clement Moore's "Twas the Night Before Christmas," creating the image of Santa Claus.
- ◆ 1890 - Millionaires began building large mansions, mainly as summer houses in Morristown.
- ◆ 1911 - Craftsman Farms was built by furniture designer Gustav Stickley in Parsippany.
- ◆ 1929 - Stock Market crashed, ending the Gilded Age in Morristown.
- ◆ 1933 - Morristown National Historic Park created, the first in the United State.
- ◆ 1955 - Morris County Park Commission created.

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."



PEACE OUT GIRL SCOUTS!



**Congratulations to Lakedale Daisy Troop 94886
as they bridge to Brownies.**

The Power of Vinegar. From cleaning house to preserving food to helping soothe your aches and pains, vinegar can tackle even the toughest jobs.



In its various forms, vinegar can be a healer, a disinfectant, a preservative, an acid, and a condiment. This list is pretty impressive considering vinegar is a by-product of something gone bad.

All vinegars start as alcohol, which is created through the conversion of carbohydrates to sugar. When alcohol ferments, it becomes acetic acid, or vinegar. For example, a bunch of grapes deteriorates to become wine (alcohol), and then wine ferments into wine vinegar.

Recent medical studies have shown that vinegar can draw venom from a jellyfish sting and soothe a sore throat. It can also be used in the detection of cervical cancer.

Scrumptious Chicken on the Grill

By Linda Vogel, Riverdale Library



Ingredients:

- 8 chicken thighs or drumsticks**
- 1/2 cup of lemon juice**
- 1 cup chicken stock**
- 2 1/2 small envelopes of saffron**
- 1 Tbsp. Parsley**
- Salt and Pepper**
- 1 medium sliced onion**

Preparation: In a bowl combine chicken stock, lemon juice and saffron. Mix well together. Wash chicken in cold water and pat dry with paper towels. Place chicken in a foil pan. Cover chicken with the ingredients from the bowl. Brown onions on stove top and add to chicken. Sprinkle parsley on top with salt and pepper and cover. Put in frig for 3 to 4 hours. Cook chicken on grill for 30 min or until chicken is not pink and enjoy. Serve over rice.

Credit Card Skimming. You hand your credit card to the waiter at your favorite restaurant. You expect to pay for your meal, but sometimes that's not all you're paying for.



An electronic credit card reader, or "skimmer," is a device that was designed to be used with cash registers and/or credit card machines. The skimmer gathers information including your name, address, telephone number, card number, credit limit and PIN number which is encoded in the magnetic stripe on the back of your card. When used legitimately, this information is collected and telephoned in for approval. When used illegitimately, the process is called "skimming." According to the U.S. Secret Service, skimming is one of the fastest growing ploys used by criminals.

How does it work, During the skimming process your card is swiped a second time, using a small, hand-held device, similar to a pager. The skimmer captures your information and re-encodes it on the magnetic stripe of a plain plastic card or stores the information in the device itself so it can be downloaded later for illegal purposes. With one swipe of your card a criminal can take the information he has captured and make unauthorized purchases.

Frequently, individuals doing the skimming are employees of the establishment - often gas stations or restaurants. They will pull the small skimming device out of their pocket, swipe your card and hide it before anyone realizes what happened. If they don't use the information themselves, they are often paid a fee, or on a per card basis, for the information they steal.

Although banks and credit card companies will generally absorb the losses generated by the skimming, they usually offset these costs by increasing your interest rates and fees. Be aware of the potential for this type of fraud.



Don't Forget the Food Pantry

Please be generous with your donations to the Riverdale Food Pantry so that our friends and neighbors will not go without. Please call for a list of the most urgent needs. Thank you.
973-835-4060 x6



Movie Trivia - PSYCHO

◆ Alfred Hitchcock bought the rights to the novel anonymously from Robert Bloch for only US\$9,000. He then bought up as many copies of the novel as he could to keep the ending a secret.

◆ One of the reasons Alfred Hitchcock shot the movie in black and white was he thought it would be too gory in color. But the main reason was that he wanted to make the film as inexpensively as possible (under \$1 million). This was Alfred Hitchcock's last feature film

in black and white, filmed November 30 1959-March 1 1960.

- ◆ The film only cost US\$800,000 to make and has earned more than US\$40 million. Alfred Hitchcock used the crew from his TV series Alfred Hitchcock Presents to save time and money. The highest grossing film of Hitchcock's career.
- ◆ According to Stephen Rebello, author of "Alfred Hitchcock and the Making of Psycho", Alfred Hitchcock was displeased with the performance of John Gavin who played Sam Loomis in the film and referred to the actor as 'the stiff'.
- ◆ In the opening scene, Marion Crane is wearing a white bra because Alfred Hitchcock wanted to show her as being "angelic". After she has taken the money, the following scene has her in a black bra because now she has done something wrong and evil. Similarly, before she steals the money, she has a white purse; after she's stolen the money, her purse is black.
- ◆ For a shot right at the water stream, Alfred Hitchcock had a six-foot-diameter shower head made up so that the water sprayed past the camera lens.
- ◆ Marion's white 1957 Ford sedan is the same car (owned by Universal) that the Cleaver family drove on Leave It to Beaver.
- ◆ First American film ever to show a toilet flushing on screen. Screenplay Writer Joseph Stefano was adamant about seeing a toilet on-screen to display realism. He also wanted to see it flush. Alfred Hitchcock told him he had to "make it so" through his writing if he wanted to see it. Stefano wrote the scene in which Marion adds up the money, then flushes the paper down the toilet specifically so the toilet flushing was integral to the scene and therefore irremovable. This was the first American film (and possibly first fictional film) ever to show a toilet flushing on screen.
- ◆ This was voted the seventh scariest film of all time by Entertainment Weekly.
- ◆ When the cast and crew began work on the first day they had to raise their right hands and promise not to divulge one word of the story. Alfred Hitchcock also withheld the ending part of the script from his cast until he needed to shoot it.
- ◆ In order to implicate viewers as fellow voyeurs Alfred Hitchcock used a 50 mm lens on his 35 mm camera. This gives the closest approximation to the human vision. In the scenes where Norman is spying on Marion this effect is felt.
- ◆ Anthony Perkins was paid US\$40,000 dollars for his role, which is exactly the same amount of money that Marion Crane embezzles.
- ◆ The movie's line "A boy's best friend is his mother." was voted as the #56 movie quote by the American Film Institute (out of 100).
- ◆ Alfred Hitchcock deferred his standard \$250,000 salary in lieu of 60% of the film's net profits. His personal earnings from the film exceeded \$15 million. Adjusted for inflation, that amount would now top \$150 million in 2006 dollars.
- ◆ In 2007, the American Film Institute ranked this as the #14 Greatest Movie of All Time. Ranked #1 on the AFI 100 Years... 100 Thrills film series.
- ◆ The shower scene has over 90 splices in it, and did not involve Anthony Perkins at all. Contrary to popular belief it wasn't due to a scheduling conflict Perkins had for the Broadway musical 'Greenville' but actually a deliberate decision on Alfred Hitchcock's part. On this subject Perkins states "Hitchcock was very worried that the dual role and nature of Norman Bates would be exposed if I were to appear in that scene. I think it was the recognizability of my silhouette, which is rather slim and broad in the shoulder. That worried him."
- ◆ In the murder scene in the shower, there are two split second frames of the knife touching the body
- ◆ Alfred Hitchcock said of the shower scene, "...everything was so rapid that there were 78 separate pieces of film in 45 seconds."
- ◆ In 1992, Psycho was selected for preservation by The Library of Congress at The National Film Registry.
- ◆ The amount of cash Marion stole, \$40,000 in 1960 would be equivalent to approximately \$315,000 in 2013. The \$700 difference she paid when trading in her car, and getting another one, would be equivalent to about \$5,500 in 2013.
- ◆ The sound that the knife makes penetrating the flesh is actually the sound of a knife stabbing a casaba melon.
- ◆ The blood was Bosco chocolate syrup.
- ◆ Alfred Hitchcock tested the fear factor of Mother's corpse by placing it in Janet Leigh's dressing room and listening to how loud she screamed when she discovered it there.
- ◆ After the film's release Alfred Hitchcock received an angry letter from the father of a girl who refused to have a bath after seeing Diabolique and now refused to shower after seeing this film. Hitchcock sent a note back simply saying, "Send her to the dry cleaners."
- ◆ The trailer was shot after completing the movie, and because Janet Leigh wasn't available anymore, Alfred Hitchcock used Vera Miles in the shower sequence in the trailer.
- ◆ Immediately prior to the closing sequence of Norman Bates in his jail cell, as the camera moves down the hallway to where police have confined him, the uniformed guard at the cell door is Ted Knight, best remembered as pompous, dim-witted news anchor Ted Baxter on Mary Tyler Moore.
- ◆ The novel upon which the film is based was inspired by the true story of Ed Gein, a serial killer who was also the inspiration for Deranged: Confessions of a Necrophile, The Texas Chain Saw Massacre, and The Silence of the Lambs.
- ◆ The stabbing scene in the shower is reported to have taken seven days to shoot using 70 different camera angles but only lasts 45 seconds in the movie.
- ◆ Janet Leigh only had three weeks to work on the movie and spent the whole of one of those weeks filming the shower sequence. At the end of the shower scene, the first few seconds of the camera pull-back from Janet Leigh's face is a freeze-frame. Alfred Hitchcock did this because, while viewing the rushes, his wife noticed the pulse in Leigh's neck throbbing.

EXERCISE...EXERCISE...EXERCISE!!!

COMMUNITY CENTER EVENTS

Mondays

Zumba Toning, 7:30pm \$6/Class

Tuesdays

Rise & Shine Workout, 5:30am, \$6/Class

Zumba Gold 10:00am \$6/Class

Zumba 7:30pm \$6/Class

Thursdays

Rise & Shine Workout, 5:30am, \$6/Class

Zumba, 7:00pm \$6/Class

Saturdays

KettleBell Fitness, 9:00am \$7/Class



NEW NEW NEW!!! HULA HOOP CLASS

Wednesdays

Begins: Jun 12, 7:00pm

Hula Hoop's Provided

\$6/Class

Let the moves throw you for a LOOP, ANYONE can HULA HOOP!

Come spin into your new summer body with confidence, stress relief & fun, fun, fun!!!

SENIORS WALKING CLUB

Join us for a FUN & SOCIAL Morning with Light Stretching & a Neighborhood Walk.

Everyone is Welcome!

Tuesdays

(Classes End Jun 11.

Classes return this Fall!)

9:00am

Free Program

Receive a Free T-Shirt, Giveaways

Wear Sneakers & Comfortable Clothing



BUGGY BOOTCAMP

Thursdays / Begins June 6 (4 Weeks)

9:30am

\$10/Class (\$15 Drop-In's)

SIGN-UP : Phone (973) 706-6471 Leave Message or

E-Mail jcarelli@riverdaleborough.com

Try out this NEW Stroller Fitness Class.

Bring the little ones, enjoy the outdoors while getting a great workout!



Glenburn Events

211 Hamburg Turnpike

YOGA AT GLENBURN ESTATE HOUSE

Thursdays, 7:30pm

Bring Yoga Mat & Refreshment

\$8/Class

Walk-In's Always Welcome

BOB ROSS TECHNIQUE OIL PAINTING

Thursday, Jun 13 - 6:00pm

Scene - Mountains painted on wood

\$35/Per Person (Incl's all supply)

&

Saturday, Jun 22 - 11:00am

Scene - Springtime Cottage in the Alps

\$45/Per Person (Incl's all supply)

Payment due at Class (Cash or Check)

MUST SIGN-UP IN ADVANCE

Call (973) 706-6471 Community Ctr or E-Mail

jcarelli@riverdaleborough.com



TOP OF THE LINE DOG TRAINING

Mondays, 6:00pm

The Glenburn Estate BARN

\$155/7 Week Program



1st Class - Pet Owner Workshop

6 Weeks - Pet & Owner Basic Training

Taught by - Norma Overlock Certified Dog Behaviorist

www.normasdogtraining.com

MUST SIGN-UP IN ADVANCE

(201) 337-6179 - Norma

RIVERDALE FOOD PANTRY

Items ALWAYS Needed.

Drop-off @ Borough Hall (Front Offices)

Questions: Contact Riverdale Borough Hall

(973) 835-4060, Select 6



"LIKE" us at [Riverdale NJ Community Center](#)

Announcements



Happy 15th 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!



Happy 2nd Birthday, **Sara Grace Budesheim**, on June 10. Love, Mom, Dad, Jack, Emma & Alex and rest of the family.

Happy 6th Birthday, **Caroline Budesheim**, on June 15. Love, Mom, Dad, Elizabeth & Stephen and the rest of the family.



Happy 92nd Birthday, **Elvira Budesheim**, on June 23. Love from your children and grandchildren and great grandchildren.

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

The Latest at the Riverdale Library

What's new at the Riverdale Public Library? Riverdale residents can now check out E-readers, like Kindles, Nooks and Sony Readers. Each E-reader device have E-book bestsellers already downloaded. You are borrowing the device and the two (2) E-book bestsellers or more on each device. You will sign a contract for each unit that is borrowed. Please stop by the library and start reading an E-book right away!



A New Monthly Feature: **Neighbors in Nature**

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



For this article, I am going to try and convince people to go out and photograph dragonflies. Recently there was an article in the Tuesday Science section of the New York Times about dragonflies. Dragonflies are superb predatory machines. As a flying insect they are quite unique. For most four winged insects, as two wings go up, the other two go down. The dragonfly can control each wing independently of the other three which gives it incredible maneuverability. Had Baron von Richthoven, the Red Baron, flying ace of Word War 1, encountered a plane that could go after prey like a dragonfly, Richthoven's first flight might have been his last. As a predator, the dragonfly has a 95% success rate. Even the lion, "king of the beasts" only has a 50% success rate!

PHOTOGRAPHING DRAGONFLIES

With the coming of warmer weather those dragonflies will be out hunting in meadows, along streams and ponds. I am suggesting that you go out and photograph them! It is easier than you imagine. Then you will wonder, "with my point-and-shoot"??? Yes!

The dragonflies that perch are the easiest. They are territorial and perch to see what is flying by. Another dragonfly they chase off. Prey, they catch and have a meal. Your presence is a minor problem. Approach the perched dragonfly camera at the ready. When it flies off, hold your position. It will return to that perch within inches of where it took off. Refocus and continue a slow approach. Soon you will have an image that fills your viewfinder. The picture is yours!

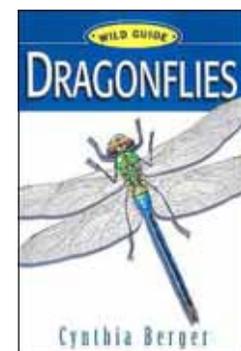
Not with my \$100 point-and-shoot! Yes with any camera. See that little knob or dial either on the top or the back of the

camera? The one with the little pictures on it! A face for portraits, mountains for landscapes, the flower = close-ups, the sprinter for sport shots. Set that knob to the flower for close-ups, never mind the price of the camera! Stalk that insect! Check the library for books on dragonflies or the book stores.

Wild Guide - Dragonflies
Cynthia Berger
Stackpole Books

Dragonflies Through Binoculars
Sidney Dunkle
Oxford University Press

These are two I have found helpful.



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.**



Kit Kat's Krafts

Feature – Jazzing up your planter

By Catherine Felegi

A new monthly feature dealing with crafts

Planters come in very few varieties – terra cotta orange or dark plastic green. Noticeably very bland and, during the June season where people are spending more time caring for Mother Nature than they are their video games and indoors, having a sea of planters can get boring fast.

There is always the sure-fire method of painting the pot, but the texture is flat, the paint gets dull and eventually chips off, ruining all of your hard work. You can also plant the plant outside, but then it will wither and fade away once winter arrives.

Instead, design a neat place to put your planter that will create a nice surrounding, recycle some of the garbage that you were planning on throwing out anyway and show a more creative side than just paint and a terra cotta planter.

For this project, you will need:

- ◆ One tin can, such as a tuna fish can, label removed
- ◆ Three colors of yarn
- ◆ Clothes pins
- ◆ A natural stain, such as coffee, tea or berries. The project pictured uses coffee
- ◆ Rubber cement

First, take your clothes pins and line them around your tin can for measurement. Once you find out how many clothes pins fit around the outer rim comfortably, place them in your natural stain. Personally, I left mine in for about three days before touching them, giving them a nice antiqued look.

Measure out a copious amount of three strands of yarn, enough to wrap around your tin can comfortably. Leaving a little bit of the tin can showing adds a slight bit of character to your new holder.

Braid your yarn together, keeping a tight braid as you do so. Once complete, use the rubber cement and rubber cement the yarn to your tin can, keeping it close to the top. When you get down to the next level of the yarn wrap, keep it close to the line of yarn above. If you dab a bit of rubber cement to the bottom of the upper yarn line, then it will help keep everything together.

Remove your clothes pins from your stain and allow them to dry. If they are not uniform in color, do not worry about it. Again, this will help add some character to your planter holder. You can put a dab of rubber cement onto the clamp portion of the clothes pin so that your clothes pin will stay attached to your tin can, or you can simply clamp the clothes pin onto the can so that you can easily place the plant into your new planter or you can remove it. If you decide to dab some rubber cement on your planter, allow it to dry thoroughly.



Finally, put the plant of your choice into your new planter. My planter currently has a small succulent. Once it grows a bit more, the leaves should start growing over the top of the clothes pins, creating a gorgeous effect. However, if you want something that might grow a little faster, try something like a flower or a spider plant.

**Now is the Time to Sell
YOUR HOME... LIST WITH ME**



RE/MAX Legend
36 Preakness Shopping Center
Wayne, NJ
973-686-0404 Office
973-493-1477 Cell
email: tinacalirealtor@gmail.com
Each Office is Independently Owned & Operated

SELL WITH SUCCESS!
CALL 973-493-1477 Cell

TINA CALI

2012 #1 Top Selling Agent at RE/MAX Legend - Wayne & Mahwah

2012 NJAR Circle of Excellence Sales Award Winner - Gold Level

2012 RE/MAX Platinum Club Award

2013 Voted one of NJ's Top Realtors by Five Star Professional
(featured in March 2013 NJ Monthly Magazine)

www.TinaCaliRealtor.com

Helpful Hints

- ◆ Use chalk to clean polished marble and metal surfaces. Crush white chalk in a food storage zipper bag, tapping it gently with a hammer. Dip a soft cloth into the powder and rub.
- ◆ Loosen burned-on food from a barbecue grill rack by placing the rack in a trash bag. Mix 1 cup Baking Soda and 1/2 cup Ammonia and pour over rack. Close the bag; let it sit overnight. Scrub and rinse well in the morning. Be sure to wear rubber gloves; use ammonia only in a well-ventilated area.
- ◆ Prolong the life of lettuce in your crisper drawer by wrapping it in a paper towel and enclosing in a food storage zipper bag before storing.

June in the Garden - Gardening Fun With Roses

by Riverdale Resident and Columnist

Bill Lango

June has so much going for it. It's the favorite month for brides, grooms and graduates. It has two very important Holidays: Flag Day, Friday, June 14, and Father's Day, Sunday, June 16. June also welcomes the first day of Summer on June 21--also the longest day of the year. It's also a busy month for gardeners, too, because it is the one month with the longest days and shortest nights. Tempting many gardeners, myself included, to sometimes toil late in the evening in their gardens.



June 15th is also the date to set your sundial. Yes, sundials actually tell time. A garden sundial makes a nice focal point as well as a conversation piece for the garden, so think about getting one before June 15th. Set the dial on (Saturday) June 15 and place it so the shadow falls on 12:00 o'clock at exactly noon on this date.

June's Full Moon is on Sunday, June 23 and will be the moon's closest position to the earth for all of 2013. Some will call it a super moon, because it will be the largest full moon of the year. In North America June's full moon is known as the Full Strawberry Moon. In Europe it's called the Rose Moon. I prefer to think of it as the Rose Moon, not because I don't like strawberries, but because in my garden June is the month of Roses.

It isn't until June, when the Iris have lost their beards, when our Rhododendrons are looking raggedy, when our Wisteria are on the wane, when our Tulips, Daffodils, and when the blooms of most spring blooming perennials are just a fond memory, that the stately rose is rightly taking its place in the garden as the Queen of Flowers.

No matter where we lived our roses have always evoked admiration from neighbors and passersby alike. So much so, that once I made the mistake of planting a Hybrid Tea rose bush (Double Delight variety) too close to the sidewalk, where inconsiderate folks would clip or even pull off flowers, without asking permission. Leaving the mother plant in terrible shape with broken stems and torn branches. I wound up transplanting that rose to the back yard.

I've always had good luck with my roses, even when we lived in the city and gardened on a postage stamp size lot, boarded by concrete and asphalt.

One house we lived in had a three-foot concrete walkway between our house and our neighbors driveway. Wanting to dress up the area with some green and blooms. I decided on planting roses along side the house, right in the concrete walkway.

I first prepared the holes for my future rose bushes by chopping and chiseling out of the concrete 18-inch diameter holes in the three-inch thick concrete six feet apart.

Now to dig the holes out, suitable for roses, I dug down using a steel bar to break up and remove the back fill, and went down at least 18 inches. In some spots 24-inches down and removed all the broken rock and blue stone that was used to back fill around our home's foundation. The holes were then filled with a premium garden soil mix. A Hansa bare rooted rose was planted in each hole and well watered in.

I chose the Hansa Rugosa shrub rose variety because it produces deep crimson- blooms throughout the season, when planted in full sun. It's not too tall, topping out around six feet tall and three feet wide, and it's very disease resistant and tolerant of many types of soil. Blooms are very fragrant. It's also very cold hardy, down to minus 30. A real no fuss rose. The only downside of

the Hansa are their thorny branches and stems. Very thorny and sticky, ouch! I ordered ours, from White Flower Farm, on the web at: www.whiteflowerfarm.com. But I'm sure you can buy them at your larger garden centers. If not, check the Internet for other sellers.

As unbelievable as it may seem. Those Hansa Roses planted in holes in a concrete walk, required little, if any care, other than watering during summer heat waves, occasional feedings and severe pruning in early spring. It's been over 20 years since I first planted that Hansa Rugosa Rose bush in our city garden. We've moved two times since then, and dug them up and transplanted them in the gardens of each of our two past homes. Once to Wayne, where our garden was on a mountain top, right in the path of westerly winds, where our Hansa roses survived unprotected cold winter winds.

Nine years ago one of our Hansa's was dug up from our home in Wayne, and transplanted to our current home, here in Riverdale, where it now has adapted to a slightly shady location growing near edge of a flowering weeping cherry tree. Even though it's in a shady location, it still blooms throughout the growing season. Not non-stop, but enough blooms to brighten up that shady garden spot. I don't think there is a more hardy, less fussy, easy care, long lasting, ever blooming rose in the world than Hansa.

But you don't need a garden to enjoy roses. Apartment and condo dwellers with a patio or balcony can enjoy summer blooming roses all season long with potted Tree Roses, or roses planted in containers. The choice of flower colors is almost endless. Just choose ever blooming varieties so you'll have continuous blooms summer through early fall. Roses are heavy feeders and do best when fed with organic fertilizers. They are not fussy plants but require lots of sun, so keep that in mind if your balcony faces north. But don't let that discourage you. Better to have a rose plant to nurture than none at all.

Roses thrive on Bananas. Here's a tip savvy gardeners use to help naturally pep-up their roses. Banana peels. Banana peels or banana skins are rich in all kinds of minerals so they make a great natural fertilizer for roses. Save the peels and cut them up with either a garden scissor or sharp knife. Cut them into small pieces and dig them into the mulch around your rose bushes. Or you can just place them around your roses. The peels will turn brown in warm weather and quickly blend right in. If you eat one banana a day, consider how many nutrients you'll be adding to your body and to your roses. Your roses will thank you by providing you with big robust blooms.

Ladybugs and roses. Aphids and other annoying insects love to munch on roses. I've found the best approach to combating insects from dining on my roses is by harvesting a few Ladybugs from other parts of my garden and lovingly transfer them to the roses. Ladybugs feast on aphid and can eat 50 to 60 aphids a day. Any large leaf eating insects such as Japanese Beetles and horned caterpillars are promptly dispatched by hand to the bad insect grave yard.

Avoid pesticide/insecticide usage . Consider this: Let's say your rose bush is infested with aphids, instead of blasting off the aphids with a well aimed stream of water from your garden hose, you decide to run up to the Big Box stores and buy some 'bug spray'. (Of course, you take time to thoroughly read the product's label directions for use - storage and disposal.) You spray your roses with a pesticide/insecticide and in doing so you also spray and unintentionally kill beneficial insects, such as Ladybugs. Many of the insects fall to the ground along with the pesticide drift, or overspray, some remain on the plant. The pesticide overspray eventually finds its way into and contaminates your soil. On the ground, other insects--many beneficial such as nematodes, as well as toads and wild birds consume the pesticide laden insects and while doing so, ingest harmful pesticides. And the cycle continues. I know this is a bit overly simplistic and a bit dramatic, but it's something to consider.

The *Riverdale News and Events* is published on the first day of each month. We are interested in all the good news that is happening around town and in your families. We welcome all such announcements, including birthdays, anniversaries, graduations, and any other special occasions you may want to share with your neighbors. The deadline for all insertions is the 3rd Wednesday of each month, which may be extended in certain circumstances. Please email your copy and photos to mayor@riverdalenj.gov and riverdalemayor@gmail.com. Photos should be in JPEG or TIFF formats and at least 1MB in size.

Local Animals in Need of Forever Homes

Meet Wanda, age 8, and Cadet, age 10!

These two kitties are bonded pair who have been at the shelter since March of 2012 waiting for a forever home. Affectionate and loving, these best friends need to find a home together!



Meet Suki! Three "B's" describe Suki: Black, Beautiful and Bouncy! She is a 1.5 year old Pit bull mix with big pointy ears that enhance her beauty. She is a quiet bundle of energy that is extremely playful and very intelligent. The ideal match for Suki would be an active family with no other pets with a love of the outdoors that can explore new adventures with her. Suki is a loveable companion who is eager to please.

Each month we will be featuring a dog and a cat looking for a good home. Please contact Mike's Feed Farm for information 973-839-7747

No-Freeze Ice Cream. You don't need a fancy automatic ice-cream machine or an old-fashioned freezer to make ice cream in a hurry at home.

- ◆ 1/2 cup milk (whole, 2%, chocolate or skim)
- ◆ 1 Tablespoon sugar
- ◆ 1/4 Teaspoon pure vanilla extract (or other flavoring)



halfway, then put in 6 Tablespoons salt. Zip larger bag shut. Now take turns tossing and turning, shaking and mixing the 2 bags in your hands. (It gets cold. You may want to hold a dishtowel.) After about 5 or 10 minutes of shaking, the mixture will be the consistency of ice cream.

Combine all ingredients in a sandwich-size food storage zipper bag. Zip the bag shut, then place it inside a quart or gallon size zipper bag. Add enough ice to the outer bag to fill it NOTE: The ingredient amounts listed do not make very much ice cream, but don't double the recipe. If you need more, make several small batches.

Under state law **NO PARKING:**

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

No Parking Rules





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

CLEAN UP AFTER YOUR DOG

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

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



Credit Card Payments

Welcome to Riverdale Borough's Pay On Line Service

- ◆ Property Taxes
- ◆ Water and Sewer Bills
- ◆ Council Fees
- ◆ Dog and Cat Licenses
- ◆ Recreation Programs
- ◆ Exercise Classes

There will be a convenience fee for this service that you will review before you submit your payment. You will also be able to pay more than one bill at the same time.

We accept Visa - MC - Discover - American Express. All with an Electronic Check from your personal checking account.



Borough of Riverdale now accepting Credit Card Payments for:

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

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

Chief Dan Sturm: Grilling Safety



There's nothing like outdoor grilling. It's one of the most popular ways to cook food. But, a grill placed too close to anything that can burn is a fire hazard. They can be very hot, causing burn injuries. Follow these simple tips and you will be on the way to safe grilling.

CHARCOAL GRILLS

- ◆ There are several ways to get the charcoal ready to use. Charcoal chimney starters allow you to start the charcoal using newspaper as fuel.
- ◆ If you use a starter a fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire.
- ◆ Keep charcoal fluid out of the reach of children and away from heat sources.
- ◆ There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.
- ◆ When you are finished grilling, let the coals completely cool before disposing in a metal container.

SAFETY TIPS

- ◆ Propane and charcoal BBQ grills should only be used outdoors.
- ◆ The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- ◆ Keep children and pets at least three feet away from the grill area.
- ◆ Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- ◆ Never leave your grill unattended.
- ◆ Always make sure your gas grill lid is open before lighting it.

Propane Grills. Check the gas tank hose for leaks before using it for the first time each year. Apply a light soap and water solution to the hose. A propane leak will release bubbles. If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off the gas tank and grill. If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call the fire department. **If you smell gas while cooking, immediately get away from the grill and call the fire department.** Do not move the grill.

If the flame goes out, turn the grill and gas off and wait at least 15 minutes before re-lighting it. July is the peak month for grill fires. Roughly half of the injuries involving grills are thermal burns.

Community Center Events



Tot's Music



Friday Night Frolics



Bob Ross Technique Oil Painting Class



Workmanship To Perfection

Equipment



Supply

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with Pride"*

CONTRACTORS

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973.835.8850

P.O. Box 208, Riverdale

RECREATION NEWS



Follow us @RiverdaleRec

riverdalerec@gmail.com



"LIKE" us at Riverdale Recreation

Dorney Park & Wildwater Kingdom

Riverdale Rec. will once again offer discounted tickets

Just log onto www.dorneypark.com and enter the Promo Code below in the "Enter Promo" field in the upper right corner of the home page

Promo Code: **RRD123** (Not case sensitive)

Prices

- Anyone 48" or taller in shoes \$36.00 each
- Anyone age 3 or older, under 48" tall in shoes \$27.00 each
- Anyone 62 years of age or older \$27.00 each

Purchase tickets at your convenience



ADULT COED SOFTBALL

Thursdays beginning June 27 at 7:00 pm at Riverdale School Fields.

Email riverdalerec@gmail.com for more information.

Riverdale Recreation SUMMER SESSION at Gold's Gym, Riverdale



Spinning: Mondays 9:30–10:15 a.m. starts 6/10/13 OR Thursdays 6:00–6:45 p.m., starts 6/13/13 (6 week program) Cost: \$25.00 ea.

Toning-Boxing-Bootcamp: Tuesdays & Thursdays 5:30–6:30 p.m., starts 6/11/13 (6 week program) Cost: \$30.00

Cardio-Mix: Wednesdays 10:30–11:30 a.m., starts 6/12/13 (6 week program) Cost: \$20.00

Step Express: Saturdays 9:30–10:00 a.m., starts 6/8/13 (6 week program) Cost: \$15.00

Zumba: Saturdays 10:00–11:00 a.m., starts 6/8/13 (6 week program) Cost: \$20.00

Cardio Combat Boxing: Sundays 9:30–10:30 a.m., starts 6/9/13 (6 week program) Cost: \$20.00

To sign up for any of the above classes, please contact Krista Osborne at 973-835-1234 or by email at riverdalerec@gmail.com.

LOVE YOUR PETS

A new monthly column submitted by Mike's Feed Farm

Is a Raw Diet Safe for My Pet?

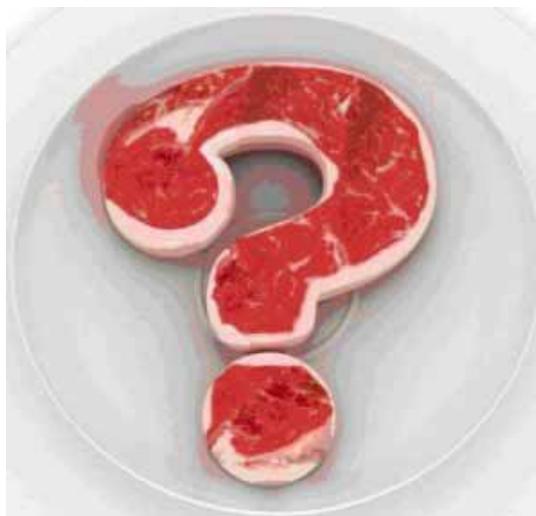
Prepared by Dr. Evan Fleischmann, N.D., Doctor of Naturopathic Medicine, on behalf of Mike's Feed Farm in Riverdale.

Is raw food really safe and nutritious for my pet? In a word, yes. Left to his or her own devices that is exactly what your pet would eat. When was the last time you saw a dog work a microwave? A high quality, complete raw feed can actually help a number of health concerns including allergies, skin and coat problems, digestive issues, and a long list of disorders that are often very expensive to fix. The trick is making sure that you have a well-rounded, safe, complete feed for your best friend. There are several routes to do this: you can make your own; you can buy a semi complete raw food; or, you can buy a complete raw diet. The complete route is the simplest.

The first question most people ask, and rightfully so many veterinarians are concerned about, "Is raw food safe?" The truth is that when handled properly, it is completely safe and appropriate. In fact, knowing that this food will be consumed raw most producers actually handle it more cleanly and safely than human food. Now for the safety of your family it is important to wash

your hands and containers completely and thoroughly after use, but that is the only caveat. Of course, if you have young children who get around on their own and are curious to put things in their mouth, it is probably best not to feed raw food unsupervised.

Regarding nutrition, a complete raw diet is more nutritious than almost any kibble diet. You'll also find your animal drinks less water because there's more water in the food. And, one of the best features of a raw diet is that there is very little waste to clean up, as the vast majority of the food is actually absorbed into the body meaning there is less passing through. Stop in for a chat with one of the friendly helpful gang at Mike's Feed Farm to have all your raw food questions addressed.





Riverdale Woman's Club

The Riverdale Woman's Club together with the Pequannock Rotary and the Suburban Woman's Club of Pompton Plains will be conducting a food drive again this year. The food drive will begin June 15 and run for 2 months until August 15th. Non-perishable items can be dropped at **Gold's Gym** on Route 23; **Chase Bank** on Hamburg Turnpike; **Riverdale Library** and the **Municipal Building**, both on Newark Pompton Turnpike. Last year's drive was so successful that this year's total goal is 5000 pounds.....or more. Everything collected by the Riverdale Woman's Club will be donated to the Riverdale Food Bank.



The Riverdale Woman's Club will hold their last meeting of the year on Wednesday, June 12 at the Riverdale Community Center at 7:30. All women are invited to attend and learn about the work we do and the fun we have doing it. **For membership information call Jean at 973-835-3269.**

SOUR MILK SECRETS. As a kid, I used to secretly hope that milk would go sour, knowing that if it did my mom would make a Wacky Cake. Here's her recipe: Sift 1 1/2 cups of flour, 3/4 cup of sugar, 1 teaspoon of soda, 1 teaspoon of cocoa into an 8 inch pan. Make three holes in the dry ingredients and put 1 teaspoon of vanilla into one hole, 5 tablespoons of oil into another, and 1 tablespoon of vinegar into the third. Pour 1 cup of sour milk over the top and

mix well. Bake for thirty minutes at 350 degrees. This recipe may sound funny, but the cake is delicious! Sour milk can also be used in pancakes, waffles, and doughnuts - check your favorite cookbook for recipes.



DISHWASHER. Without a proper monthly cleanse, your "self-cleaning" dishwasher can become a cesspool of bacteria, fungi, black yeast, and even mold. Not to mention it can also emit a foul odor, thanks to leftover food particles.



To kill germs, erase soap scum and cut through films of grease. Start by picking up debris from the bottom of the drain with a rag or paper towel. "Then, pour white vinegar into a cup, place it on the top rack of an empty dishwasher, and run a full cycle on the hottest water setting," says Sherrie Le Masurier, author of *House Cleaning Tips: How to Clean and Declutter Your Home Fast*. "To deodorize, sprinkle a cup of baking soda on the bottom of the dishwasher and run a hot cycle."

History of Riverdale

A Monthly Serial — Part IV

Travelling west on Windbeam Road: At the top of the hill was a road house known as The Windbeam. It was a popular watering hole in the 1920's during Prohibition. Applejack (apple brandy) locally known as "Jersey Lightning" was a popular drink back then. After the repeal of Prohibition it became a nice restaurant. In the early 1970's it burned to the ground.

Going south on Route 23 to the border of Pompton Plains, where the Boulevard and Route 23 meet, was an industrial plant which manufactured silverware for Tiffany's. In the late 1930's it became a riding academy called "Silver Circle Ranch". In the early 1940's a company known as Reaction Motors Company, which manufactured rocket motors, occupied the site. However, the testing of these rockets caused tremendous quakes and loud noises. Neighbors complained so the company moved to Lake Denmark next to the Naval Ammunition Supply facility.

Let us backtrack to Riverdale Road and Newark Pompton Turnpike where the present Armory stands. A large mansard roofed house which stood here, originally belonged to James Berry, a large landholder and prominent resident. In the 1920's or so, the Prescott family bought the home and raised chickens. Still later the Peters

family lived there. Mrs. Peters was a past president of the PTA. Finally the US Government purchased the property, demolished the house and built the present armory.

Continuing along Riverdale Road to the railroad tracks, there was a small railroad station on the left side of the road. It was just a shed with a large wooden sign with the name RIVERDALE. It served as a whistle stop. There were no scheduled stops but passengers could request to be dropped off there.

Across the railroad tracks to the left was a sand and gravel company. Later Houdaille bought it and operated the sand pit until the sand supply ran out. Across from the sand pit was a large swamp complete with pampas grass and quick sand. Houdaille would dump silt and lam, which they could not use or sell into the swamp.

Further on down the road on the left was a gladiola farm run by John Kopp, whose wife, Helen, was the daughter of the first mayor of Riverdale, William Scinski. In late August it was a beautiful sight to behold.

Back on Newark Pompton Turnpike and down Cotliss Road to Loy Avenue on the left in the area of the former plastic factory, was a swamp. When it froze over in severely cold weather, children would ice skate there.

To be continued next month.

RIVERDALE



Tea at the Glenburn



Fishing Derby



Winning Catch at Fishing Derby. Cameron Cleary.



Triathlete

Congratulations to Dennis Harsley Jr. a lifelong resident of Riverdale who recently competed in the Escape from Alcatraz triathlon in California and finished with a respectable time of 3 hours and 30 minutes. This triathlon was especially grueling as it involved a 1.5 mile swim in the frigid waters from Alcatraz across the San Francisco Bay; an 18 mile bike ride over the hills of San Francisco and an 8 mile run up the arduous sand ladders. Dennis has previously competed in triathlons and Half-Irons in NY, NJ, Massachusetts and Connecticut. He will be competing in a Half-Iron in Connecticut in June and another Half-Iron in Maine in August! Dennis is a member of the Ridgewood Tri Athlete Club.

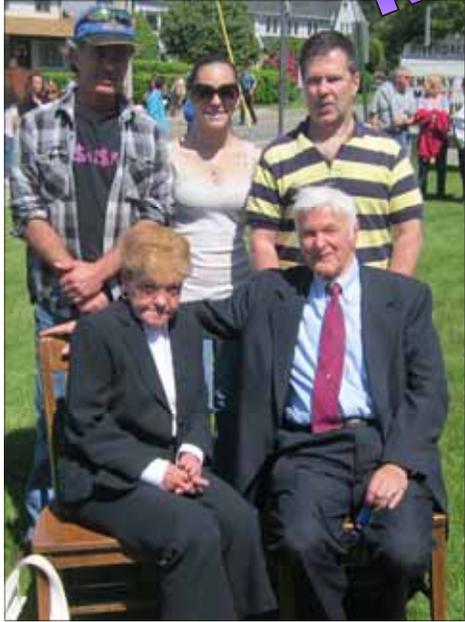


PUSH TO WALK



DAILY NEWS

Memorial Day



Grand Marshal Fred DiAngelis , his wife, Barbara and Family



The Riverdale Rant *By Rob Errera*

Family Roots Grow In Backyard Gardens

It's an ancient art, once so vital it meant the difference between life and death. Even in its modern incarnation as a backyard hobby, it still stirs a primal passion.

I'm talking about gardening. Don't think gardening is an art? Think again. Anything that takes skill, knowledge, and a creative vision qualifies as an art to me, and gardening requires all that and more.

Last year was our first attempt at a vegetable garden. I planted the garden at the urging of my nine-year-old daughter, and it was a fun family project. Digging in the dirt, sifting out weeds and rocks, and spreading dark, nutrient-rich potting soil, is therapeutic fun for all ages. My kids had a blast prepping the garden, and planting the seeds and seedlings. Don't forget the inherently messy fun of freshly dug soil and a sprinkler! A good time was had by all ... except for Mom, who had to wash the muddy clothes afterward.

We planted things we liked to eat, and as a result we had a diverse mix of fruits and veggies. Strawberries, grapes, and watermelon shared space with corn, lettuce, peppers, and pumpkins.

I'm not so good at reading instructions, so I planted our pumpkins too close to our other plants last year. Who knew pumpkins were such an aggressive vine? They pretty much took over the entire garden, strangling out everything except for the hardiest of corn stalks. As a

result, our harvest last year totaled ten ears of corn and half-a-dozen pumpkins.

We planned better this year (no pumpkins), and so far everything's worked out nicely. The beans, peas, corn, and cucumbers have all sprouted, and our strawberry plants are back and blooming with berries. You can follow our garden's progress online at pumpkinpatchterror.wordpress.com.



I've sunk close to two hundred dollars in our flower and veggie gardens. Will I get \$200 worth of fresh produce by the time harvest is done? Probably not. But I've made family memories that are both indelible and priceless. Ruined a few pairs of pants, too.

George Bernard Shaw said, "The best place to find God is in a garden. You can dig for Him there."

Get out there and get your hands dirty ... and check out Bill Longo's column in this newsletter for some practical gardening tips!



Riverdale resident **Rob Errera** is an award-winning syndicated columnist and the author of *Autism Dad: Adventures In Raising An Autistic Son*. He blogs at roberrera.com and Twitter/Tweets@haikubob.

Do you feel burdened by:

1. Dry skin
2. Eczema
3. Rosacea
4. Acne
5. Psoriasis
6. Wrinkles
7. Pain
8. Itch from: bug bites, bees, poison ivy, air borne pollutants, after shower and more?

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Riverdale Town-Wide Garage Sale

SATURDAY, SEPTEMBER 28

9:00 AM to 4:00 PM

Rain Date: Sunday, September 29

Sponsored by the Auxiliary of the Riverdale Volunteer Fire Department

This is a great opportunity for you to clean out your attic, basement or garage and make money too!

All registration forms must be received by Saturday, August 31, 2013 to ensure your address will appear on the town map.

Registration Form

To participate, complete this form and mail with registration fee of \$20 for early registration (\$25 after July 30)

Name: _____

Use Home Address _____ Glenburn _____

Phone # _____ E-mail _____

List some items you will have for sale: _____

_____ (We reserve the right to edit the listing.)

Make Checks Payable and Return Form to:

Auxiliary of RVFD, Town-Wide Garage Sale, 56 Post Lane, Riverdale, NJ 07457

Please include an email address (printed neatly) and phone number so we can confirm receipt of your resignation.

Completed registration must be received by Saturday, August 31.

Registration is now open for residents who want to get involved in Riverdale's First Town Wide Garage Sale on Saturday, Sept. 28.

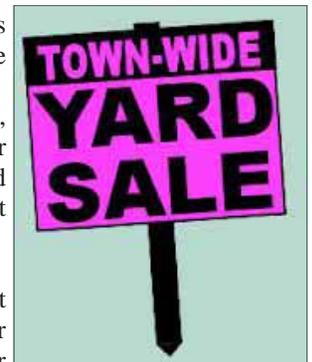
Residents who want to get rid of clutter or sell treasures should take advantage of this awesome opportunity. Once a home is registered, that home's address will appear on the Town-Wide Garage Sale Map, which will be free of charge to all out all out of town visitors and residents who want to shop. Each registered residence can provide a short list of items the homeowner will have for sale, i.e. sports equipment, furniture, toys.

How to get involved? Simply fill out the registration form (on back) and mail it with a registration fee of \$20 for early registration

(before July 30). Registration forms received after July 30 must be accompanied by a fee of \$25.

The registration fee provides maps, advertising in local papers and other venues throughout the summer and brightly colored balloons to highlight your sale on September 28.

Limited space will be available at Glenburn, 211 Hamburg Turnpike, for residents who are not able to set up for a garage sale at their home address.



VACUUM CLEANERS. Without maintenance, a vacuum is only good for moving around dirt. "A vacuum can get so bogged down with dust and allergens that it becomes 20 percent less effective each time you don't clean it properly," says Frank Fontana, celebrity lifestyle expert.

You can clean a vacuum without having to take it apart. For bagless vacuums, empty the canister after each use. For ones with bags, replace when it's one-third full. Clean the

filter by shaking out dust or removing buildup with fingers; or, replace it altogether every six months to a year. Finally, make sure the rotating brush is free of hair. If you can't pull it out, use scissors to cut through the sheet of strands.

If all else fails and your vacuum is still not up to par, debris is probably lodged inside. Take apart each removable component and use a smaller vacuum to hit every nook and cranny, says Fontana. Avoid contact with water to lower the chance of mold or mildew growth, which can occur especially among wet/dry vacuums that double as carpet cleaners. If there is a funky odor, give the vacuum parts a thorough washing, but make sure they're completely dry before reassembling.

Earthly Fathers

By Elaine Peacock



This is dedicated to my very special Dad Albert Peacock has been gone since 1986

Our heavenly father knew he couldn't be there to teach us to ride a bike or even be up all night on Christmas Eve putting the bike together, so he created those special earthly men we call Father, Dad, Daddy or Pop that man we sometimes take for granted. You remember those

times don't you? Here are a few examples; how about the time you needed his strong shoulders so you could have a better view of the parade, the time he took you fishing and baited the hook for you or the time he helped you with your math homework or a special school project. Earthly fathers were created by GOD to help guide us through this maze we call life. When we are little he is the smartest dad in the world, when we are teenagers we think we are smarter than he is but when we grow into adulthood and look back at our lives; we realize dad was always there for us no matter what "crisis" we were facing at the time. He was the one sitting in the front row at our game or play smiling that proud smile. He was the one shedding a tear at our graduation or wedding. So whether your dad lives close by or far away, whether he is still with you or a heart full of memories take some time to think of all the wonderful ways your earthly father touched your life and how he made even ordinary days special.

SPONGES. You already know that a ton of bacteria live in sponges — 7 billion germs, says Smallin. But, you can cut down the gross factor by disinfecting your sponge every couple of days, if not every day, and replace it monthly.

To disinfect, soak a sponge in water, place it in a microwavable dish, and nuke it on high for a minute. Important note: Make sure not to wring out the sponge otherwise it could catch on fire. Another option is to soak the sponge in a solution of bleach and water (one cup of bleach to one gallon of water), rinse, and let dry.

Keep several sponges on hand to serve different purposes to avoid spreading bacteria. "If you're using a sponge for pots, a sponge for counters, and a sponge for dishes, try cutting a sponge into thirds to save money," says Le Masurier. "And remember, bacteria live for a few hours on a dry surface, so always wring out a sponge."



A Note from CAL DEAL. Nothing makes me more nostalgic for my old hometown than the Memorial Day Parade. Thanks for the photos, Bill. I looked at every one of them!

The photos also make me feel more distant. Places look unfamiliar, sometimes, and I didn't see a single familiar face!!

In the beginning, the background looked so familiar, and I realized that the pictures were taken by what used to be Maurice Williams' property — and later my parents' — along Mead Avenue. That used to be a staging area for the parade. Maybe that's what I'm seeing here; I don't know. I think I sent you a photo of that property with its outhouse, grapevine and chicken coops some time ago.

I had to check Google Earth to see that the couple standing in front of the house — the woman has a camera — appear to live where a couple of chicken and turkey coops used to be. Blind "Cordy" (Cortland Williams) lived in a garage in what is now their back yard. Cordy, as we called him, was injured in a Dupont explosion, and every now and then he used to send me to the stores to fetch him some ice cream. He would walk with a cane the length

of the property to Post Lane, tap-tap-tapping on the chicken coop which marked his way. Then he would go down the hill to his sister's (?) house — Mrs. Bossard, as I recall — at the bottom of the hill, right side.

Just about across the street from camera-woman's house lived my friend, Frank Larry. He played trumpet, and I will never forget the sound of "Cherry Pink and Apple Blossom White" drifting through the air on a beautiful day as he practiced that wonderful song. A couple of years ago I got reconnected with him through a relative of his.

The picture of the First Aid Squad reminded me of a Memorial Day picture I shot of my mom riding in the ambulance long ago. She belonged to the First Aid Squad, and put on a big smile when she saw her son taking her picture. We were on the Turnpike by Post Lane.

Ya got me goin' again! I hope you're well, and thanks again for the pictures. Cal



Corner of Post Lane and Mead Avenue

RIVERDALE Public Library

93 Newark Pompton Turnpike • Riverdale, New Jersey 07457
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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

Spring programs run from the week of June 17 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

Puppy Pals — Dogs certified by Creature Comforts Pet Therapy come to the library to "listen" to children read. Bring your beginning reader, reluctant reader, or dog-lover for a session with a friendly listener. Children can read privately to a dog or participate in a group session. For children grades K-5. **Wed., June 12, from 4:00-5:00 p.m.**

Summer Reading Kickoff Party — Prepared to be amazed by entertainer Steve Woyce on **Tues., June 25, from 3:30–4:40** with his exciting show featuring magic, comedy, puppets and more!

Lego Lab — Kids in grades K-5 bring your Lego skills and imagination, we'll supply the Lego's and a fun story! **Wed., June 26, 4:00-5:00 p.m.**

TEEN PROGRAMS

Teen Movie Night — Join us for popcorn and a movie on **Wed., June 5, 5:30-7:45 p.m.** June's movie is "The Mummy."

Teen Advisory Board — Hang out with friends, help plan programs and choose library materials while possibly earning community service hours on **Thurs., June 6, 5:00-6:00 p.m.**

Teen Book Discussion Group — Join us on **Wed., June 19, 6:00-7:00 p.m.** for pizza as we discuss *Gregor the Overlander*. Pick up your copy at the circulation desk!

Summer Reading Kickoff Party — Start your summer off right on **Wed., June 26, from 6-7 p.m.** with a pizza party, games, and tunes by Taylor Swift, One Direction, Justin Bieber, and more!

HOURS

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

ADULT PROGRAMS

Author Presentation — Meet local author Marianne Previty on **Wed., June 12, 6:30-7:30 p.m.** as she discusses her book "The Last Box" — a series of letters written over a twenty-four year period that poke fun at getting old — and enjoy a comedy show performed by talented local actresses. **Friday Family Matinee** — Join us on **Fri., June 28, at 1:00 p.m.** for the newest Walt Disney film "Oz: The Great and Powerful" starring James Franco, Rachel Weisz, and Michelle Williams. Rated PG, 130 minutes.

COMPUTER PROGRAMS

Microsoft PowerPoint — Join Therese McClachrie on **Sat., June 22, 11:00-12:30 p.m.** as you design a slideshow presentation with text, clip art, and animation. Learn about formatting, available design options, presentation views, and how to run your slideshow.

Microsoft Word Part I — Join us on **Sat., June 29, 11:00-12:30 p.m.** to learn basic editing features, tab displays and ribbon icons in Microsoft Word 2010.

Microsoft Word Part II — Join us on **Wed., Jul 17, from 11:00-12:30 p.m.** to learn how to design a flyer by use of color, fonts, Clip Art and Word Art, and drawing tools.

PHOTOGRAPHY EXHIBIT

Photos taken by the members of the Riverdale Photography Club will be on display at the Library in our Gallery room throughout the month of June. There will be a reception open to the public held on **Sat., June 15, from 12:00-1:00 p.m.** Refreshments will be served. Come and meet the photographers and get a view of the world through their eyes!

LIBRARY HIGHLIGHTS!



Children in kindergarten through fifth grade made beautiful cards for their moms at the Mother's Day Card Workshop held on May 9th.

MONTHLY

Photography Club — Meeting on Mon., June 24, from 6:30-7:45 pm. All Photographers welcome! Learn! Share!

Job Hunters Workshop — Meeting on Fri., June 14, from 3:00-4:00 pm. Learn about networking, resume writing and job hunting skills.

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

Adult Book Discussion Group — Join us on Mon., June 24, from 6:30-8:00 p.m. to discuss *Mockingjay* by Suzanne Collins.

Take a STAND against SITTING. Are you sitting down? Chances are, the answer is yes. On average, we sit for about 8 hours each day. And more and more studies are concluding what we've already suspected - all that sitting isn't good for our health.

Research has found that too much sitting - whether at your desk, at home on the couch or in a car - can be detrimental to your health. Prolonged sitting has been linked to a number of health conditions, including obesity, high blood pressure, elevated cholesterol, diabetes and cancer.

What's more, while exercise and a balanced diet improve overall health, clocking 30 minutes at the gym can't reverse the effects of being sedentary for long stretches of the day.

The bottom line? It pays to take a stand against sitting. Here are a few ways to make movement a bigger part of your day:

- ◆ **Set Reminders.** Make it a point to take breaks at least once an hour, every hour. Use your phone or email to set alarms or appointments throughout the day. Then, use the time to stand, walk down the hall or get a drink of water.
- ◆ **Walk and Talk.** At work, answer questions in person instead of relying completely on email. Hold on-the-go meetings, use restrooms on another floor or pace while you're on the phone.

- ◆ **Analyze your Workspace.** If space allows, move frequently used objects out of reach, forcing you to get out your chair. Also consider sitting on an exercise ball (it'll keep your core in motion) or look into the possibility of using a standing desk.

Your health. Your choice.



- ◆ **Rethink Your Leisure Time.** Catch up with friends over a walk instead of dinner and drinks and trade at least some of your screen time for extra activity, even if that just means getting up and moving around during commercial breaks.

TEAS

Their Health Benefits and Uses.



Tea has been a favorite beverage worldwide for hundreds of years.....tea can treat a variety of ailments, and with this invaluable guide you can put the secrets of tea to work for you!

Taken from **20,000 Secrets of Tea: The Most Effective Ways to Benefit from Nature's Healing Herbs** by Victoria Zak

DANDELION *The Little Plant That Roars*

This persistent lawn flower is thought of as an annoying weed to many grass lovers, and they yank it perennially, without realizing that they are scrapping an official medicinal plant, packed with nutrients, including vitamins A, B, C, D; iron; & lots of potassium.

It's been called *Priest's Crown*, and its design is virtually a self-watering phenomenon. It has long, shiny leaves with deep grooves and jagged edges that grow in a circular cluster close to the ground. When rain falls, it travels down the grooves in the leaves to the center, straight to the dandelion's tap root from all points around. In spring, a long, hollow, leafless, purple stem rises straight from the root and produces a single bright, golden flower.

It's name is attributed to a surgeon in the 15th century who thought the leaves resembled a lion's teeth, and called it *dens lion*, or *dande lion*. In China, the whole plant is used. In the United States, the leaves and the roots are separated, so you can choose dandelion *leaves* or *root* for your tea.

Dandelion Leaves.

Anemia. Dandelion's leaves have iron and vitamin C, which is needed to help iron absorb properly. It's a tea to take for anemia.

Constipation. A mild laxative to relieve constipation and bloating.

Digestion. Dandelion's bitters activate the digestive system, stimulate the flow of natural digestive juices, and prevent indigestion.

Water Retention. Dandelion leaves are a safe and healthy diuretic, because of their potassium content. Most diuretics cause your body to lose potassium, but dandelion leaves restore it. This unique property makes dandelion leaves the herbal remedy for water

retention in extremities such as hands, fingers, feet, ankles, calves. Drink your dandelion tea cool or iced.

Weight Control. Good digestion and elimination are important factors for weight control. Dandelion leaves improve both.

Dandelion Root.

Detoxifier. Chronic toxic conditions are treated with dandelion root. It removes pesticides, pollutants, contaminants, wastes, and toxins that collect in your joints. It turns, this helps to prevent arthritic inflammations from toxins in joints, and cell damage from free radicals.

Liver Tonic. A popular liver tonic, dandelion root cools and cleans the liver. It has a long history of use in China and India for all liver complaints, including hepatitis, jaundice, boils and abscesses.

Mood Swings. In Chinese medicine, mood swings are associated with too much liver *heat*. Dandelion root cools the liver, and removes toxins to improve everything, including your mood.

Prostate Cleansing. The diuretic and antibacterial properties in dandelion root have led to its use for prostate infections.

Rheumatism. Dandelion root is anti-rheumatic.

Urinary Tract. Dandelion root is good for the urinary tract. It's often an ingredient in patent medicines and has been used to dissolve urinary stones.

Uses Through the Ages. In France, blanched young dandelion leaves are used in spring salads. In Britain, the flowers are used for dandelion wine. Dandelion juice is a favorite digestive tonic in domestic medicine. The root has been used to dissolve gallstones, and as an aid in diabetes, since it stimulates the pancreas, which increases insulin production.

A Dandy Spring Tonic. Dandelion root is a spring tonic, to cleanse your body of toxins, so you can greet the warm weather with a cool, clean feeling!

A Dandy Winter Tea. A tea of dandelion leaves is a winter cleanser, when heavy food and less activity slow you down. It flushes wastes, recharges digestion, relieves water retention, and has iron and potassium. It's a tea to ring in the new year, after all that holiday eating.

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Pennsylvania: 1941 Paradise Trail
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(570) 476-1800

More Uses for Aluminum Foil

- To keep fresh flower cuttings upright in a jar of water, stretch a piece of aluminum foil over the jar and poke holes in the foil using a toothpick. Insert the stems through the holes.
- If deer are nibbling at the bark of a young tree, protect it by wrapping the trunk with aluminum foil. The foil should be at least as high as your waist. This method can also deter mice and rabbits.
- Shoo birds away from fruit trees by using fishing line to hang lots of twisted strips of aluminum foil. The reflected light and sound will do the job.
- If insects are climbing the trunk of your fruit tree, wrap it with strips of aluminum foil. The bugs can't get traction on the slick foil.
- To reflect the heat of the summer sun, staple or tape sheets of aluminum foil to the inside of your roof, between the studs. The heat entering your house can be reduced by at least 20 percent.

RIVERDALE ART CENTER



A GLASS OF ART



Starting in June!

A Glass of Art — wonderfully creative art sessions and BYOB at The Riverdale Art Center!

Uncork your imagination at **A Glass of Art** with fun, relaxing art sessions featuring wildly creative artist-teachers. Paint, draw, paint on silk, make prints, paint your own ceramics, while you sip a glass of wine and chat with friends. All art materials included, \$35 per session.

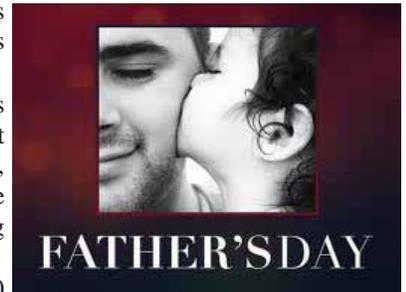
Reserve space at riverdaleartcenter.org or email info@riverdaleartcenter.org. Must be 21 or older. Private events and group sessions also available.

Check class availability on our Calendar at www.RiverdaleArtCenter.org.

The Origins of Father's Day. It was while listening to a Mother's Day sermon in 1909 that the idea of Father's Day suddenly struck Spokane, Washington resident Sonora Dodd. She wanted to honor her own father, William Smart, who was well-deserving of a special day as a widowed farmer left alone to raise his six kids single-handedly. A short year later, residents embraced the ideas so warmly that by June 19, 1910 the first Father's Day celebration was proclaimed in Spokane because it was the month of Dodd's father's birth.

Decades later, the first presidential proclamation honoring fathers was issued in 1966 when President Lyndon Johnson designated the third Sunday in June as Father's Day. Father's Day in America has been officially celebrated annually since 1972 when President Richard Nixon signed the public law that made it permanent. Due to her efforts, Sonora Dodd is known today as "the mother of Father's Day".

- ◆ Roses are the official flower for Father's Day. A red rose is worn in the lapel if your father is living, a white rose if he is deceased.
- ◆ Nearly 95 million Father's Day cards were given last year in the United States, making Father's Day the fourth-largest card-sending occasion.
- ◆ Sons and daughters send 50 percent of the Father's Day card to their dads. Nearly 20 percent of Father's Day cards are purchased by wives for their husbands. That leaves 30 percent of the cards which go to grandfathers, sons, brothers, uncles and "someone special."



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LIQUID AGENTS. Bleach has a shelf life of six months, so don't buy it in bulk. Dispose of it the same way you would anything labeled dangerous, poisonous, flammable, or corrosive: Hand it over to a hazardous waste depot. While all cleaning products can be stored together, using them in tandem is a different story. Make sure all original labels are intact so you know which products can or cannot be mixed. An example is bleach and ammonia — mixing them produces toxic vapors.

If stored in a cool, dark place, most cleaning products can last up to two years unless otherwise indicated by an expiration date. Write the date of purchase on the bottle with a permanent marker to help you remember. "It won't be dangerous to use a product after the expired date," says Le Masurier. "But its antibacterial properties won't be as effective." Toss any agent you suspect is past its prime. Because most products are water-soluble, they aren't considered toxic waste — except for bleach.

And lastly, after each use, quickly rinse the bottle to wash off any drips and double check that caps are tightly closed before storing.

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Superintendent Betty Ann Wyks

The Little Mermaid Finds her "legs" at Riverdale School

Riverdale School's Drama group performed the *The Little Mermaid Jr.* to a packed audience earlier this month! The production, which included over one hundred students from Kindergarten through 8th grade, showcased their talents and had the audience on the edge of their seats.



Left: Taylor Gosson, Paige Pirolo, and Christine Holl



Right: Ayla Markowski (Ariel), and Joseph Soto (King Triton)

DPW Sponsors Assembly

On May 9, 2013, the Riverdale DPW sponsored a "Kids Going Green Assembly" for our students. The program, presented by Michele Van Allen, provided information about "going green" and gave the children a clear understanding about what they can do around their home, school, and community to help make planet Earth a safer place to live and grow.

And the Award Goes to....

Congratulations to Hallie Mansoor for being selected as Riverdale School's recipient of the Morris County Superintendent's Middle School Leadership Award for the 2012-2013 school year. This award is presented annually to a graduating middle school student whose actions and deeds represent a model of citizenship and leadership. Hallie was chosen from amongst her peers as an individual who possesses academic, extracurricular, and community leadership qualities that have had a positive impact on our school. Hallie is pictured below receiving her award from Dr. Rosalie Lamonte, Interim Executive County Superintendent of Schools.



Life's Stories

Ayla Markowski's grandmother, Krystyna Stasica, visited the 8th grade to discuss growing up in Poland after World War II. She shared the challenges of life under communism, "We went from one tragedy to another." She contrasted these difficulties with her wonderful family memories and details about some of the beautiful Polish traditions that made life so special.

Board of Education Vacancy

The Riverdale Board of Education is seeking a qualified candidate for membership to the Board. Rich Osterhoudt, current board member will be relocating, resulting in a vacancy. Interested individuals should present a letter of interest to: Gary Grembowiec at the Board Office. Letters of interest will be accepted through June 6 at 4 pm. The board will review all qualified candidates and interview prospective candidates at its June 12, 2013 public meeting. The successful candidate will serve until the board reorganizes next April (2014).

Field Trip Comes to School

The Pre-K classes received a visit from a traveling farm. Prior to their visit, students participated in a unit of study about "the farm." They studied about the animals that live on a farm, and the qualities that those animals possess. They learned why farming is important. The Pre-K students also read books based on the farm theme, and used iPads to play farm games. Below: Shane Pricken and Jonathan Wentink are pictured with their animal friends from the farm.



Important Dates for Incoming Kindergarteners

Approximately 40 students have registered for our kindergarten program, commencing in September. These youngsters and their parents were recently invited to school for an orientation to the program. Parents met with PTA members and school representatives while their child spent some time acclimating to the Kindergarten classroom environments. Additionally a series of story times have been scheduled: Tuesday, June 4, 11:05-11:45, Tuesday, June 11, 12:25-1:05, and Wednesday, June 12, 9:45-10:20. Please contact Mrs. Santangelo in the main office, if you intend to join us in the school library with your incoming kindergarten child, during any (or all) of the sessions. We look forward to welcoming the class of 2022!!!

Student achievement

The administration will be honoring those students who achieved Superintendent's List or High Honor Roll for the third marking period at the June 5th Board of Education meeting. Congratulations to the following students for their accomplishment!

Superintendent's List

Grade 8 Adrian Bernal, Christine Holl, Kevin Jablonski, Hallie Mansoor, Ayla Markowski, Kristian Neuschwaner. **Grade 7** Sean Bastian, Mohammad Saleh. **Grade 6** Lily Trouse. **Grade 5** Timothy Arabas, Veronica Bastian, Benjamin Hentz, Julia Jablonski, James Kimberlin, Marisa Messina, Noelle Vacca

High Honors

Grade 5 Philip Latora

June Calendar

- June 4 – Spring Concert
- June 4 and 5 – Kindergarten screening
- June 5 – BOE meeting
- June 6 – 11 Final exams
- June 14 – 8th grade dinner dance
- June 25 – One session day- last student day

The commencement ceremony for *Riverdale School's Class of 2013* is scheduled for June 25 at 6:30 pm on the front lawn of the school. If the weather permits, we hope you all will be able to join us on the front lawn as we transition our eighth graders to high school.



Jane Goodall was born in London April 3, 1934, and went on to become the most famous chimpanzee expert and conservationist in the world. Her life's work began in 1960 when she set out to Gombe National Park, accompanied by mother, to study chimpanzees in their natural habitat. Her observations lead to the discoveries that chimpanzees were omnivores that were capable of making and using tools and that they have a highly complex set of social behaviors and are capable of emotional relationships. In 1977 she founded the Jane Goodall Institute for Wildlife Research, Education, and Conservation. She has received countless awards and honors for her work and was named a United Nations Messenger of Peace in 2002 and a Dame Commander of the Order of the British Empire in 2004.

Athletes that Died While Playing

Frank Hayes was a horse jockey. He was 35 years old and had been training horses for most of his life. He was chosen to ride a horse named Sweet Kiss by the owner. Hayes would participate in the Belmont Park racetrack in New York. Though the odds were against winning, Hayes was still ready to run the race and give it a try. In February of 1923, to everyone's surprise, Sweet Kiss won the race. Once the race was over and the horse finally stopped, the horse's owner ran out to the field to congratulate Hayes, but he was slumped in the saddle and not moving. Doctors confirmed that Hayes had a heart attack during the race. As weird as it may be, Frank Hayes stands as the only jockey that has won a race after his death.



Did You Know?

- ◆ Shooting stars are not stars. They are meteors.
- ◆ Black-eyed peas are not peas. They are beans.
- ◆ The flying fox is not a fox. It is a bat.
- ◆ Catgut string does not come from a cat. It is from a sheep's intestines.
- ◆ The Douglas Fir is not a fir. It is a pine tree.
- ◆ The Canary Islands were not named after canaries. They were named after a breed of dogs (Canariae insulae).
- ◆ The kangaroo rat is not a rat. It is a gopher.
- ◆ The pineapple is not pine and it's not an apple. It is a berry.
- ◆ A peanut is not a nut. It is a legume.
- ◆ A guinea pig is not a pig. It is a rodent.
- ◆ A horned toad is not a toad. It is a lizard.
- ◆ A prairie dog is not a dog. It is a rodent.



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Varieties of Salt

- ♦ **Table:** Fine-grained, usually contains iodine (but available plain as well as iodized).
- ♦ **Kosher:** Coarse texture, no additives; prepared using methods approved for kosher cooking.
- ♦ **Rock:** Large crystals, less refined than table salt; used to deice roads and sidewalks, as well as to make ice cream.
- ♦ **Sea:** Derived from evaporated seawater rather than mined; used in cooking, beauty treatments, and home remedies.
- ♦ **Seasoned and Flavored:** Table salt mixed with flavorings from herbs and spices.
- ♦ **Others:** Specialty varieties for flavoring popcorn and canning and pickling; water-softening pellets for home devices; pool salt used in saltwater chlorinators; various industrial salts, used primarily in food processing.



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Riverdale Photography Club



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

JULY edition of Riverdale News & Events will be published on or about Friday, June 28. Copy, photos, articles, announcements are due Friday, June 21.

New Businesses in Riverdale

MANGIA



Mangia Pizza Restaurant located in Riverdale Square.
(l-r) Edwin, Philip, Kendal, Pete, Andrew, Alexandria, Walter
973-248-1100

YOUR OWN WINERY



Your Own Winery located in Riverdale Square.
Michele Crecca, Proprietor, works on a batch of wine.
862-200-5808

NJ Buffet HIBACHI GRILL & SUSHI



NJ Buffet Hibachi Grill & Sushi located in Riverdale Square.
Manager Jason and waitresses.
862-377-0598

weightwatchers



WeightWatchers opened their new location in Riverdale Square.
The Staff of Weight Watchers gather for Ribbon Cutting on June 1
800-516-3535



The cast of **The Sound of Music** in 1965 and as they were 45 years later in 2011.

Allergy Cure: Throw Out That Old Pillow

Old pillows are loaded with dust mites, microbes, germs, fungi, dead skin, dried sweat, body oils, and other unsavory bedmates that can make you sick. That's why it's a good idea to clean your pillow regularly, encase it in a protective covering or - perhaps the best strategy - simply throw it away periodically, experts advise.

If you have dust allergies, your bedding - pillows, mattresses, sheets and blankets - may be putting you at risk. Dust mite droppings rank among the top allergens that trigger asthma symptoms and aggravate your allergies.

Each year, serious reactions to dust mites and other household allergens cause about 200,000 emergency room visits for asthmatics. There's even some evidence that at high levels they can have an effect on non-allergic people.

Dust mites thrive in the bedroom - especially pillows - where they find plentiful supplies of mold spores and dead skin cells from people and household pets to feed on. British researchers have found a typical bedroom can contain more than a million fungal spores that feed dust mites.



Now is the Time to Prepare for the 2013 Hurricane Season

With the 2013 hurricane season less than a month away, now is the time to update or make a disaster preparedness plan for yourself and your family. The Federal Emergency Management Agency urges all New Jerseyans to assemble a **disaster preparedness kit**, make a plan and be informed of the risks before the start of the hurricane season.

The Atlantic hurricane season lasts from June to November, with the peak season from mid-August to late October. "Every family should have supplies ready to shelter in place for 72 hours following a hurricane, or any other disaster," Federal Coordinating Officer Gracia Szczech said. "We are asking everyone to check their kits, or make a kit, before the start of the 2013 hurricane season."

New Jerseyans can find information on how to build a preparedness kit at [Ready.gov](http://www.Ready.gov). The kit should include water, food, a flashlight with extra batteries and a first aid kit among other supplies.

Having an updated and accurate **Family Emergency Plan** is a key component to planning for hurricane season. The unique needs of family members, such as the elderly, infants, those with access and functional needs and any pets should be considered. Also, you should inquire about what plans are in place at work and schools in case of emergency. After all of the information is collected, gather your family to discuss how the plan works. Practice your plan at least twice a year and update it according to any issues that arise.

Being informed of the risks associated with hurricane season is an important part of preparedness. You should identify the hazards that are unique to your area. Local emergency management offices can help pinpoint the hazards in your area and outline the local plans and recommendations for each, which may include evacuations. Familiarize yourself with evacuation routes and how to secure your property in the event of a hurricane.

Visit www.Ready.gov, www.FEMA.gov or www.FloodSmart.gov for a detailed list of emergency supplies, as well as information on how to prepare for hurricanes and other disasters.



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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

PLEURISY ROOT was in use before the Europeans arrived on this continent. It was used primarily for its special benefits in regard to the lungs, hence the name Pleurisy. Pleurisy root is used in treating lungs, to include such conditions as Pleurisy, pains in breathing (mostly intercostals muscle congestion—intercostals neuralgia or an inflammation of the pleural cavity, the common cold, flu, pneumonia, acute bronchitis and chest congestion with thick mucus and fevers accompanied by tight chest conditions.

Pleurisy root, often known as Butterfly Weed because monarchs, swallowtails and other butterflies are especially attracted to the plant when it is in flower. Pleurisy root was held in high esteem by the North American Indians as one of the best gifts to the children of nature by the Great White Father, due to its wonderful powers to bring about healing of the lungs.

Pleurisy root has a powerful diaphoretic action which first increases the body temperature which in turn opens the pores and sweating follows. Pleurisy root opens up the lung capillaries, which action helps release any thick mucus, thinning it for easier discharge of the congested material and also allows for some re-absorption back into the blood vascular system to be better discharged through the normal avenues of elimination, which is the skin, kidneys and bowels. Due to its lung circulatory improvement, it eases chest congestion which reduces painful breathing.

In all cases of lung disease, such as lung congestion and pneumonia, there is a great danger of so filling up the lungs with body fluid waste (pneumonia) as to literally drown the patient in their own fluids that is a result of the body's need to cleanse itself of this debris. Thus the need for Pleurisy root and common sense treatment, such as colonics or numerous high enemas, hot baths, etc. to help aid in the elimination of these excess body toxins.

Specific action on the lungs by Pleurisy root, subdues inflammation, loosens phlegm and exerts a mild tonic effect on the system relieving the pain and the difficulty of breathing. Due to its relaxing diaphoretic action, Pleurisy root use should not be for those with a weak pulse and cold skin. Yarrow would be the herb of choice to use, due to its more stimulating diaphoretic action.

Pleurisy root stimulates expectoration and with a large increased use of liquid, it subdues inflammation, bringing about some re-absorption of fluids from the lungs. It has a tonic effect on the whole system.

- ◆ Pleurisy root is useful for calming spasms and relaxing the body.
- ◆ It increases urine secretions and perspiration.
- ◆ It is effective in the treatment of bronchial and respiratory ailments, to break up congestion due to colds, flu, chest congestions, etc.
- ◆ Pleurisy root is an effective pulmonary catarrhal expectorant which clears the lung tissue to improve oxygen intake when breathing is difficult and relieving difficult pain of breathing.

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).

Pic Tips

The idea with the **Sunny 16** rule is that we can use it to predict how to meter our camera on a sunny outdoor day. So when in that situation, choose an aperture of f/16 and 1/100th of a second shutter speed (provided you are using ISO 100). You should have a sharp image that is neither under or over exposed. This rule is useful if you don't have a functioning light meter or if your camera doesn't have an LCD screen to review the image.



- ◆ If you can only buy one filter for your lens, make it a polarizer. This filter helps reduce reflections from water as well as metal and glass; it improves the colors of the sky and foliage, and it will protect your lens too. There's no reason why you can't leave it on for all of your photography. The recommended kind of polarizer is circular because these allow your camera to use TTL (through the lens) metering (i.e. Auto exposure).
- ◆ When photographing landscapes it really helps to create a sense of depth, in other words, make the viewer feel like they are there. Use a wide-angle lens for a panoramic view and a small aperture of f/16 or smaller to keep the foreground and background sharp. Placing an object or person in the foreground helps give a sense of scale and emphasizes how far away the distance is. Use a tripod if possible, as a small aperture usually requires a slower shutter speed.
- ◆ Flash can look harsh and unnatural especially for indoor portraits. Therefore, there are various ways you can take an image indoors without resorting to flash. First, push the ISO up – usually ISO 800 to 1600 will make a big difference for the shutter speed you can choose. Use the widest aperture possible – this way more light will reach the sensor and you will have a nice blurred background. Using a tripod or an I.S. (Image Stabilization) lens is also a great way to avoid blur.
- ◆ The ISO setting determines how sensitive your camera is to light and also how fine the grain of your image. The ISO we choose depends on the situation – when it's dark we need to push the ISO up to a higher number, say anything from 400 – 3200 as this will make the camera more sensitive to light and then we can avoid blurring. On sunny days we can choose ISO 100 or the Auto setting as we have more light to work with.
- ◆ If you want to capture a subject in motion, then use the panning technique. To do this, choose a shutter speed around two steps lower than necessary – so for 1/250, we'd choose 1/60. Keep your camera on the subject with your finger half way down on the shutter to lock the focus and when ready, take the photo, remembering to follow them as they move. Use a tripod or monopod if possible to avoid camera shake and get clear movement lines.
- ◆ Camera shake or blur - here are some ways to avoid it. First, you need to learn how to hold your camera properly; use both hands, one around the body and one around the lens and hold the camera close to your body for support. Also make sure you are using a shutter speed that matches the lens focal length. So if you're using a 100mm lens, then your shutter speed should be no lower than 1/100th of a second. Use a tripod or monopod whenever possible. In lieu of this, use a tree or a wall to stabilize the camera.

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