

July 2013

Volume 8 Number 7

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Columnists

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Catherine Felegi
William Lango
Bill Madden
Elaine Peacock
Don Pruden

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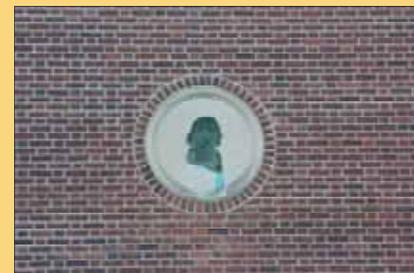
Riverdale

News & Events

Congratulations Class of 2013!



The Riverdale School 2013 Graduating Class Ceremony on June 25.



Riverdale PTA President Lori Clinton presents the 2nd ranked student award to Ayla Markowski

Riverdale Seniors

FIRST MEETING: June 3, 2013

President Loretta Lippens conducted the meeting. Chaplain Grace Chiesa gave a reading. There were 65 members present. Secretary Jean McMichael gave her report, followed by Treasurer Laura LaRosa who reported the balance in our Treasury. First Vice-President Dorothy Bowersox wished all the fathers an early Fathers Day greeting. She acknowledged the June



birthday celebrants, and then reminded everyone to get out and vote. Sunshine Lady Joan Moran reported on those who are ailing and in need of our prayers. Gerry Mahler reported on the library activities. Trip coordinator Barbara Stillwagon reported on our upcoming trips, the next one being LaNeve. Payment for the Sight and Sound trip in August must be in by next meeting. Mary Gambino conducted the 50-50. We were entertained by "Marco the Magician". Refreshments were served.

SECOND MEETING: June 17, 2013

President Loretta Lippens opened the

meeting. Marion Davis led the group in singing "In the Good Old Summertime". All officers gave their reports. Our next meeting will be on a Tuesday, due to Summer Camp using the building on Monday. Trip coordinator Barbara Stillwagon asked for sign ups and payments for upcoming trips. It was announced there will be a town wide Garage Sale on September 28. We were asked to bring brown bags for Food Pantry use; they are in need of these. Our meeting was short. We had a speaker from Wells Fargo and they brought refreshments. Bingo was played. Summer is coming. ENJOY!!!

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

Get your 50/50 Raffle in support of the Concerts!

Don't forget to stop by Elaine's Refreshment Stand!
Delicious Homemade Pulled Pork
The Best Hot Dogs, Soda, Ice Cream!

Visit us on the

Borough of Riverdale Facebook Page

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



"Tyranny is defined as that which is legal for the government but illegal for the citizenry."

~Thomas Jefferson

ART FOR KIDS & ADULTS AT THE RIVERDALE ART CENTER

A GLASS OF ART



For **ADULTS**: Fun, Creative Art and BYOB evenings with guest artist/teachers
Tuesdays & Thursdays
6:30 - 8:30 PM



For **KIDS (8 -17)**:
Art Party Fridays
6:00 - 8:30 PM



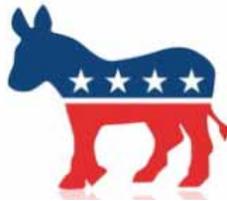
RIVERDALE ART CENTER 5 Mathews Ave., Riverdale, NJ 07457

Contact us: info@riverdaleartcenter.org or Call **973.513.9250**

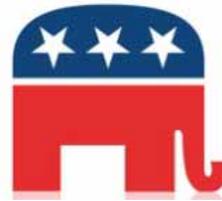
www.riverdaleartcenter.org

A 501(c)(3) nonprofit

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.



GARDENERS WANTED

We are considering the development of a community garden on the **Glenburn** property at 211 Hamburg Tpk.

If you are a Riverdale resident who might want to participate in this project, please contact Ruth Pasquariello at **973-616-0733**



- ◆Salt can help remove gritty dirt from fresh vegetables. To wash arugula, leeks, or spinach, trim and place in a bowl of lukewarm water. Add a tablespoon of salt, swish vegetables around, and let soak for 20 to 30 minutes. Transfer vegetables to a colander and rinse thoroughly.
- ◆Get rid of the bitter juices in eggplant by sprinkling slices with salt. Stand slices vertically in a rack placed in a shallow pan and let sit half an hour.

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."

Health Benefits of Cherries

The Little Red Fruit with a Powerful Health Punch

- ◆ Rich source of antioxidants
- ◆ Relieves and prevents arthritis and gout
- ◆ Anti-inflammatory properties
- ◆ Helps to relieve migraines
- ◆ Rich in melatonin
- ◆ Improves circadian rhythm
- ◆ Improves sleep
- ◆ Improves memory
- ◆ High in beta carotene
- ◆ Reduces chances of colon cancer
- ◆ Helps to lower cholesterol
- ◆ Slows aging process
- ◆ Extremely effective diuretic

Very Berry Cherry Smoothie



- 1.5 cups fresh strawberries
- 1 cup pitted dark sweet cherries or
- 1 cup frozen unsweetened pitted dark sweet cherries
- 1 cup fresh raspberries
- 1 cup pomegranate juice, chilled
- 1/2 cup fresh blueberries

In a blender combine all fruit with juice.
Blend until smooth

Scrumptious Shrimp with Pasta

By Linda Vogel, Riverdale Library



Ingredients:

- 2 lbs. of shrimp (frozen)
- Olive Oil
- White Wine
- Garlic
- Shallots
- Parsley
- Red Pepper Flakes
- Lemon Juice

Preparation: Thaw shrimp. Combine 3 tablespoons of olive oil, 3 tablespoons of white wine, and 5 cloves of garlic and 1/4 cup of minced shallots in a crock pot and mix well. Add 3 tablespoons of fresh parsley, 1/4 cup of red pepper flakes and 2 tablespoons of lemon juice. Cook for about 4 hours. Cook pasta on stove drain pasta when cooked and add to crock pot. Add shrimp 10 min before it's done. Remember your shrimp is cooked already and will get rubbery if over cooked.



Put a dryer sheet in your pocket next time you go hiking or camping. It will keep the mosquitoes away from you.



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

BALANCE YOUR BLOOD SUGAR WITH GREEN TEA

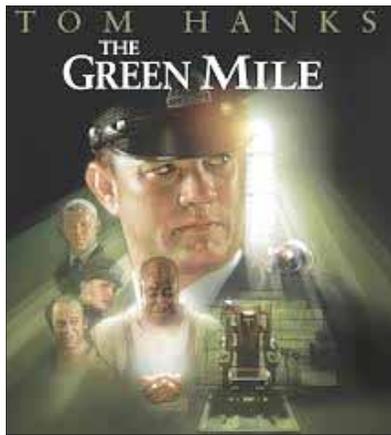


Did you know... that drinking green tea with starchy food may lower blood sugar spikes?

What Is It About Green Tea?

Green tea helps prevent and treat diabetes by increasing insulin activity by more than 15-fold.

Animal studies have shown that substances in green tea called polysaccharides mimic insulin and lower blood sugar levels by restricting the amount of glucose the liver produces.



Movie Trivia - THE GREEN MILE

- ◆ The name for the character John Coffey was lifted from a college professor, Rev. John Coffee. Stephen King had met him once and really liked his name and used it in "The Green Mile". Reverend Coffee taught history classes at Emerson College in Boston, Massachusetts. He retired in May 2005.
- ◆ Originally set in 1932, the timeframe was bumped to 1935 so the movie Top Hat could be featured.
- ◆ Harry Dean Stanton appears in the film. There is a character named Harry, and another named Dean Stanton. This is merely a happy coincidence since the characters' names existed in the book long before Harry Dean Stanton was cast in the movie.
- ◆ In actuality, Michael Clarke Duncan is of a similar height as his co-star David Morse and is a couple inches shorter than James Cromwell. Among other things, creative camera angles were used to create the illusion that Duncan as John Coffey towered over the prison staff, even Brutal Howell and Warden Moores.
- ◆ The prison guards wear uniforms to give the movie a better feel, even though uniforms weren't in use at the time in which the movie is set.
- ◆ The music played over the loudspeakers in the retirement home as Old Paul Edgecomb first walks out of his room is the same as the music the nurses played at medication time in One Flew Over the Cuckoo's Nest. The music used is Mantovani's Charmaine.
- ◆ Originally, Tom Hanks was going to play the Old Paul Edgecomb but the makeup tests didn't make him look credible enough to be an elderly man. Dabbs Greer was cast instead as the older Paul Edgecomb.
- ◆ Doug Hutchison (Percy) was given, according to the director, the squeakiest shoes he'd ever heard. He thought this was the greatest bit of fate, and a "perfectly wonderful, annoying character trait" that he kept it in the movie, and you can hear sometimes how loud his shoes are.
- ◆ When Stephen King visited the set he asked to be strapped into Old Sparky to see how it felt. He didn't like it and asked to be released.
- ◆ John Travolta was offered the role of Paul Edgecomb but turned it down. When the producers were having trouble finding the right actor to fill the role of John Coffey, Bruce Willis suggested Michael Clarke Duncan with whom he had co-starred in Armageddon.
- ◆ It's ironic that when Percy first encounters Mr. Jingles he calls him 'scurvy' which is a condition caused by lack of vitamin C. Mice have an active gene that synthesizes vitamin C.
- ◆ This movie features three actors who have portrayed real-life U.S. Presidents: David Morse played George Washington in John Adams, Gary Sinise played Harry S. Truman in Truman and James Cromwell played George H.W. Bush in W..
- ◆ Stephen King called this film *the* single most faithful adaptation of his work.
- ◆ Michael Jeter hired a dialect coach to pull off a Cajun accent.
- ◆ We are never actually told why Arlen Bitterbuck and Edward Delacroix were sentenced to death throughout the film. According to the novel on which the movie is based, Delacroix is an arsonist, rapist and murderer, while Bitterbuck murdered a man in an argument over a pair of boots.
- ◆ Rodney Barnes was Michael Clarke Duncan's stand-in. According to Barnes, he sneaked onto the set by hiding in the paddy wagon. He surprised Frank Darabont and asked for a job. Darabont was impressed with Barnes' effort and hired him. Barnes wanted to work on the film so that he could meet his favorite author, Stephen King.
- ◆ When Melinda Moores (Patricia Clarkson) is visited by John Coffey (Michael Clarke Duncan), she gives him a St. Christopher medal. In Catholicism, St. Christopher is known as the patron saint of travelers (John Coffey describes himself as a wanderer), and, like Coffey, died a martyr
- ◆ More than 30 works of Stephen King have been adapted for movies, but this is the only one to have broken the \$100 million mark at the North American box office (as of November 2007).
- ◆ While many of Stephen King's novels are set in the author's native Maine, The Green Mile takes place in Louisiana. However, the surname of the main character - Edgecomb - is the name of a town on Maine's mid-coast.
- ◆ The plot unfolds in the form of Paul telling Elaine the story of the Green Mile. In the book, Paul writes his story down in the form of a novel. At the end of the film, as Paul leaves the cemetery after Elaine's burial, a tombstone can be seen behind him that reads "Greene", and two others, one in the foreground and one to the right of the screen, that read "Story".
- ◆ Stephen King's original novel 'The Green Mile' was published in 100-page paperback installments between March and August of 1996. He had begun developing the story while writing Desperation, and needed to finish that novel but still wanted to see where his death row story would go. Ralph Vicinanza, a friend of King's who sells foreign publication rights, had recently had a discussion with another friend in England about Charles Dickens, in which he learned that Dickens often published his novels in installments in newspapers and magazines, and it had been suggested that, in the U.S., someone like Stephen King could try writing a book that way. Vicinanza was under the impression that no recent novels had been written this way. He was in fact mistaken. Tom Wolfe had published his first draft of The Bonfire of the Vanities in installments in Rolling Stone. Both that novel and this one were turned into films starring Tom Hanks. This also ended up not being Stephen King's only story published in installments: his Dark Tower series spanned seven full-length books, published over the course of 22 years, from 1982 until 2004.
- ◆ The reason Stephen King serialized The Green Mile was because it was a deliberate response to fans who flipped to the end of his books, something his mother used to do. The fans would have to wait for the last installment to find out the ending. King wrote each one with its own miniature climax, but even he admitted he didn't have a clue how the story would end.
- ◆ In 1935, Jan asks Paul what the doctor said. Paul replies, "Oh, you know doctors - gobbledygook mostly." The word "gobbledygook" was coined by U.S. Rep. Maury Maverick in 1944.
- ◆ No live mice were used to portray Mr. Jingles. Rats were used to portray the mouse. Rats are more easily trained than mice. Props such as the pool used in Mr. Jingles trick were enlarged to make scaling look realistic.

B-A FIT KID

(Ages 7 - 12)
Monday's
Begins:
July 1 - Aug 19
6pm - 7pm
\$64
Sign-Up:
busybodiesRfit@
Gmail.Com
Or Jennifer Bross
(973) 800-6589

Class combines a cardio workout using circuit training and active group games. Class ends with a eating lesson using a nutritional game. Each child will come home with a parent handout.



**KID'S
CARDIO BOXING**

Interval training with basic boxing drills using Focus Mitts & Active Games.
NEW SESSION
Jul 11 - Aug 8, 4:00pm
Suggested for ages 8-13
\$24/Student
(for Boys & Girls)
Payment due at class/Cash or Check

SUMMER SKILLS N' DRILLS

(Ages 8 - 12)
Tuesday's
Begins - July 9 (til' Aug 27), 6:00 - 7:00pm, Ages 8 - 12 &
July 11 (til' Aug 29), 6:00 - 7:00pm, Ages 5 - 7
\$48



Sign-Up: busybodiesRfit@gmail.com
This indoor/outdoor class focuses on skills that will improve your child's speed, coordination & endurance. It will keep your child in shape between sport seasons and assist them in developing skills to help them excel in any sport.
Questions & Sign - Up:
busybodiesRfit@gmail.com (Instructor - Jen E-Mail)



**FRIDAY NIGHT FROLICS
3RD, 4TH & 5TH GRADE STUDENTS**

Friday - August 30, 6:30pm - 8:00pm
\$5/Admission-Student

Includes snacks, refreshments, music, games & prizes!

Come & Celebrate before SCHOOL BEGINS with OUTDOOR WIPEOUT COURSE. Prepare to get messy as you slip & slide your way through MESSY OBSTACLES! You may want to wear a Bathing Suit for this one ... and don't forget your Towel! Plus, Listen to your favorite music and Win Prizes!
(This is the make-up date from the Month of June Event that was brought inside due to cool & wet weather.)

DON'T FORGET!



**TOTS MUSIC
CLASSES CLOSED FOR THE SUMMER**



Returning this Fall!
September 13th
Fridays, 9:30am (1 Hour)
\$9/Child (\$7 - 2nd Child)

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

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



NEW NEW NEW!!! HULA HOOP CLASS

Wednesday's
7:00pm And...

MORE CLASSES ADDED

Starting July 10 & 11
Wednesday's 4:00pm &
Thursday's 4:00pm
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!!!

Questions - Instructor Debbie (201) 414 - 2453



ZUMBA GOLD
Off for Month of July

Classes Return
Tuesday - Aug 6th!

10:00am



BUGGY BOOTCAMP RETURNING THIS FALL!

NEW DAY - TUESDAY'S (Starts Sept 10)
9:00AM

\$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!



BOB ROSS TECHNIQUE OIL PAINTING

At Riverdale Community Ctr

Thursday, July 11 - 6:00pm

Scene - *Palm Tree's on the Beach*
\$35/Per Person (Incl's All Supply)

Saturday, July 27 - 11:00 am

Scene - *Midnight Seascape*
\$45/Per Person (Incl's all supply)

&

Thursday, Aug 8 - 6:00pm

Scene - *Summer on the Lake*
\$35/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-

Mondays

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

Tuesdays

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

Zumba 7:30pm \$6/Class

Wednesday's

Hula Hoop, 4:00pm, \$6/Class

Hula Hoop, 7:00pm, \$6/Class

Thursdays

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

Hula Hoop, 4:00pm, \$6/Class

Zumba, 7:00pm \$6/Class

Saturdays

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



Glenburn Events

211 Hamburg Turnpike
Riverdale

YOGA AT GLENBURN HOUSE

Every Thursday, 7:30pm

Except NO CLASS JULY 4 OR AUGUST 29

Bring Yoga Mat & Refreshment

\$8/Class

Walk-In's Always Welcome

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 has 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!



Announcements

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

Happy 7th Birthday, **Emma Struble**, on July 12. We love you, Munchkin! Love, Mommy and Erin.



Happy 6th Birthday, **Jack Budesheim**, on July 8. Love Mom & Dad, Emma, Sara, Alex and Grandparents, Great-Grandparents, Uncles & Aunts, Cousins.

Happy 7th Birthday, **Kevin Budesheim**, on July 2. Love, Mom & Dad, Matthew, Nicholas, Juliana, Grandparents, Great-Grandmothers, Aunts & Uncles, Cousins.



Happy July Police Birthday to **Ptl. Travis Roemmele** (5th).



Kelly and Eric Oppenheim are proud to announce the birth of their daughter, **Scarlett Hannah**, 6.1 lbs, 19 1/2 in, born 5/23 @ 2:34 am at Chilton Hospital.



Neighbors in Nature

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



On the morning of June 6, I started out hiking solo at Norvin Green State Park from the Otter Hole Parking lot to link up with a group going to High Point from the north at Weis Ecology Center area. Early on things were not going well. The GPS died and in ten more minutes the replacement batteries were out! Also I was not aware that my cell phone also was a blank! I continued on. After all



what did we do before cell phones and GPS ... we used a map and compass. The maps (free maps!) are right there at a poster in the parking lot.

My goal was to photograph "The Old Man of Carris Hill" a glacial boulder more than big enough to fill an average doorway, and from the right direction it resembles a crouching man.



I started to notice holes of uniform size on smooth portions of the trail (photo left). Then I found the cast skin of a cicada nymph on the bark of a tree (photo bottom left). Those holes were from where the cicada nymphs had emerged from 17 years in the ground feeding on sap from tree roots. Soon I started to hear a faint buzzing noise. As the elevation of the hike got higher, the noise became more intense, almost annoyingly intense. Soon I found live adult 17 year periodic cicadas in the trees. They are quite spectacular!



They are about two inches long from head to wing tip. And those bright red eyes get your immediate attention. If you have a camera, they are easy to photograph. They do not bite. Their purpose at this time, after 17 years is to find a mate and to lay eggs in tree bark to start the next generation which will emerge in the year 2030. If you are gentle you can handle them.

My wife occasionally comments that I am crazy going off into the woods like that, cell phone off, GPS not working. Well when the next brood emerges in 17 years, I will be 96 years old. At that point she might very well be right! For now, get crazy and enjoy those parks that are right nearby!

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 Sand Art

CATHERINE FELEGI

Plaster has many uses in today's society. One can find it easily in architecture since it is a very good fire retardant. It can also be found in the medical field, since the plaster can be used to help set broken bones. Anyone that has gotten a cast can attest to how hard plaster can get when allowed to dry sufficiently.



And, of course, plaster of Paris is absolutely wonderful for crafting. It hardens like cement but is still soft and durable enough to withstand a sanding until it is smooth to the touch. However, plaster of Paris does come with a few cautions that you

should know about before working with it:

- Do not breathe the powder in.** It is best to work with plaster of Paris in a ventilated area
- Do not pour any excess plaster of Paris down the drain.** The plaster of Paris will harden in your drains and will clog them
- Do not immerse body parts into the mixture.** While having a mold of a couple holding hands would be a lovely centerpiece for the dinner table, plaster of Paris works through a chemical reaction that produces immense amounts of heat. If you were to immerse a body part into the mixture, you will be injured. Therefore, only use plaster of Paris with molds

A great way to create a mold is using something such as dry sand, making this a perfect beach time craft. The plaster of Paris is also

transportable, so it makes it easier to do when away from home. For this, we will talk about how to make a handprint in the sand.

For this project, you will need:

- ◆ Plaster of Paris (about 16 ounces of it)
- ◆ Water
- ◆ A stick with which to mix your plaster of Paris
- ◆ Your medium for a mold, dry
- ◆ A container that you can throw out later, preferably flexible

First, find some dry sand. If your sand is not dry, you will have a longer wait for your mold to dry, plus not all the sand may stick to your mold. Make a deep handprint in the sand, about an inch minimum.

Pour the plaster of Paris into your container and mix with some water, using your stick to do so. Your mixture should end up being about the consistency of pancake batter.

Pour the mixture immediately into the sand mold, making sure that you get a thick layer. Allow it to dry. This might take up to thirty minutes for the plaster to set fully, but you will notice it starting to set almost immediately. However, the longer you allow your mix to dry, the better it is for the mold.

After at minimum thirty minutes has past, you can pick up and handle your mold. Wipe off any excess sand, but be careful not to be too rough and wipe off all of the sand. Allow the mold to dry completely for 24 hours.

For an added touch, bring home some sea shells and, when your mold as completely dried, glue a sea shell in the middle as a souvenir of your trip. You can display your new artwork in a shadowbox with a sea blue background.

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YOUR HOME... LIST WITH ME




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What's Buzzing in Your Garden

by Riverdale Resident and Columnist

Bill Lango

I've been fascinated with gardening almost my entire life and never once have been stung by a Honeybee. Oh, I've been stung plenty of times by Yellow Jackets, Wasps and even by Bumblebees while gardening but never by a Honeybee.



Bees have long been affected by mites, pathogenic diseases and fungus. And now research is looking closely at the commonly used pesticide, Imidacloprid, marketed as Gaucho or Merit. One beekeeper thinks the pesticide *Imidacloprid* disorients bees to the point that when they leave their hives, they become disoriented and can't find their way back. Sort of like Alzheimer's Disease in bees—with bee brains forgetting their way home.

Bees sting to protect their nest from invaders. Guard bees recognize intruders by their scent or behavior. When they detect an intruder, they sting it, releasing an alarm pheromone in the process. This pheromone is a chemical that attracts other workers to assist in the defense of the colony.

Rarely if ever do bees sting away from the nest, unless you tease or torment them. In fact, most of the 'bees' we encounter while gardening are really Yellow Jackets. Yet, many folks are fearful of Honeybees.

Contrary to popular belief, the Honeybee as we know it (European Honey Bee), is not native to North America. It was brought to the east coast of the U.S. by the Pilgrims in 1622.

Many people consider the Honeybee as being a garden pest, but in reality, Honeybees are of enormous importance to all of us. Roughly one-third of the produce we consume relates back to Honeybee pollinated crops, so bees play a big role in the food supply chain.

Honeybees provide pollination for over 90 commercially grown crops, including melons, apples, avocados, blueberries, cantaloupes, cherries, cranberries, cucumbers, sunflowers, watermelon, and pumpkins. Almond crops rely entirely on honeybees for pollination. And many other crops are more productive with the help of bees.

A recent estimate concluded that Honeybee pollination adds almost \$15 billion per year to U.S.'s agricultural economy. Honeybees also produce over 200 million pounds of honey annually.

Just like the old adage, "Busy as a Bee." Honeybees are truly energetic insects. Their focus is entirely on visiting blossoms and gathering pollen. When a flower has already been visited, a Honeybee instinctively knows that another bee has earlier consumed the nectar of that flower. The bee then leaves the flower immediately, because the bee which visited the flower earlier marked it by leaving a drop on it with a special scent. Whenever a new bee approaches the same flower, it smells the scent and understands that the flower's nectar is gone and so it goes directly towards another flower.

Recently there's been a dramatic decline in Honeybee populations, and that's a cause for worldwide concern. Many beekeepers concede that they normally have some colonies die off every winter, but recently the losses have been excessive.

This spring, beekeepers in 26 states suffered loses of almost 50 percent of their hives. With no apparent cause, hives were found empty. Researchers have coined this phenomena, "Colony Collapse Disorder" or (CCD). This disorder is responsible for garnering considerable national and international attention.

The extensive use of pesticides not only on farmlands, but also in suburbia and in managed woodlands, has contributed to the loss of many Honeybees. Even natural herbicides and botanical insecticides can harm bees.

An unusual theory being discussed concerning CCD is that the bees' orientation can be thrown off due to interference with cellular phone tower magnetic fields. Some theorize that Honeybees suffer dietary problems because some of them pollinate only one type of crop.

Another leading hypothesis is that bee colonies are dying off appears to be caused by environmental stress. Stress among bees is not unlike stress for other animal species, including humans.

Bee colonies can suffer stress in many ways: When a colony is infected by a fungus; mites; or some sort of bacteria; or perhaps the colony has pesticides in its honey. Other reasons contributing to bee stress are because of pesticides, or the hive is either overheated or too cold. Genetically modified crops may also fit into the equation.

But the real accurate reason for Honeybee CCD continues to remain a mystery. Scientists still haven't come up with one definitive cause for CCD. In a country where honey bees contribute billions of dollars in added revenue to the agriculture industry, Honeybee losses cannot be taken lightly.

A responsible gardener's most important task is to encourage bees to visit his or her garden. Flowering plants such as lavender, sage, cosmos, sunflowers, butterfly bush and salvia are all bee-friendly plants and easily available at garden centers.

Unfortunately, many of us are limited in garden space and have to squeeze our plants into some very tight and awkward areas, such as between houses, alongside garages, decks and walkways and even flower boxes. We can still keep our manicured lawns, but with a little planning we can include attractive borders with bee-friendly plants.

Although we may be in the throes of a major bee-loss epidemic, we can strive to make our gardens pesticide-free sanctuaries for our pollinator pals. Let's try to begin to turn things around by extending a little hometown, homegrown hospitality to bees one garden at a time.

I'm doing my part to attract Honeybees. Since I don't use pesticides or herbicides on my lawn, my lawn is overrun with clover and because I'm a lazy gardener, I've grown to enjoy clover. Clover's growth habit requires much less mowing. It also adds color and texture to a bland green lawn. More importantly, it's beautiful stuff that attracts Honeybees. Today (June 24) I counted at least six Honeybees in a ten foot square area of my lawn.

Remember, gardening is fun and great exercise too!

Local Animals in Need of Forever Homes

Local Animals in Need of Forever Homes - Pequannock Animal Shelter



Meet Titan! Titan is a handsome pup who came to the shelter as a stray and is ready for his forever home. Titan is approximately 3 years old, neutered and up to date on all vaccines. This stunning boy would love to become someone's best friend. He is a sweetheart who loves to cuddle.



Meet Swirly! Swirly is a 3 year old tabby that came in to the shelter as a stray. She is very sweet and a bit timid. Once Swirly gets to know you, she becomes a total mush. She is spayed and up to date on all vaccines.



Visit the Pequannock Animal Shelter on Washington Street in Pompton Plains. Hours are Monday through Saturday (10AM-2PM), Tuesday (5:30-8:30PM) and Sunday (Adoption Hours: 9AM - 12 noon). Call (973) 835-3980 for more information.

More Uses for Aluminum Foil

- If your crop of cucumbers or squash seems threatened by munching bugs, cut up small strips of aluminum foil and use them as mulch. The shiny substance scares away some light-sensitive pests.
- Missing irregularly shaped pieces of flagstone on a walkway? Place a piece of aluminum foil over the spot, then press down the edges to make a template of the needed shape. With a nail, trace around the template to transfer the pattern onto flagstone; cut stone to pattern.
- Reduce the strain of moving furniture over a smooth floor, such as tile or hardwood. Place pieces of aluminum foil under the legs, shiny side up. The dull side is actually more slippery!
- To create a special warming aid for serving bread, rolls, and baked goods straight from the oven, place a piece of aluminum foil under a napkin in a serving basket. This not only keeps the heat in but also keeps grease stains off the basket.
- The brown sugar is hard as a rock! Don't run to the store for a fresh bag; simply chip off a chunk, wrap it in aluminum foil, and bake it at 300°F for 5 minutes to soften.
- A broken spring in a battery-operated device can ruin it - unless you fold a small piece of aluminum foil and use it to fill the gap.

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!

Repelling Mosquitoes Naturally

Getting Rid of Mosquitoes in Your Yard and Keeping Them Off of You.

Natural repellent sprays. Vinegar- Mosquitoes don't like the smell of vinegar. Pour vinegar in a spray bottle. Spray generously over your clothes and skin. Reuse as needed.

Oil of eucalyptus- Another useful repellent against mosquitoes. Can be used in a spray bottle or dapped on clothes.

What to wear. Colored clothing attracts insects. Try to wear white colored clothing so you don't attract bugs to you. Wearing long sleeves and pants can also help keep the bugs from biting.

Wildlife. Birds and bats feed off of mosquitoes and other flying insects. Put out bird feeders to attract birds to your backyard. Bats will hunt in the middle of the night for bugs.

Blowing bugs away. Use a fan. While you are outside having a cookout or just relaxing, turn on a fan. The breeze will prevent bugs from being able to land on you to bite you.

What you eat. Eating garlic, bananas and other foods rich in vitamin B will repel mosquitoes from wanting to land on your skin.

Preparing your yard naturally. Planting certain plants will naturally keep mosquitoes out of your yard Plant basil, citronella, marigolds, catnip, lemon grass and garlic all around your property. Herbs and flower gardens tend to keep mosquitoes away also.

Plant several lemon balm plants in your yard. These plant's have very lemony smell to them. Pick some leaves and sprinkle them around your yard. You can even use them on yourself while outside. Rub the bits of plant on your skin and clothing.

Things that attract mosquitoes.

Standing water. Get rid of all standing water in your yard and area where you will be hanging out at.

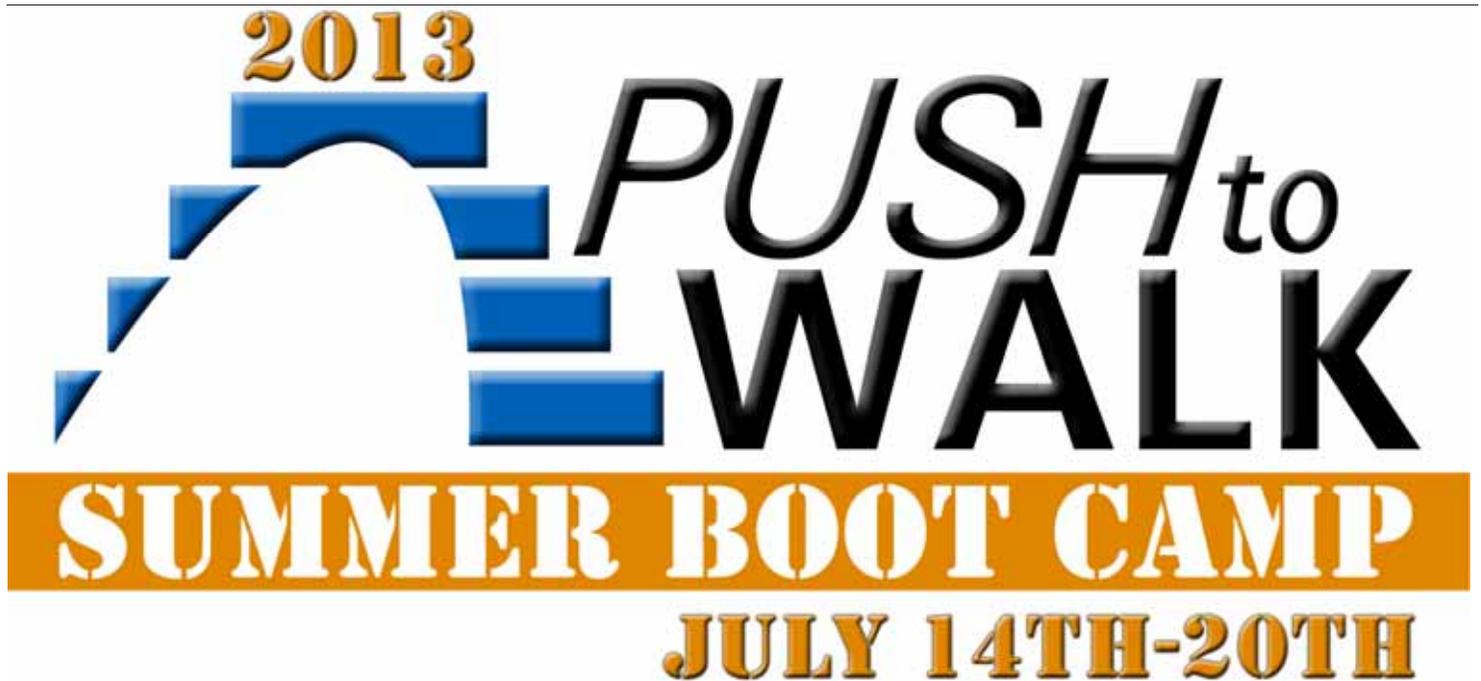
Mosquitoes are drawn by scents. Mosquitoes love sweet, fruity and floral scents. Avoid perfumes, soaps and even fabric softener when going outside. Some sun block lotions can attract the bugs.

Avoid getting hot. Sweating attracts mosquitoes. They are attracted to the lactic acid that secretes when you exercise or get hot.

Killing mosquitoes without harsh chemicals.

Add some water in a plastic plate. Add a few drops of Lemon Joy dish soap to the water. Place plate near the area you will be hanging out. Mosquitoes will drink the water and die instantly.

-
- ◆ Use vinegar mixed with cornstarch to make a paste. Apply paste to a bee sting or bug bite, and let dry.
 - ◆ Soothe the rash from poison oak or poison ivy by using a vinegar compress. Pour 1/2 cup vinegar into a 1-pint container, then add enough water to fill. Chill container in the refrigerator. When a cool, dampen a cloth or a gauze with solution and apply to rash.
-



Open to the Public

Sunday, July 14, 2013 from 4-6PM Ice Cream Social
with Guest Speakers at the Pompton Reform Church

Tuesday, July 16, 2013 from 9:30AM-5:00PM Push to Walk Open House

Thursday, July 18, 2013 from 9:30AM-3:00PM Push to Walk Open House



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RECREATION NEWS



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riverdalerec@gmail.com



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Riverdale Recreation 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.

Duct Tape was first created around 1942 by Johnson & Johnson. The military needed to keep moisture off ammunition cases; the remedy was tape made with cotton duck, similar to that used in cloth medical tapes. The waterproof wonder soon became known as "duck tape."

Duck tape was also used to fix World War II guns, vehicles, aircraft, canteens, and more. The postwar housing boom presented new taping opportunities, such as heating and air conditioning connections. Its color was changed from army green to ductwork silver, and people referred to it as "duct tape." The name stuck.

To remove a pesky splinter, squeeze a drop of Elmer's Glue over the tip of the splinter, let dry, and peel off. The splinter will stick to the glue.

LOVE YOUR PETS

A new monthly column submitted by Mike's Feed Farm

Fireworks & Other Scary Things Information to prevent fearful runaways.

Prepared by, and in memory of, Katherine Gibson, A Pathway to Hope, on behalf of Mike's Feed Farm in Riverdale



Dogs HATE Fireworks

More dogs run away on the Fourth of July than on any other day of the year. The sounds of fireworks - that artificial squeal followed by a burst of explosives - drives dogs nuts! And for many, it triggers their innate flight instinct.

Many people equate the sights and sounds of fireworks with the trauma that dogs can experience in thunderstorms.

But there are key differences. Thunderstorms are Mother Nature. Fireworks are closer to the ground and more vibrant. And finally, dogs are not prepared for the sudden booms, flashes and burnt aromas that come with one of America's favorite holidays. Remember, dogs experience the world through their senses - nose, eyes, and ears.

So what do you do? Do you take your dog to the fireworks with you? Do you leave him home alone? Can you prepare him for this?

- ◆ **Keep your dog inside.** Many dogs will run away on the 4th of July out of fear. They may run off or jump your fence. If tied up outside, your dog may run away in fear or have so much anxiety that they choke themselves. (Never have your dog tied up outside without human supervision.)
- ◆ **Stay home with your dog.** Just because your dog or puppy is inside does not mean they will be safe or relaxed. They may become destructive in the house. This may include trying to jump through windows, pulling down curtains or blinds, destroying or opening doors to escape, hiding under furniture,

- ◆ **destructive chewing, urinating or defecating in the house, pacing, hyperventilating and even self-mutilating behavior.** Some anxious dogs left in crates, kennels or runs may injure their teeth, gums, nails, pads or feet in an attempt to escape.
- ◆ **Close windows, turn up the television and crank up the air.** Shut your windows tightly and turn on the air conditioning so that the noise of fireworks is muffled. Turn up the television as a distraction and to soften the boom of fireworks.
- ◆ **Desensitize your dog.** Several weeks before the 4th of July, start a program of behavior modification to desensitize your dog to the loud sounds of the 4th of July fireworks. Desensitization is exposing your dog to the fearful sounds in a slow, quiet and progressive way, pairing positive reinforcement (like a treat, toy or pleasant massage) with the sounds of fireworks. Keep in mind, the soundtrack cannot replace the actual power of real fireworks.
- ◆ **Get a Thundershirt.** The Thundershirt is a simple solution for dog anxieties caused by thunderstorms, travel, separation, and fireworks. It applies a gentle pressure that has a calming effect.
- ◆ **Consider Anti-anxiety Supplements or Medication.** Talk to your veterinarian about short-term anti-anxiety medication for your dog or puppy. In some cases medication may be a warranted and needed option. You can also consider anti-anxiety supplements, including Homeopet anti-anxiety drops, Bach drops / spray, herbs from Dr. Harvey or The Honest Kitchen, or oral supplements such as Naturvet Quiet Moments chewable tablets.
- ◆ **Pheromone collars, sprays and plug ins.** Pet pheromone products, such as Sentry or Comfort Zone, are designed to mimic natural cat or dog pheromones and are used for many anxiety related conditions.

Enjoy your 4th of July festivities while remembering to keep your pets secure and calm!



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.



For membership information call Jean at 973-835-3269.



Ella Filippone, her husband Joe, and Dr. Patti Watson of the Riverdale Art Center

In Memoriam:
Ella Filippone
 Board Member of the
 Riverdale Land
 Conservancy

*By Carolyn Masone, President,
 Riverdale Land Conservancy*

Ella Filippone, a valiant and tireless protector of the environment, passed away on June 21, 2013. Ella served for decades as the Executive Director of the Passaic River Coalition in Morristown and was a Board member of the Riverdale Land Conservancy since its inception.

Ella devoted her life to protecting nearby open spaces from senseless development and our waterways from pollution. You might find her

out in front of the fight, but she often worked behind the scenes relying on her vast experience and contacts made over the years. She understood that government agencies sometimes worked with her and sometimes against her, and wasn't afraid to point out when an agency failed to follow its own imperatives. To be sure, Ella was a force of Nature, protecting and preserving it for her entire adult life.

Ella agreed to lend her wisdom, knowledge and experience to the Riverdale Land Conservancy in its fight to preserve the Glenburn property. As a founding member of the Board, Ella was a constant source of inspiration, strategy and fresh ideas. She took us under her wing and taught us how to operate as an effective organization. She believed in our mission when many people thought it was a waste of time. She empowered all of us.

Thank you, Ella, for allowing us to share, however briefly, in your life well lived.

History of Riverdale

A Monthly Serial — Part V

Just west of Loy Avenue and Cotliss Road - about 300 yards from what used to be Dey Lane, was Barwell's Pink Granite Quarry which mined pink granite. This granite is found only in the Pompton area. This granite was used in laying the floor of the Woolworth Building according to Mead Stapler, a local historian and a former owner of this property until the coming of Route 287. Stapler indicated that some of the engines used in the mining operation can still be seen.

Let us go back to Hamburg Turnpike and Newark Pompton Turnpike. Slater's Mill building is still there. Originally it was a grist mill. Later Mr. Robert Slater established a fur felt factory which manufactured material for the Stetson Hat Company who then made felt hats. After the great flood of 1903u the mill pond washed away and Mr. Slater retired from the business. He had built an imposing home next door where he lived with his wife and two sons. Shortly after the flood disaster Robert died and his son, Otis, sold the mill to Mr. Carpenter who converted the mill into a tea room. Later he built a home across the street (where the gas station now stands). Subsequently the Fred Newkirk family lived there, then the Babcock family bought it and restored the house. Finally it was again sold and torn down.

Have you ever wondered at the term "turnpike"? Turnpikes were privately owned roads for which tolls were extracted. Horse drawn vehicles or even horseback riders would pay a toll, then go through a turnstile - hence the name turnpike.

Before leaving this area, notice the mountain directly north of Hamburg Turnpike. It is called *Federal Hill* because it was a lookout for Washington's Federal Army. Looking through a spyglass, one could see all the way down the entire Pompton Valley. It was here that a mutiny took place during the Revolutionary War and two soldiers were executed for causing the mutiny.

Going west on Hamburg Turnpike, on the left side of the road, was a row of houses originally occupied by people who worked at the nearby quarry, known by the local residents as "the stone crusher". Eventually those houses were all bought by the government and demolished to make way for Rt. 287. Sam Braen Co. later purchased the quarry and while it is still in operation, it has been downsized as a portion of it also, was sold to the government for 287. Just east of the 287 entrance, is the present Bograd's Furniture Store. This building was originally built by Public Service as a garage for their buses. Then later still, it housed a brush factory.

To be continued next month.

RIVERDALE



2013 GRADUATION



The Class of 2013 performs the Riverdale School Song.



NJHS Members (L-R) Christine Holl, Hallie Mansoor, Ayla Markowski, Kevin Jablonski, Emily Clinton and Amanda Ekkers



Valedictorian Kevin Jablonski delivers Farewell Address.





DAILY NEWS

Another Wedding at Glenburn



U.S. Senate Candidate



Steve Lonegan, Republican President Will Felegi and Stephen DeHart



Photography Club



Clean Communities



The Riverdale Rant By Rob Errera

Jersey Shore Trips Yield Memorable, Magical, and Disastrous Moments



My family visits the Jersey Shore during Fourth of July week. Mom rents a beach house, and all of my siblings, nieces, and nephews get together for a few days of fun in the sun. If all goes according to plans, I'll be bodysurfing or watching

fireworks on the beach as you read this.

These family vacations used to be difficult for my wife and kids. My son, Rocco, has autism, and sharing a beach house with 10-20 people can be overwhelming. Plus, Roc has a Tarzan-like yell that I imagine is irritating to others, especially those used to quieter living arrangements. My wife, daughter, and I barely notice it. It's the soundtrack of our lives.

We've endured some disastrous shore trips over the years. When Rocco was three, he escaped from the house, and snuck down to the beach for a solo swim. The following year he had a meltdown in a public park. Another year, *both* my kids did so much damage to the rental house, Grandma had to find a different place to rent the following year. As much as I love seeing my Mom, my siblings, and their families, there were some years when I couldn't wait for our

summer vacation to end.

But last year was different. Everyone had a great time — we even stayed an extra day. Rocco and I played in the surf. He greeted each crashing breaker with a squeal of delight. Imagine a pre-pubescent Tarzan learning how to ride a vine. We were probably drawing stares from our fellow beachgoers, but I didn't care. We were having fun.

My son's vocabulary is limited. His receptive language is great, he understands everything you say, but he struggles to find the right words to express himself. But the sensory overload of a day at the beach awakened something in him.

"Daddy!" My son gripped my hand.

"What is it, buddy?"

"Happy!" he said.

"What?" I said. "Say it again, Roc."

Not because I didn't understand him, but because I did, and it sounded so beautiful.

"Daddy," he said. "I'm happy!"

"I'm happy, too, son," I told him. "I'm happy, too."

I didn't need a secret decoder ring to figure this one out. Sometimes the words are just right.



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.

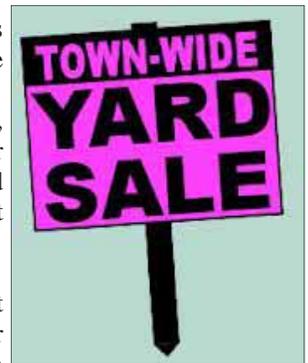
Residents who want to get rid of clutter or sell treasures should take advantage of this awesome opportunity. Once a home is registered, that home's address will appear on the Town-Wide Garage Sale Map, which will be free of charge to all out all out of town visitors and residents who want to shop. Each 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.



DVD Scratches. If the disk is skipping, rub a banana over it to seal the scratches and keep the DVD playing.

Remember to wipe it off before you stick it back in.



Unplug It. Before you leave for work or class, unplug everything. Even when electronic devices are off they suck up energy. Pulling the plug can cut up to 10% off of your energy bill.

I Am the United States

By Elaine Peacock

I am the United States...I was born on July 4, 1776, and the Declaration of Independence is my birth certificate.

I am 237 years old. The blood lines of the world runs in my veins, because I offered freedom to the oppressed. I am the United States of America. I am 250 million living souls plus and the ghosts of millions who have lived and fought and died for me. I am Nathan Hale and Paul Revere. I stood at Lexington and fired the first shot heard around the world. I am Washington, Jefferson and Patrick Henry. I am John Paul Jones, the Green Mountain Boys and Davy Crockett. I am Lee, Grant and Abe Lincoln. I am remember the Alamo, the Maine and Pearl Harbor.

When freedom called, I answered and stayed until it was over, over

there. I left my heroic dead on Omaha Beach in Normandy, Guadalcanal, the Solomon Islands, Iwo Jima and many more far away islands in the Pacific, on the bleak slopes of Korea, Vietnam, in Flanders Field, the Rock of Corregidor and the dessert sands of Kuwait.

I am now fighting the terrorists in my country, Afghanistan, Iraq and around the world. I am the Brooklyn Bridge, the wheat fields of Kansas, the Granite Hills of Vermont, I am the coal mines of the Virginias and Pennsylvania, the fertile lands of the West, the Golden Gate and the Grand Canyon. I am Independence Hall, the Monitor, the Merrimac and the Challenger. Yes, I am the nation and these are the things I am. I was conceived in freedom and God-willing, in freedom I shall spend the rest of my days. May I always possess the integrity, the courage and the strength to keep myself unshackled, to remain a citadel of freedom and a beacon of hope for all the world. **I am America!**

KIDS NEED COMPLETE EYE EXAMS TOO

Many parents bring their children to the pediatrician and dentist for their routine visits, but their eye examinations are usually overlooked. The American Optometric Association recommends a child's first eye exam at 6 months, then a 3 years of age, and then prior to the start of school. Eye exams will ensure normal

eye development throughout their growing stages.

Without eye exams, children can have visual problems that remain undiagnosed. Visual impairment can affect their ability to learn and participation in school activities.

Although many schools provide a vision screening, seeing 20/20 is only a small factor in your child's vision. A vision screening will only provide information whether glasses will be needed or not. During an eye exam, the doctor will test for amblyopia, strabismus, eye teaming problems, eye muscle function, and other eye conditions that may not present any symptoms.

Amblyopia. A disorder of the visual pathway that is characterized by a vision deficiency in a physically, healthy eye. It can be treated in children up to age 8 to 10. If left untreated, it results in permanent vision impairment.

Strabismus. A disorder when eyes do not line up in the same direction, sometimes called "crossed eyes", or "turned eye". It can cause depth perception problems and may lead to amblyopia. Proper glasses will be able to align the eyes at the correct position.

Eye Teaming Problems. Eyes have to work together so you can see properly at distance and at near. If the eyes cannot work as a team, it can cause headaches, eye strain, and affect reading or other near vision tasks. Children can undergo vision therapy to reduce the strain on eyes.

39% of parents do not realize that behavioral problems can be an indication that a child is visually impaired. With undetected vision problems, the child may get frustrated with schoolwork, become bored at school, cannot the board, or read a book easily. Children will not complain about poor vision or unclear vision because they do not know what clear vision is. With the increase in hand held gaming devices, the number of children with vision problems will increase due to the excessive hours they spend playing games. Bringing your child to get an eye exam is one of the first things you can do to help them to succeed in school, and to teach them the importance of taking care of their eyes for the rest of their lives.



Accidentally wrote on the white board with permanent marker? Scribble over it with dry erase marker and it will erase right off.



Don't let those plastic handles dig into your fingers. Thread a small, hard item through the handles and hold that instead.



Pop a couple of olives in your mouth if you start to feel motion sickness. They have tannins that dry up the saliva that makes you feel like you're going to heave.

RIVERDALE Public Library

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

Registration is required for all programs.

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

INFANT & PRE-SCHOOL PROGRAMS

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., July 10, from 4-5 p.m.**

Lego Lab — Kids in grades K-5 bring your Lego skills and imagination, we'll supply the Lego's and a fun story! **Wed., July 24, 4-5 p.m.**

Library Treasure Hunt — Ready to dig into reading? Kids entering grades 2-5 can work in teams on **Thurs., July 11, 3:30-4:30 p.m.** to uncover a list of items around the Children's Room. The winning team will receive prizes!

Music Together — Little ones from infants to age 5 (with a caregiver) can join us on **Fri., July 12, 1-2 p.m.** for joyful songs, silly rhymes, creative movement, instrument play, and fun!

Breakfast Book Club — On **Sat., July 20, 10:15-11:30 a.m.**, children entering grades 2-5 and their parents can enjoy a potluck breakfast, discuss the book of the month, and make a fun craft. July's book is "The Cricket in Times Square."

Dino-Mite Clay Modeling — Kids entering grades K-5 can join us on **Thurs., July 25, 3:30-4:30 p.m.** to dig into clay—and the past—by creating your own Brontosaurus, T-rex, or Triceratops.

Family Movie Night — Get out of the heat and come on in for popcorn and a good movie. On **Wed., July 31, 3:30-5:30 p.m.** our movie will be "Madagascar 3." Rated PG.

HOURS

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

TEEN PROGRAMS

Teen Movie Night — Join us for popcorn and a movie on **Wed., July 3, 5:30-7:45 p.m.** July's movie is "Indiana Jones and the Kingdom of the Crystal Castle."

Teen Advisory Board — Hang out with friends, help plan programs and choose library materials while possibly earning community service hours on **Thurs., July 11, 5-6 p.m.**

Teen Book Discussion Group — NOTE: June's group meeting ("Gregor the Overlander" by Suzanne Collins) has been rescheduled for **Wed., July 10, 6-7 p.m.** Join us again on **Wed., July 17, 6-7 p.m.** for pizza as we discuss "City of Ember" by Jeanne DuPrau. Pick up your copy at the circulation desk!

Teen Digital Scavenger Hunt — Join us on **Thurs., July 18, 5-6 p.m.** and get ready to dig under the surface of the Children's Room to uncover a list of items. Bring your cell phone or digital camera to take snapshots of what you find. The first person to find everything on their list wins a prize!

Teen Crocheting — On **Wed., July 24, 6-7 p.m.**, impress your friends by learning basic techniques to make scarves, blankets, and pot holders! Yarn and hooks are provided.

ADULT PROGRAMS

Beginner's Feng Shui — Join Vicki Anderson on **Wed., July 10, 6-8 p.m.** to learn about the Bagua (the Feng Shui floor plan) and how it fits into your home. Learn how to make simple environmental changes to bring in positive opportunities and energy! Program followed by a brief Q&A session.

Friday Family Matinee — Join us on **Fri., July 19, 1 p.m.** for "Jack the Giant Slayer" starring Nicholas Hoult, Stanley Tucci, and Ewan McGregor.

We're Talking Baseball! — Join Dr. James P. Kane on **Wed., July 31, 6:30-7:30 p.m.** to celebrate another summer of baseball with a slide lecture and audio program about the historic Brooklyn Dodgers and the "Boys of Summer" Mickey Mantle and Roger Maris.

COMPUTER PROGRAMS

Microsoft Word Park II — Join us on **Wed., July 17, 11-12:30 p.m.** to learn how to design a flyer using color, fonts, Clip and Word Art and drawing tools.

MONTHLY

Photography Club— Meeting on Mon., July 22, from 6:30-7:45 pm. All Photographers welcome! Learn! Share!

Job Hunters Workshop—Meeting on Fri., July 12, 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., July 22, from 6:30-8:00 p.m. to discuss *Timekeeper* by Mitch Albom.

Rip Currents



RIP CURRENT: Stay safe while at the beach this summer! This could save your life. Do you know what a rip current looks like? We have probably all seen them and weren't aware of the danger. When you see waves and then a small section of "flat" waves in between, that's a rip current. The water is moving in the opposite direction. Stay clear of these areas!! This is NOT a calm place to hang out with small children.

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

CRANBERRY *The Red Fruit Remedy*

Cranberry is native to Europe, Asia, and North America from Alaska to Tennessee. It's a shrub of the evergreen family that thrives in wet and mountainous areas (bogs), with pink-toned stems, oval leaves, and purple or pink flowers in spring. In fall, it produces bright red berries that are popular for Thanksgiving feasts, as sauces, jellies and decorations.

Urinary Tract Infections. It is estimated that more than fifty million cases of urinary tract infections occur in the United States each year. The majority of cases are women, and standard treatment has been antibiotics. But antibiotics aren't the panacea pills anymore. They can create new bacterial strains that resist future antibiotics, and when bacteria is eliminated, antibiotics can attack the lining of the bladder, making it weaker. So they aren't the best first choice for resolving urinary tract infections.

Many experts recommend cranberry juice and vitamin C, but it's not the fastest route to healing. Cranberry juice contains only ten to thirty percent cranberries, and lots of sugar. Sugary environments support bacteria, so sugar intake needs to be minimal. Even if you use unsweetened cranberry juice, the cranberry content is too low, and often there are additives. What can you do?

Cranberry tea to the rescue. It's all cranberries, no sugar; and it already has vitamin C as one of its virtues. Plan and simple treatment. That's the beauty of teas!

E. Coli Fighter. Urinary tract infections can be spread during intercourse, or they can occur within your own system if bacteria from your intestines get into the urethra canal. Some infections can be viral, but it is estimated that more than 85 percent are due to E. coli bacteria in the urethra canal. It's important to stop a urinary tract infection in its early stages, because it can spread to your bladder or kidneys in the following way:

Stage 1: E. coli are part of the normal flora in your intestines that

help to break down digestive by-products. The trouble begins with E. coli start traveling up the urethral canal, creating irritation. You get a sensation of burning or tension during urination (Urethritis). The urethral canal is connected to the bladder, and if this irritation goes unchecked, the bacteria continue to spread up the urethral canal to the bladder.

Stage 2: E. coli enter the bladder and cling to bladder walls, multiply, and create an infection in the bladder lining. The infection causes inflammation in the lining which can break small capillaries. Blood sports from the capillaries show up in urine (cystitis). If this infection goes unchecked, E. coli start traveling up the urethra tubes that connect your bladder to your kidneys.

Stage 3: E. coli enter your kidneys and create an infection there. It produces back pain, chills, fever, and nausea. Women are more vulnerable to bladder infections because their urethral canal is shorter than men's, and straighter. A woman's urethral canal is about three inches long, while a man's is about ten inches long, with bends that make it harder for bacteria to make it all the way to the bladder. Researchers at Weber State University in Utah found that people with Tamms-Horsfall (T-H) glycoprotein in their urine have fewer bladder infections because this substance grabs E. coli and keeps it from clinging to bladder walls. The same researchers found that cranberry has a substance like T-H glycoprotein that prevents E. coli from adhering to bladder walls.

Teas for Treatment. Thanks to cranberry tea, you can keep E. coli bacteria away from bladder walls. Thanks to antiviral and antibacterial Echinacea, you can fight the infection. And thanks to chamomile, you can sleep comfortably, since chamomile fights E. coli and inflammation.

A tea bag of cranberry combined with a tea bag of Echinacea is a potent daytime remedy to boost your immunity and fight E. coli. Take the tea cool or iced, since UT infections cause inflammation, which is *heat*-producing. Have your chamomile warm, since it's a bedtime tea. When your condition improves, forgo the Echinacea, but make cranberry tea part of your weekly health routine for protection. Take the chamomile regularly, if you prefer.

One tea bag of astragalus and one tea bag of cranberry makes a tangy, rich tonic for super protection against urinary tract infections. The astragalus boosts your body's immunity and acts as a catalyst to help the cranberry work even better to tone your urinary tract. It's an exhilarating tea!

Properties: Citric and Malic Acids, Quinic, Benzoic Acids, Vitamins A, B-Complex, C, Minerals, Rich in Iron and Calcium.

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Registration is required!

Wednesday, July 31, 2013
6:30 PM

93 Newark Pompton Turnpike, Riverdale, NJ 07457
(973) 835-5044
www.riverdalelibrary.org

Beginner's Feng Shui

with Vicki Anderson



Learn about the Bagua (the Feng Shui floor plan) and how it fits into your home. Learn how to make simple changes to your environment to bring in positive opportunities and energy.

Program will be followed by a brief question-and-answer period.

Wednesday, July 10, 2013
6:00 P.M.

REGISTRATION REQUIRED!

Riverdale Public Library
93 Newark Pompton Turnpike
Riverdale, NJ 07457
(973) 835-5044
www.riverdalelibrary.org

Adult Summer Reading Program. Explore the Library, make use of all the materials and activities available, check items off on the brochure's checklist and submit the completed brochure by August 15 to be entered into a prize drawing. Registration is now open. Patrons can register by going to the library's website, www.riverdalelibrary.org and follow the link to the *Adult Summer Reading Program* or come into the Library and pick up a form. Each week log in the title of the book you read. Each week that you make an online or paper entry you will be eligible for a weekly prize drawing. For more information, please call the Library at 973-835-5044.

Dig Into READING



**R
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Top Row, L-R: Ann Dingle, Cliff ??, Barbara Aungst, Jeff Hollick, Michelle Sunbury, Joe Fogelson
 Second Row: Tom Annick, Sharon Gould, Rudi Cochius, Sandy Sopell
 Third Row: JoAnn DeGraw, Dave Horwath, Cheryl Ivory, John Itzie, Debbie Healey, Robin Sharpe
 Fourth Row: Matt Greco, Laurie Fritz, John Barrett, Mary Savarese, Tom DiAngelis, Debbie Amati
 Fifth Row: Sabra Dorrarn, Tom Bracco, Joann Griffin, ?no name?



Whenever possible, print in Times New Roman. You'll get 100 more pages out of a cartridge than you will printing in heavier fonts like Arial or Verdana.



FirstEnergy Utilities Offer Hot Weather Tips

Customers should consider taking steps to stay cool and make sure their friends and family remain safe during the intense heat. "With the summer heat comes heavy electricity usage as our customers try to keep cool," said Charles E. Jones, president of FirstEnergy's utilities. "There are many steps customers can take to increase both their own comfort level and their wise use of electricity as the hotter weather continues throughout the summer."

Some common-sense hot weather tips include:

- ◆ During sunny weather, close drapes or blinds on the sunny side of your home to prevent the sun from directly heating the inside of your home.
- ◆ Set your air conditioner's thermostat to as high a temperature as is comfortable. Every degree you can increase the temperature in your home will result in using about 3 percent less energy during the hottest summer days.
- ◆ Use fans – moving air cools your skin faster, resulting in greater comfort on hot days.
- ◆ Use a programmable thermostat to keep the temperature in your

- ◆ home warmer during the work day then set it to be cooler by the time you arrive home.
- ◆ For window air conditioners, only operate the unit while someone is in the room.
- ◆ Keep your refrigerator and freezer as full as you can. Frozen or cold items in the refrigerator help keep other items cool, reducing the amount of work your refrigerator has to do to maintain a lower temperature.
- ◆ Close rooms you don't use regularly during the summer, and close the air conditioning vents in those rooms, as well.
- ◆ Try to avoid using heat-producing appliances in your home during the hottest hours of the day. The less heat you produce in your home, the less work your air conditioner will have to do.
- ◆ Consider investing in ENERGY STAR® appliances or HVAC systems. Your utility company may offer rebates on these purchases, and tax deductions may apply, as well.
- ◆ Check your furnace filter and, if necessary, change it. Clogged filters waste energy and money by forcing your HVAC system to work harder than necessary.

For a variety of important information regarding energy usage, FirstEnergy customers are urged to visit www.firstenergycorp.com.



Vacation Bible School

will be held at Riverdale Baptist Church
July 8-12 (Monday - Friday) from 6-8 pm each evening.
 Children ages 5-12

will have a wonderful time of games, crafts, snacks, singing and Bible lessons.

Please register the names and ages of children through email or phone:

RiverdaleBaptist@yahoo.com or **973-835-3275**. Also see **rbcnj.org** for information.

Riverdale Baptist Church

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In 1933, a Dow Chemical lab worker accidentally discovered leftover goo: polyvinylidene chloride. The greasy, green, smelly film was dubbed "Saran" and was used by the military as a coating to protect World War II fighter planes from the elements. Dow eliminated the color and odor and introduced Saran Wrap plastic film for commercial use in 1949 and household use in 1953. The Saran brand was acquired by S. C. Johnson in 1998.

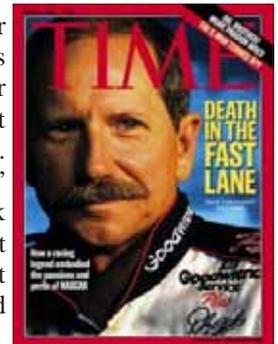
- ◆ Glad Cling Wrap won't stick to itself if stored in the refrigerator or freezer. To unsnarl a piece of wrap, have it chill out in the freezer for about 10 minutes.



Mother Teresa. Born Agnes Gonxha Bojaxhiu in 1910, by the time she was 12 she knew she was meant to help the poor. She went to India when she was 17 and her first assignment after becoming a nun was teaching at a school in Calcutta. In 1948 she left the convent and founded the Order of the Missionaries of Charity which ministered to the poor, sick, dying and orphaned first in India and then in other countries. Her humanitarian work led her to win the Nobel Peace Prize in 1979 and the Bharat Ratna, India's highest honor, in 1980. She died in 1997 after being plagued by years of heart problems, and was later beatified by Pope John Paul II.

Athletes that Died While Playing

Dale Earnhardt was an American race care driver that is known for driving stock cars in NASCAR's top division. He is greatly known for his success in the Winston Cup Series. He won 76 races during his career and was able to take home seven championships. He stands with Richard Petty as the men with the most championships held during a career. In 1998, Earnhardt was able to pull off his first and only Daytona 500 win. During his career, he took on many different epithets: "The Intimidator," "Ironhead," and "The Man In Black." During his race in the 2001 Daytona 500, Earnhardt died in the last-lap of the race. His car slid off of the track and went on the flat apron, and then turned sharply back towards the outside retaining wall. His car was then hit by the #36 car, and both cars hit nose-first into the wall. Earnhardt hit the wall at a critical angle going about 150mph. His car was in ruins but many thought the crash was minor. Earnhardt died from his injuries sustained from crashing into the wall.



Did You Know?

- ◆ Thomas Paine, the author of *Common Sense* and the creator of the name "United States of America", died in obscurity June 8, 1809. Only six people came to his funeral in New York.
- ◆ A fly's taste buds are in its feet.
- ◆ Ernest Lawrence Thayer received five dollars for writing the poem *Casey at the Bat* in 1888.
- ◆ "Wanted: Young, skinny, wiry fellows not over 18. Must be expert riders, willing to risk death daily. Orphans preferred. Wages \$25 a week." If you fit this mid-1800's help wanted ad, you'd have been a perfect candidate for the Pony Express.
- ◆ Maine is the only state in the U.S. which has only one syllable.
- ◆ Singer Ray Charles dropped his last name, Robinson, in order not to avoid confusion with boxing great Sugar Ray Robinson (whose real name is Walker Smith).



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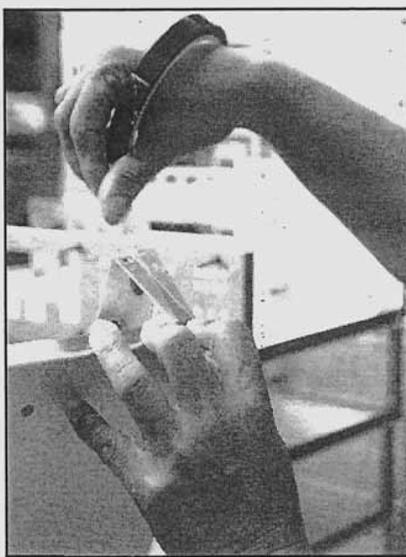


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- Notes on Post-it Notes**
- ◆ 1968: Spencer Silver, a 3M scientist, discovers a transferable adhesive.
 - ◆ 1974: Another 3M employee, Art Fry, wants a semi-adhesive for use a hymnal bookmark. Fry remembers his coworker's discovery, contacts Silver, and the two experiment with the adhesive on slips of paper. Fry is delighted with the results.
 - ◆ 1977: Enough Post-it Notes are manufactured to supply 3M headquarters, and employees soon cannot do without them.
 - ◆ 1978: 3M marketing floods the Idaho office supply industry with samples, and the reaction is amazing.
 - ◆ 1979: Post-it Notes are introduced in 11 states. Office workers begin mailing the product to coworkers in the other 39 states.
 - ◆ 1980: Post-it Notes are introduced nationwide. Everyone, from mail clerks to CEOs, loves Post-it Notes.
 - ◆ 1981: Post-it Notes migrate to Canada and Europe.



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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 Thursday, August 1. Copy, photos, articles, announcements are due Friday, July 26.

The Top 10 Steps to Set and Achieve Your Goals – Every Time!

by Dr. Philip E. Humbert

It's been said that everyone has goals, whether we know it or not. We have goals to keep our current job, or to get a different one. We have goals to save for the future, or to travel, take a vacation, or purchase the things we need and want to make our lives more enjoyable. An important distinction, however, is that top achievers are very intentional and focused on their goals, while many of the rest of us are not.

Top achievers know that the wording, structure, timing and format of a goal can make it's achievement much easier – or far more difficult. Top achievers understand the basic skills for setting and reaching their goals, every time! They know how to design goals that create success. Here are the 10 most important steps to set and achieve your goals:

1. Reachable goals are SPECIFIC. Top achievers know that to reach their goals, the brain must know exactly, precisely, what they are trying to accomplish. Never word a goal with vague terms like “some” or “a little bit”, or “more”. Be specific! If you want to lose 8 pounds and reach a weight of 175, specify those exact numbers. If you want to save \$200 this month, be exact. Your brain can help you accomplish almost anything if it knows precisely what you are aiming for.

2. Reachable goals are SIMPLE. Many people describe their goals in complex terms of retiring on the beach in Hawaii, with nice cars and lots of money, and.... Their list goes on and on. Any ONE of those things is a great goal, but the combination becomes over whelming and the brain gets confused. If you want to retire in Hawaii, just say so! If you want to increase your sales by 10% this month, say so! Keep your goals simple, clear, and focused.

3. Reachable goals are SIGNIFICANT. No one can muster the enthusiasm, hard work and courage to reach a goal they don't really care about. A reachable goal is one you really, really, REALLY want! It's something that will change your life, enhance your health or wealth, and make you proud. It gets your juices flowing, gets you up in the morning, and keeps you going all day long, because it is important! Set goals that are worth achieving!

4. Reachable goals are STRATEGIC. High achievers know that the best goals accomplish many great outcomes, all at one time. Running a 10K race will almost certainly: 1) feel great! 2) help you lose weight. 3) lower your cholesterol level 4) strengthen your heart 5) lower you risk of heart disease 6) increase your energy and stamina, and 7) improve your outlook. Design your goals to strategically impact as many areas of your life as possible. You'll have more reasons to reach your goal and more excitement when you do!

5. Reachable goals are MEASURABLE. A goal without a measurable outcome is just a pipe-dream. You can't achieve a pound of “happiness” or 6 inches of “self-esteem”, but you CAN get a new job. You CAN run a mile in under 7 minutes, or do 100 sit-ups. Someone has wisely observed that, “What gets measured, gets done.” Define your goals in terms of height, weight, dollars, inches, or hours. Then measure your progress until you achieve your desired outcome.

6. Reachable goals are RATIONAL. To reach your goal, you will need a plan, a path, and a vehicle for getting there. Your goals must make sense! When you explain them to friends and family, your goals should create excitement, draw support, and encouragement. Your goals should be just out of reach, but not out of sight! You want to stretch to be your best, not strain after impossible dreams. Set goals you CAN and WILL achieve!

7. Reachable goals are TANGIBLE. Choose goals that you can see, hear, smell or touch. Go for things you will enjoy and that you can clearly visualize. The brain has hard time going for “financial security”, but it can visualize a bank statement with nice, large numbers on it! Define your goals in terms that excite the senses, then go for it with all your heart!

8. Reachable goals are WRITTEN. High achievers always know precisely what they want, because they've written it down. Often, they write a short description of their goals every single morning, as a personal reminder of their priorities and their objectives. The act of writing your goals down vastly increases your chance of success. Write it down! Then, keep your notes where you can see and read them every day.

9. Reachable goals are SHARED. We are far more likely to stick to our plan and reach our goals if we know our friends and family support us. Being part of a team increases our determination, our stamina, and our courage. Caution: Never share your goals with anyone who may ridicule, tease or discourage you! The world is full of doubters and you have no time for them. But, find a support team, a group of cheerleaders, and a coach who will encourage you every step of the way. High achievers count on and work with other winners!

10. Reachable goals are CONSISTENT WITH YOUR VALUES. One of the biggest reasons people fail to achieve their goals is that they have conflict between their behavior and their values. However, when your values and your goals are in agreement, there is no stopping you! Clarify your values first, then set simple, specific, measurable, tangible, written goals that are consistent with those values. You will achieve them, every single time!

From: topachievement.com

HINTS THAT ARE HELPFUL.

- ◆ A drop of Instant Crazy Glue can repair a small hole in a screen.
 - ◆ Slow down the evaporation of moisture from a household plant when you go out of town. After watering, wrap the pot and soil in Cling Wrap. Have it touch the stem, folded loosely over the soil.
 - ◆ Rub a piece of wax paper over your tile or laminate kitchen countertops. The shine will send you reaching for your sunglasses.
 - ◆ Add extra shine to your clean, dry tile floor. Wrap a piece of wax paper around a dust mop and sweep it over the floor.
-

Superintendent Betty Ann Wyks

The Rotary Club of Pompton Lakes recently honored **Christine Holl** as the recipient of the Rotary Student Achievement Award for the 2012 – 2013 school year. Christine was chosen by the faculty and administration of Riverdale School to receive this award and was honored at a luncheon hosted by the Rotary Club. Included in the photo below are: **Steve Pricone** (teacher), **Trish Soucy** (principal), **Judy Montgomery** (Pompton Lakes Rotary Club President), Christine Holl, and **Carolyn and Tim Holl** (Christine’s parents).



At a recent Board of Education Meeting, **Michael Magyar** was honored for being nominated for the Raoul Wallenberg Award. **Ms. Conn** presented Michael with this honor, as it recognizes individuals who reflect Raoul Wallenberg’s humanitarian spirit, personal courage and nonviolent action in their day-to-day life. Also recognized at the Board of Education meeting were the students who achieved “High Honors” and “Superintendent’s List” for the 3rd marking period.



Since the middle of the school year, the 5th grade students have been involved with the DARE program. Meeting once a week with **Officers McDermott and Keil**, the students learned to take a stand against drugs and alcohol. They developed decision-making skills, discussed how to handle peer pressure, and identified alternatives to drugs and alcohol. Below is their DARE Graduation Assembly.



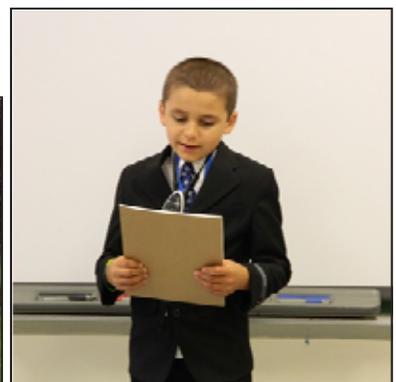
The winners of the Tricky Tray’s “Principal for Half a Day” recently cashed in on their prizes. Third grader, **Clay Petry**, and seventh grader, **Kayla Stygar** both enjoyed their role as stand-in principal of Riverdale School. Some highlights included directing the lunch periods and offering extra recess for their grade, a meeting with **Dr. Wyks**, and making announcements over the loud speaker!



Congratulations to Riverdale’s third grade teacher, **Ms. Shackil**, who was the recipient of the school’s iPad mini grant, for a classroom set of iPads. Ms. Shackil’s students enjoyed the delivery of the iPads and have since utilized them in a variety of classroom activities. **Dr. Wyks** and **Mrs. Tomkins** assisted in distributing the iPads to the children.



On June 24th, the Kindergarten Celebration was held at Riverdale School to celebrate the hard work and achievement of our kindergarten students. The students did a fantastic job taking us through their year in review, and receiving their diplomas.





The first step in reaching your goals is reaching the person who can help you achieve them.

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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. (Eccles 38:5-7).

PicTips

COLOR BALANCE



All digital cameras (even the ones in smart phones) have a feature called Automatic White Balance (AWB). This feature enables the camera to figure out what kind of existing light is illuminating the scene. AWB adjusts the camera's response to the lighting so that images tend to look 'naturally' colored. The color of light varies a lot: most indoor lighting is yellowish compared to daylight; fluorescent lighting is greenish.

Daylight itself varies a lot: between mid-day and the start/end of the day (more reddish), between open sun and shade (more bluish), or if the weather is overcast (a lot more bluish). AWB compensates well most the time and may be your only option (especially on smart phones).

There are times when it can get fooled though, and there are times when you deliberately want to go for a lighting effect and override AWB. Look for controls on your camera (they may be hidden in menus, so hunt around) that have icons such as a cloud (overcast), sun (daylight), setting sun (dusk/dawn), or light bulb (incandescent light).

Try these settings (keep track of how to return to AWB in each case) to see if they improve on AWB. Then get really creative and deliberately choose settings that are not 'right' for your lighting, just to see how the camera compensates. Sometimes the results can be very pleasantly surprising. And don't forget to set the camera back to AWB!

Submitted by Bill Madden

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