

September 2013

Volume 8 Number 9

William Budesheim, Editor
Lori Clinton, Associate Editor

Columnists

Rob Errera
Catherine Felegi
William Lango
Bill Madden
Elaine Peacock
Don Pruden

In this Issue

<i>Seniors</i>	Page 2
<i>Elaine Peacock</i>	Page 2
<i>Movie Trivia</i>	Page 5
<i>Bill Lango</i>	Page 6
<i>Announcements</i>	Page 8
<i>Don Pruden</i>	Page 8
<i>Catherine Felegi</i>	Page 10
<i>Community Center</i>	Page 12
<i>History of Riverdale</i>	Page 14
<i>Woman's Club</i>	Page 14
<i>The Riverdale Rant</i>	Page 15
<i>Recreation</i>	Page 19
<i>Love Your Pets</i>	Page 19
<i>Library</i>	Page 20
<i>Riverdale Art Center</i>	Page 21
<i>Natural Health</i>	Page 27
<i>PicTips</i>	Page 27

Riverdale News & Events

Riverdale Fire Department



Riverdale Firemen who served with Papa Joe Ezzo after the Post Lane Dedication Ceremony on the 31st Anniversary of Papa Joe's death on duty.



Past and Present members of the Riverdale Volunteer Fire Department at Glenburn following the Papa Joe Ezzo Ceremony dedicating Post Lane in his memory.



Riverdale Seniors

1ST MEETING

The first meeting of the Riverdale Seniors was held on Monday, August 5th. There were 65 people present. **President Loretta Lippens** conducted the meeting. She said the next meeting on Monday, August 19th, will be a barbecue, grilled by several of our men.

Chaplain

Grace Chiesa read a poem, - "I Said a Prayer for You". **Marion Davis** led the group in singing "In the Good Old Summertime".

Roll call was taken by **Secretary Jean McMichael** with 69 present. **Lorraine Moody** announced that plans are being made for our Christmas Party.



Treasurer Laura La Rosa gave her Treasurer's report and said we are in good shape. But then quite a few bills were submitted and that changed things a little.

1ST Vice Present Dorothy

Bowersox led the group in singing Happy Birthday to quite a few of our birthday people.

Trip chairman Barbara

Stillwagon said the LaNeve trip went well. The next trip is "Sight and Sound". She had sign up sheets for the Octoberfest. Sounds good!!

Mary Gambino read a cute story then conducted the 50-50. Meeting was adjourned and refreshments were served.

We were entertained by four young musicians, one of whom was Grace Chiesa's granddaughter. They played violin, organ and two flutes and they were wonderful. What Talent!!! We thoroughly enjoyed them.

2ND MEETING

The second meeting of the Riverdale Seniors was held on August 19th. President Loretta Lippens opened the meeting and made announcements.

Secretary Jean Mc Michael gave her Secretary's report. Laura La Rosa gave her Treasurer's report.

1st Vice President Dorothy Bowersox made her report and assigned cakes for the next meeting, which will be on Tuesday, instead of Monday due to Labor Day.

Lorraine Moody gave a report on plans for the Christmas Party. The Sight and Sound Trip was a success.

Mary Gambino read a story and then called the 50-50. We all enjoyed a great "Barbecue", prepared by several of our men. Thanks Guys!!

Submitted by Marion Davis

BY and LARGE

A Monthly Column written by Riverdale Resident Elaine Peacock.

The Diet Coke

By Elaine Peacock

He sat in his wheel chair holding the door to Wendy's as the lunch crowd dashed in and out with barely a glance. He was hoping for a bit of change so he could purchase something to eat. He smiled and wished everyone a nice day. As I went into Wendy's I returned his smile. While standing on line I felt a nudge and a little voice said why not buy that poor soul something to eat? After I finished my lunch I went out and said "sir would you like something to eat?" He paused and looked at me and said "could I have a hamburger?" I replied "only a hamburger?" He hesitated for a moment then he said "could I have some cheese on it and maybe some fries with extra salt?" I smiled and said "sure what would you like to drink?" Without hesitation he said "a diet coke." As I went back inside to

get his lunch I smiled to myself extra salt on his fries but he wants a diet coke. I kept thinking this is probably the first hot meal he has had in a long time. As I handed him the bag he gave me the biggest smile and said "thank you miss and God bless you." As I started to leave I said "your very welcome sir it was my pleasure and may God bless you too." It's funny for as many times as I have walked past that area that was the only time I ever saw him, so he wasn't "a regular." God gives us opportunities every day, could this have been one of them? Something to think about!



If your **microwave** is spattered with old sauces and greasy buildup, place a glass measuring cup with 1 cup water and 1/4 cup vinegar inside microwave. Boil for 3 minutes, then remove measuring cup and wipe inside of oven with a damp sponge.

Visit us on the

Borough of Riverdale Facebook Page

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



Public Health
Prevent. Promote. Protect.

"Restaurants are given ratings by the local health department which rate the level of sanitation practiced by the establishment. Below is a link to a survey that will aid the health department in obtaining data on your knowledge of the current health department rating system of restaurants."

<https://www.surveymonkey.com/s/MJL7W52>



Save the Date Monday, September 24th, 2012

Event:

5th Annual Golf Outing featuring
The Dennis Walters Golf Show
Great golf, great fun, and an inspiring message!

Location:

Wild Turkey, Crystal Springs Golf Resort
Hamburg, NJ

Questions:

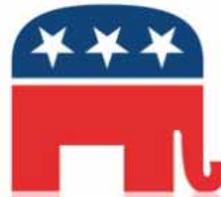
Email us at djenam@pushtowalknj.org
Call us at (862) 200-5848

Please visit our website at www.pushtowalknj.org

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**



Glue Trap for Bugs

If nearly invisible bugs such as mites have attacked your plants, try this:

- 8 ounces Elmer's Glue
- 2 gallons warm water

Thoroughly mix the ingredients in a bucket. Pour the solution into a labeled spray bottle, and spray all twigs and leaves of your sad plants. The insects will be caught and will flake off with the sticky mess when it dries.

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."

Chicken Piccata

INGREDIENTS:

- *4 thin skinless chicken breasts (if the chicken is thick butterfly the chicken in half)
- *Chicken stock
- *Lemon juice (bottle)
- *Capers (rinsed) 2 to 3 tbsp.
- *1 lemon
- *1 stick of butter
- *Flour (one cup)
- *Sea salt and pepper
- *Olive oil



DIRECTIONS:

Put flour, sea salt and pepper in a zip lock bag. Rinse chicken and put into zip lock with flour mixture. In skillet put 3 tbsp. of olive oil and 3 tbsp. of butter. When it sizzles add two pieces of chicken. Cook chicken 3 min on each side. Take out of pan and cover with foil. Scrape skillet so you get the flavor from chicken in the sauce. Repeat directions above for the other two pieces of chicken. Remove chicken from skillet when done and add to the plate. Add capers, 2 tbsp. butter, chicken stock, 3 tbsp. of lemon juice. Mix well and add chicken. (Make sure you scrape the skillet every time the chicken is removed to get the flavor of chicken in sauce) Serve over rice or penne pasta. Slice lemon and add to the top of the chicken for decoration.

Here's a project from yesteryear - creating place mats, bookmarks, book covers, or other decorative pieces. Arrange items such as colorful autumn leaves, flowers, or magazine pictures on a sheet of wax paper. Cover with another sheet. Put the whole



“sandwich” inside paper grocery bag or between 2 sheets of cloth. Iron on low to melt the wax, creating a seal. Carefully remove the wax paper from the bag or cloth. Let it cool; cut it to the shape and size you wish. Use pinking shears to make interesting edges if you like.

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



Don't Buy THAT Health Insurance!

Approach Health Care Insurance Differently.



Join Katherine Woodfield Hermes, author of the award-winning book "Don't Buy THAT

Health Insurance: Become an Educated Health Care Consumer" as she presents an informative lecture on the topic of the Patient and Affordable Care Act: A Consumer Perspective. She will discuss:

- The Health Care Exchanges — or Marketplace — in NJ
- How the law affects you if you're covered by Medicare
- How this law affects you if you have insurance through your employer.

Thursday, September 26 @ 6:00 PM

REGISTRATION REQUIRED!

Riverdale Public Library

93 Newark Pompton Turnpike

Riverdale, NJ 07457

(973) 835-5044

www.riverdalelibrary.org

Labor Day Fun Facts

The first observance of Labor Day is believed to have been a parade on September 5, 1882, in New York City, probably organized by Peter J. McGuire, a Carpenters and Joiners Union secretary.

By 1893, more than half the states were observing a "Labor Day" on one day or another, and a bill to establish a federal holiday was passed by Congress in 1894. President Grover Cleveland signed the bill soon afterward, designating the first Monday in September as Labor Day.

The form that the observance and celebration of Labor Day should take were outlined in the first proposal of the holiday — a street parade to exhibit to the public "the strength and esprit de corps of the trade and labor organizations" of the community, followed by a festival for the recreation and amusement of the workers and their families.

Oregon was the first, then Colorado, New York, Massachusetts and New Jersey followed as the first states to declare Labor Day a state holiday.

Historians speculate the origin of the no-white-after-Labor Day rule may be symbolic. In the early 20th century, white was the uniform of choice for Americans well-to-do enough to decamp from their city digs to warmer climes for months at a time: light summer clothing provided a pleasing contrast to drabber urban life. "If you look at any photograph of any city in America in the 1930s, you'll see people in dark clothes," says Scheips, many scurrying to their jobs. By contrast, he adds, the white linen suits and Panama hats at snooty resorts were "a look of leisure." -TIME

Movie Trivia - THE WIZARD OF OZ



- ◆ Buddy Ebsen had been cast as the Scarecrow, and now switched roles with Bolger. Unbeknownst to him, however, the make-up for the Tin Man contained aluminum dust, which ended up coating Ebsen's lungs. He also had an allergic reaction to it.
- ◆ When Jack Haley took over the part of the Tin Man, he wasn't told why Ebsen had dropped out (and in the meantime, the Tin Man make-up had changed from aluminum dust to aluminum paste as one of its key components). However, his vocals remain whenever the song "We're off to see the Wizard" is played. Jack Haley's vocals were never used during the song, but were used for "If I Only Had a Heart" and "If I Only Had the Nerve."
- ◆ Producer Mervyn LeRoy had originally intended to use MGM's Jackie the Lion in the role of the Cowardly Lion and dub an actor's voice in for the dialogue. However, that idea was dropped when Bert Lahr came up for consideration for the part. Curly Howard was Bert Lahr's inspiration for the role of the Lion.
- ◆ The inside of the farmhouse was painted sepia, and the Dorothy who opens the door from the inside is not Judy Garland but her stand-in wearing a sepia-rinsed version of the famous gingham dress. Once the door is opened and the camera advances through it, Garland (wearing her bright blue dress) walks through the door and the audience is none the wiser.
- ◆ Margaret Hamilton, a life-long fan of the Oz books, was ecstatic when she learned the producers were considering her for a part in the film. When she phoned her agent to find out what role she was up for, her agent simply replied, "The witch, who else?"
- ◆ Many of the Wicked Witch of the West's scenes were either trimmed or deleted entirely, as Margaret Hamilton's performance was thought too frightening for audiences.
- ◆ The movie's line "Pay no attention to that man behind the curtain." was voted as the #24 of "The 100 Greatest Movie Lines" by Premiere in 2007. "There's no place like home." was voted #11 in the same. "Toto, I have a feeling we're not in Kansas anymore." was 62.
- ◆ Judy Garland had to wear a painful corset-style device around her torso so that she would appear younger and flat-chested.
- ◆ Charley Grapewin came out of retirement to play Uncle Henry.
- ◆ During the haunted forest scene, several actors playing the Winged Monkeys were injured when the piano wires suspending them snapped, dropping them several feet to the floor of the sound stage.
- ◆ Terry (Toto) was stepped on by one of the witch's guards, and had a double for two weeks. A second double was obtained, because it resembled Toto more closely. Judy Garland very much wanted to adopt Terry after the two spent so much time together shooting the film. Unfortunately, the owner of the dog wouldn't give her up, and Terry went on to a long career in films. She died in 1945 and was buried in her trainer's yard.
- ◆ According to lead Munchkin Jerry Maren, the "little people" on the set were paid \$50 per week for a 6-day work week, while Toto received \$125 per week.
- ◆ The Cowardly Lion's facial makeup included a brown paper bag. Actor Bert Lahr couldn't eat without ruining his makeup. Tired of eating soup and milkshakes, he decided to eat lunch and have his makeup redone.
- ◆ The horses in Emerald City palace were colored with Jell-O crystals. The relevant scenes had to be shot quickly, before the horses started to lick it off.
- ◆ During the "Wash and Brush Up Co." scene, the lyrics "We can make a dimpled smile out of a frown/Can you even dye my eyes to match my gown" are sung in counterpoint to the orchestra playing "Somewhere Over The Rainbow."
- ◆ The color of the yellow brick road first showed up as green in early Technicolor tests. It was adjusted so that it would read properly as yellow in the early 3-strip color process, which in 1938-39, was still in its experimental stage. The paint used that was finally used on the bricks for the "Yellow Brick Road" was standard industrial yellow paint that was obtained from a hardware store several blocks away from the studio.
- ◆ The film started shooting on 13 October 1938 and was completed on 16 March 1939 at a then-unheard-of cost of \$2,777,000. It earned only \$3,000,000 on its initial release.
- ◆ The ruby slippers were silver (like in the book) until MGM chief Louis B. Mayer realized that the Technicolor production would benefit from the slippers being colored.
- ◆ The song "Over the Rainbow" was ranked #1 by the American Film Institute in 2004 on the 100 Greatest Songs in American Films list.
- ◆ Bert Lahr's costume weighed 90 pounds. It was made from a real lion skin and was very hot. The arc lights used to light the set often raised the temperature on the set to over 100 degrees F. Lahr used to sweat so profusely that the costume would be soaked by the end of the day. There were two people whose only job was to spend the night drying the costume for the next day. The costume was dry cleaned occasionally but usually, in the words of one of the crew members, "it reeked".
- ◆ The steam shooting from the Tin Man's cap startles Toto, who runs out of the shot.
- ◆ The much quoted line "Fly my pretties, fly" doesn't actually appear in the movie. The Wicked Witch of the West actually says, "Fly, Fly, Fly."
- ◆ When the Witch tries to get off the ruby slippers, fire strikes her hands. This "fire" was actually dark apple juice spewing out of the shoes. The film was sped up to make it look like fire.
- ◆ Nikko, the name of the head winged monkey, is the name of the Japanese town which houses the shrine featuring the famous Hear No Evil/See No Evil/Speak No Evil monkeys.
- ◆ The shot of Dorothy's house falling from the sky was achieved by filming a miniature house being dropped onto a sky painting on the stage floor, then reversing the film to make the house appear to fall towards the camera.
- ◆ The "tornado" was a 35-foot-long muslin stocking, spun around among miniatures of a Kansas farm and fields in a dusty atmosphere.
- ◆ The gray circle and zig-zag pattern interrupting the yellow brick road outside the main entrance of Emerald City spell out OZ.
- ◆ The famous "Surrender Dorothy" sky writing scene was done using a tank of water and a tiny model witch attached to the end of a long hypodermic needle. The syringe was filled with milk, the tip of the needle was put into the tank and the words were written in reverse while being filmed from below.
- ◆ In the famous "Poppy Field" scene (in which Dorothy fell asleep) the "snow" used in those camera shots was made from 100% industrial grade chrysotile asbestos - despite the fact that the health hazards of asbestos had been known for several years.

Riverdale's First Town-Wide Garage Sale

by Riverdale Resident and Columnist

Bill Lango



September is here and soon it will be an ideal time to do some fall house cleaning while at the same time turning some of your unwanted clutter into welcomed cash, by participating in **Riverdale's First Town-Wide Garage Sale**, on Saturday, September 28.

Town-wide Garage sales are magnets for bargain hunters due to the of the large amount of homeowners who will be participating in the event. The day of the sale will be sure to attract a large and diverse caravan of out-of-towners, some from as far away as NY and PA, cruising Riverdale's neighborhoods for bargains.

For the average homeowner, having a garage sale may appear to be a bit daunting, because there is no right or wrong way, or hard and fast rules when conducting a garage sale. If you follow my strategies you'll get rid of some of the clutter and chaos in your home while replenishing a bit of the "green-stuff" in your wallet or pocketbook. The upcoming sale is also an ideal opportunity to meet new neighbors or rekindle relations with old ones

First, consider if you have enough items to make it worthwhile? Begin by taking inventory. Those old kids toys, clothes, left over craft items, old garden tools, junk stored in your basement, attic or garage, books, furniture and appliances all can be converted into cash at your garage sale. You were either going to donate or toss it, so why not devote a Saturday to selling it!

Don't let preparation for the sale overwhelm you. Two weeks prior to the sale, begin researching the current value of any of your "collectible" items you are considering selling by doing searches for similar items offered on eBay or other online auctions. Don't have a computer? Ask a computer savvy friend to help you. When researching, don't price any of your items by an auction's LISTING PRICE, instead, check eBay's prices for: 1. COMPLETED LISTINGS, here you'll see what prices similar items, either sold for or didn't sell or didn't sell at all. 2. SOLD LISTINGS, will list only what items sold and what prices they sold for. This should give you a "ball park" price as to what your item is worth. Then price your items around half the price they sold for on eBay. Have reasonable expectations when pricing the items you are selling.

Price items low enough to sell. Sell everything "as is." Make no warranties and accept only cash, no checks. Don't hold any items without receiving full payment in.

A week prior to the sale, make sure you have enough folding tables and benches to use to display your items. Ask around and borrow any you may need. Arrange to have your family members help you. They can bring along any of their unwanted stuff. The more stuff you have to sell the more attractive your sale will be. Offer your children a part of the sales action if they help out. Your selling crew should have at least two adults. A lone seller is easy prey to thieves who work in pairs.

The day before your sale, tape a hand written note on your door, near your bell, stating: No Early Callers. Rude and often inconsiderate professional dealers may ring your bell the day and night before your sale with a sob story saying they won't be able to attend your sale tomorrow, so can they get a sneak peek or early look? Tell them NO!

Tag, label and price everything you plan on selling with large peel off stickers or labels clearly indicating your asking prices. Put small items in groups where you can easily see them. Affix string tags to small valuable items such as jewelry. It's best to designate one of your crew to watch over this area. Be wary of "label switchers", those shoppers who remove or swap higher price labels with lower priced ones.

Price your items to sell ... You don't love them anyway, or you'd keep them. Condition means everything. Don't expect to get top dollar for worn out or dirty items. Consider any reasonable counter offers from buyers. Don't become intimidated or aggravated by "pushy" buyers. Garage sale shoppers will try to bargain with you. Always be courteous. Keep in mind that you want to sell your stuff, not bring it back inside after the sale.

On the day before the sale, move your sales tables close to where you will be setting up on Saturday. Conduct a "dry run." make sure your tables will fit your lawn, driveway or in front of your garage. Position your sales tables in front so you can be seen from the street.

Garage sale hunters like to feel like there is a lot of nice stuff to choose from, so take the time to think out how and where you will place your stuff. If you actually use your garage for the sale, rope off any areas containing items not for sale and mark them, Not For Sale.

Early morning, move your cars to allow more parking space in front of your home for shoppers.

Greet everyone walking up to your sale. Have enough \$1 and \$5 bills on hand for change. Keep your money on your person, in a carpenter's apron or fanny pack. When someone hands you a large bill to pay for an item, leave the bill out in plain view until the change has been made. Then put the bill away. A "Short-change-scam" artist may try to claim that they gave you a \$20 bill when they actually gave you a \$10. So, keep track of your sales and money. Put extra money in the house.

Do not let any strangers in your house to use your bathroom or for any reason. Even little old ladies can be thieves. They could be casing your home for potential valuables, or they could slip something small in a pocket on their way to the bathroom. It's just not worth the risk. Lock all side doors and back doors to your house. Keep a phone on your person. Never give out your home phone number. Keep all your pets leashed and close to you.

If someone buys a large item, like a piece of furniture, check inside of it before they carry it away. You can just say that you want to make sure you didn't leave anything in it. A dishonest person may have stuffed a bunch of unpaid items inside. (Don't laugh, it happens.)

At 12 noon, discount everything! Most of your better stuff will be sold by 11, so reduce your prices on what's left. Place a large cardboard carton on your lawn or driveway and put any items you would normally throw out or donate in the box and mark it "FREE" in big letters.

Be sure to take down all of your Garage Sale signs and balloons at the end of your sale. Your neighbors will appreciate it and latecomers will not be endlessly ringing your door bell.

Lastly, relax, go sit in your favorite chair, and count all the money you just made by participating in Riverdale's first Town-Wide Garage Sale.

GRASS CLIPPINGS are a major part of the New Jersey's municipal solid waste stream. And like other highly recyclable materials - such as comingles and newspapers - recycling grass clippings helps to reduce the amount of waste being collected for disposal. As a New Jersey resident, you are already reducing the amount of waste to be landfilled by recycling a variety of materials. You can also easily recycle the clippings generated each time you mow your lawn - and save time and money by doing so.

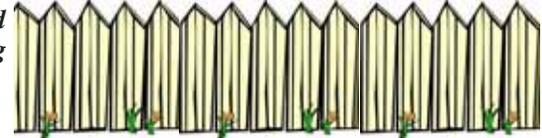
Morris County no longer allows grass clippings to be disposed of with the rest of the garbage. Landfilling grass clippings is a waste of money, landfill space, and nutrients contained in the clippings themselves.

Just leave your clippings on the lawn when you mow. Grass clippings provide a natural and healthy fertilizer for a growing lawn.

Studies show that homeowners who leave clippings on the lawn actually reduce their total annual mowing time by 20% - 25% You'll also save money. You won't have to buy lawn trash bags, and you can spend less on fertilizer since clippings left on the lawn recycle nutrients, such as nitrogen, back into the soil.



Before a fence is installed in Riverdale an application for a zoning permit must be obtained from the Zoning Officer. A copy of your survey must accompany the application indicating the placement of the fence. Below is the Borough's Zoning Ordinance on fences.



§ 168-27 FENCES, WALLS AND SIGHT TRIANGLES.

- A. No fence shall be erected of barbed wire, topped with metal spikes or constructed of any material or in any manner which may be dangerous to persons or animals.
- B. On any lot in any district, no wall or fence shall be erected or altered so that said wall or fence shall be over three feet in height in side and front yard areas and four feet in height in rear yard areas, except:
 - (1) A dog run may have fencing a maximum of six feet in height, provided that such area is located in rear yard area only and is set back from any lot line at least 10 feet.
 - (2) A private residential swimming pool area must be surrounded by a fence at least four feet, but no more than six feet, in height. Swimming pool areas shall be located in rear yard areas only, and said fence shall not require a minimum setback from any lot line.
 - (3) A tennis court area, located in rear yard areas only, may be surrounded by a fence a maximum of 15 feet in height, said fence to be set back from any lot line the distances required for accessory buildings in the individual zoning districts.
 - (4) Off-street parking, loading and driveway areas shall meet the requirements specified in Article IV, § 168-22.
- C. On a corner lot in any district, sight triangles shall be required in addition to the right-of-way in which no grading, planting or structure shall be erected or maintained more than three feet in height as measured from the mean elevation of the finished grade five feet away from the center line of the grading, planting or structure....
- D. Any fence shall be set back a minimum of 10 feet from the terminus of any public paved area which does not end in a cul-de-sac

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.**



Under state law **NO PARKING:**

No Parking Rules

- ◆ 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



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.



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!

Announcements

Happy Birthday, **Dad/Ron Thomas**, on September 15! We love you, R.J., Kevin, Matthew and Kevin M.

Happy Birthday, **Ron!** I love you very much! Love, Marybeth xoxoxo.

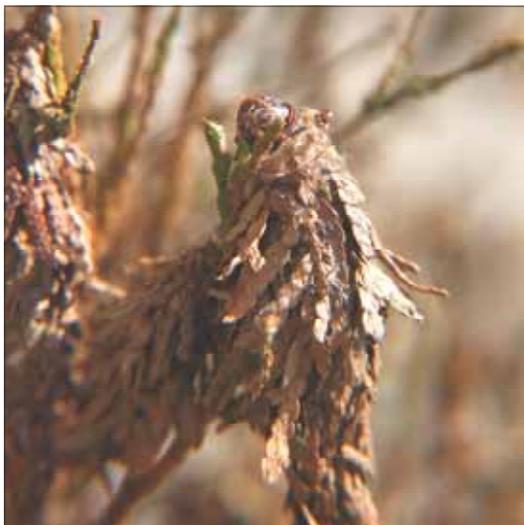
Happy 7th Birthday, **Hailey O'Reilly**, on September 14th. We love you so much! Love, Mommy, Daddy and Peyton. ♥



Tara and Charles Moran of Upper Montclair would like to announce the birth of their daughter, **Scarlett Grace Moran**. Scarlett arrived on Tuesday, June 11, 2013 at 6:11pm, at Morristown Medical Center. She weighed 7lbs 9 oz and was 20½ inches in length. Maternal grandparents are **Sherry and Douglas Fritsch** of Riverdale. Paternal grandfather is Charles Moran of Washington Township.



Happy 9th Birthday, **Reilly Desai**, on September 7. Love, Mom and Dad.



What images does the phrase "The Attack of the Bagworms!!!" bring to your mind. Well, if you have been observant as you approach the Riverdale Community Center, on your left you will notice a greatly damaged arborvitae evergreen tree. Compared to the two healthy arborvitae to the right, the one on the left looks like it's a gonner!

Neighbors in Nature

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

It was the victim of an attack by *Thyridopterix ephemeriformis* - the BAGWORM!!! (see attached photos). Thanks to Riverdale's Department of Public Works, they came to the rescue! Just in time! They had almost filled a four or five gallon plastic bucket with the attacking bagworms in their protective cases.

As a result, there is a good chance of recovery by next spring.

The "bagworm" is the caterpillar of the "Evergreen Bagworm Moth". Most insects have four stages of existence, the egg which hatches into the larva. This larva stage for most is the eating stage. Then it goes into an over-the-winter stage, the pupa. Finally the adult stage emerges from the pupa. This is the mating stage where new eggs are produced. In the case of the bagworm 200 eggs or more. Only the male bagworms leave their cocoon (a silk case that protects the pupa within it). It flies off in search of a female. She never leaves her silken cocoon. And she has no wings either. But she does have a "perfume" called a pheromone which is only smelled by male bagworm moths. Her eggs also hatch inside the cocoon and the 200 or so tiny, smaller than pin head sized caterpillars have to get to a new tree for food.



Picture those three arborvitae trees in front of the Community Center! How is something that small going to get from the eaten tree to fresh greens? As the tiny baby bagworm comes to the outside of its cocoon, it sends out a fine strand of almost invisible silk. This is caught up by the wind, the baby caterpillar lets go and sails off into the air until it tangles with a new tree. That silk is then pulled in by the caterpillar and spun into a cocoon and that caterpillar as it grows adds more silk to the cocoon and also adds some of the plants green stuff to it and it is called the "bagworm". Most moth caterpillars do not spin their cocoons until they are about to become into the pupa stage. The bagworm spins its cocoon over its entire life until it becomes a moth.



The cocoon removed to show the caterpillar

2012 #1 Top Sales Agent at REMAX Legend



TINA CALI

*Thinking of selling? Call me for a **FREE** market analysis*

Call 973-493-1477 Cell

JUST SOLD!
 Tina Cali, your
 Riverdale Real Estate
 Agent & Resident

RE/MAX Legend

36 Preakness Shopping Center
 Wayne, NJ

973-686-0404 - Office
 973-493-1477 - Cell

email:
 tinacalirealtor@gmail.com
Each Office is Independently Owned & Operated

*Sold in
 less than
 2 weeks!*



See Other Hot Properties at:

www.TinaCaliRealtor.com

**Coney Island
 Wood Fired Brick Oven**



**CIPIZZA.NET
 973-476-9223**

Now Serving Ventimiglia Wine

**Free pretzel with this ad
 and purchase of any pie**

40 Hamburg Tpke. Riverdale, NJ

The Daniel Motors family since 1943 now serving you as:

1(800) SELL-A-CAR

*We Buy and Sell
 Quality Vehicles*



170 Hamburg Turnpike
 Bloomingdale, NJ 07403

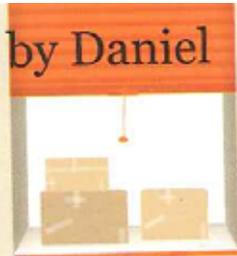
Daniel J. Salameno Jr.

Phone: 1(800) SELL-A-CAR
 1(800)735-5222
 Website: 1800sellacar.com

Riverdale Self Storage by Daniel

17 Hamburg Turnpike
 Riverdale, NJ 07457

storagebydaniel@yahoo.com
 riverdalestorage.com

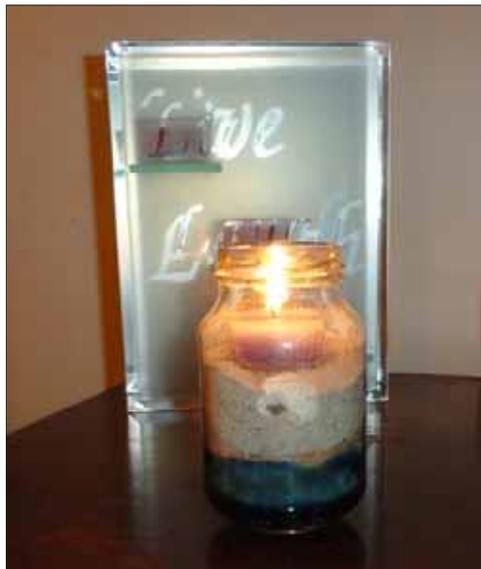


**For all your storage needs call 973-839-1993
 FREE use of truck with Move-In**

Daniel J. Salameno Jr.

Kit Kat's Krafts Mod Podge Candle Holder

CATHERINE FELEGI



Summertime is almost over. Advertisements for back-to-school shopping are clogging the mailbox. Teenagers jump around joyously for college shopping, excited to be on their own for probably the first time in their lives. Kindergarteners are being fitted for brand new shoes that they will proudly sport the first day of classes.

With the bittersweet feeling of summer leaving, it is sometimes hard to say goodbye. After all, sitting in the sand on the beach, listening to the waves crash, smelling the fresh salt water, and licking on an ice cream cone from a boardwalk purveyor is always much better than sitting in a sealed-off office for eight hours a day.

However, though it's not possible to delay the ending of summer, it is possible to keep and cherish it for a bit longer. For this project, we will be making a beach-themed candle holder that can be used for the picnic table before the crisp fall days that are ahead come along.

This project is simple and can be elaborated on, so I would recommend this for all age groups. For younger ones, you might want to prepare things getting a little messy.

For this project, you will need:

- Newspaper
- Mod Podge Gloss Lustre, easily found at your craft store
- Blue food coloring
- Glass jar, such as a jelly jar
- Sea shells, preferably gleaned from your favorite shore, and other beach-like items
- Sand
- Tea light candle

Line your work area with some newspaper so as not to get your area all messy. Put a few drops of the blue food coloring into the bottom of your jar. Mine took about four drops. The goal is to get a hue that looks like the ocean. Pour a bit of Mod Podge over the food coloring and start tilting the glass jar, fully coating the bottom third of your jar. Keep in mind that the color will not mix entirely and you will have white mixed with the blue. This is OK, as it will add to the effect of the "water".

Allow your Mod Podge to dry completely. Once it has dried, pour a small amount of sand into your jar. Place a few seashells and, if you want or have them, small toys that remind you of the beach, such as a doll shovel or a plastic crab. Pour sand over it to completely cover your sea shells and toys. Proceed to do this until the jar is almost full.

When the jar is about to reach full capacity, nestle a tea light candle into the sand. Light the candle, and enjoy the warm glow that will remind you of the beach each time you light it.

Local Animals in Need of Forever Homes

Meet Ruby! Ruby is an adorable pit/boxer mix who is looking for her forever home! Ruby is young, around 1 year old, and is about 35 pounds. Ruby is VERY affectionate. She likes to snuggle in your arms at night and likes belly rubs in the morning. If you would like to meet Ruby, please email Ryan Earley at ryaneasley123@gmail.com.



Meet Penny! Penny is very smart and knows her basic obedience commands. If you lead an active lifestyle and want an equally active companion then it is a must that you come meet this sweet girl. To meet Penny, please contact Tri Boro Animal Welfare in Butler at 973-831-5555 / info@tbaw.org.



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

ROLL OF HISTORY

1879 Brothers E. Irvin and Clarence Scott establish Scott Paper Company in Philadelphia. Paper bags are among the company's first products.

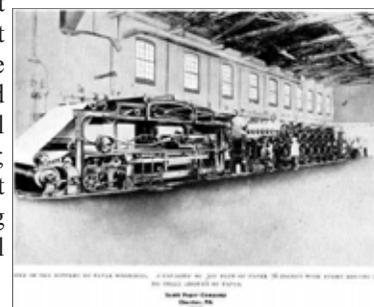
1902 Rights purchased to Waldorf trademark; Waldorf Tissue is the company's first branded product.

1907 Sani-Towels introduced; sold only to commercial customers to stop spread of mild cold epidemic.

1913 Scott Tissue introduced.

1931 Paper towels introduced to consumer market.

1956 Scott Tissue first brand to be printed with pastel colors; Scott Towels Big Roll introduced.



LABOR DAY



Workmanship To Perfection

Equipment



Supply

COVELLO BROTHERS

*"Service
with Pride"*

CONTRACTORS

COVELLO BROTHERS

COMPLETE SITEWORK

Excavating * Drainage * Grading
Underground Utilities * Sand & Gravel

973.835.8850

P.O. Box 208, Riverdale

NEW THIS FALL

KIDS HULA HOOPING

Wednesday's
BEGINS SEPT 19
3:30pm
Age 8 thru 14
Instructor - Debbie
Hoops Provided
.\$48/Student (8 Week Session)



KIDS JUMP N' JIVE

Tuesday's
BEGINS SEPT 10
4:00pm



Instructor - Jennifer
\$36/Student (6 Week Session)
Have fun with Kid Safe Music, Obstacle Courses, Fitness Challenges, Active Group Games, Jump Roping & More!
Each class is different & focuses on building strong muscles, increasing coordination and gross motor skills.



TOTS MUSIC

BACK FOR THE FALL - SEPT 13
Fridays, 9:30am (1 Hour)
\$9/Child (\$7 - 2nd Child)

KIDS CARDIO BOXING

Thursday's
BEGINS SEPT 26
(Or, Join the session happening right now!)
4:00pm

Instructor - Jennifer
\$48/Student (8 Week Session)
This class offers a mixture of circuit training, age appropriate strength training, boxing drills on focus pads & lots of other fun challenges. Kids learn responsibility by learning with others. Each class ends with an active group game!

DANCE CLASSES!

With Instructor - Miss Livia
\$8/Class
Tap & Ballet
Ages 3 - 5
Friday's - BEGIN SEPT 20
4:00pm



Pop Star's
1st - 8th Grade Students
Friday's - BEGIN SEPT 20
5:00pm



RIVERDALE FOOD PANTRY

Items ALWAYS Needed.
Drop-off @ Borough Hall (Front Offices)
Questions: Contact Riverdale Borough Hall
(973) 835-4060, Select 6

BOB ROSS TECHNIQUE OIL PAINTING

Thursday, Sept 19- 6:00pm
Scene - Autumn Country Road
\$35/Per Person (Incl's all supply)
&
Saturday, Sept 14 - 11:00am
Scene - Grist Mill
\$45/Per Person (Incl's all supply)



Payment due at Class (Cash or Check)
MUST SIGN-UP IN ADVANCE
Call (973) 706-6471 Community Ctr or E-Mail
jcarelli@riverdaleborough.com

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

SENIORS WALKING CLUB

IT'S TIME TO GET OUT & WALK AGAIN WITH THE BEAUTIFUL FALL WEATHER ARRIVING!
Join us for a FUN & SOCIAL Morning with Light Stretching & a Neighborhood Walk.



Everyone is Welcome!

Tuesday's
NEW TIME
10:00am

HULA HOOP CLASS



Wednesday's
7:00pm

Hula Hoop's Provided
\$6/Class

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

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

BUGGY BOOTCAMP

THURSDAY'S Begins Sept 12 (4 Weeks)
9:30am

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



SIGN-UP : Phone (973) 706-6471 Leave Message or
E-Mail jcarelli@riverdaleborough.com
Try out this NEW Stroller Fitness Class.

Bring the little ones, enjoy the outdoors while getting a

Mondays

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

Tuesdays

Zumba Gold 10:00am \$6/Class

Zumba 7:30pm \$6/Class

Thursdays

Zumba, 7:00pm \$6/Class

KETTLEBELL FITNESS

Every Saturday, 9am

Glenburn Events

TOP OF THE LINE DOG TRAINING



Fall 2013 Classes Begin SEPT 9TH
Mondays, 6:00pm

BARN

\$155/7 Week Program

1st Class - Pet Owner Workshop
6 Weeks - Pet & Owner Basic Training

Taught by - Norma Overlock
Certified Dog Behaviorist

www.normasdogtraining.com

MUST SIGN-UP IN ADVANCE
(201) 337-6179 - Norma

211 Hamburg Turnpike
Riverdale

NEW THIS FALL!

HAVE FUN LEARNING ITALIAN!

Saturday's

Beginning Nov 9th (5 Weeks)

10:00 - 11:00am

Glenburn House

\$60 Student (only \$12/Class!)

Instructor - Mrs Nadia Garcia

Fully Bilingual Early Childhood Education
Certified Teacher



For Boys & Girls
Pre-K - 2nd Grade

Introduce your children to the wonderful
Italian Language Games, Songs & Crafts!

Please Register Online:
<http://goo.gl/xHhKB1>

YOGA AT GLENBURN HOUSE

Thursdays, 7:30pm

Classes Returning SEPT 5TH

Bring Yoga Mat & Refreshment

\$8/Class

Walk-In's Always Welcome



Riverdale Woman's Club

- In addition to providing scholarships to graduating high school seniors, the Riverdale Woman's has several departments which we will focus on for the next few articles.
- The Arts Creative Department meets the 3rd Monday of the month at 7:30. Chairman Phyllis Rios and has some wonderful projects planned for the new club year. Contact her for further information.

- On October 14th the department will be making Condiment Caddy. On a Saturday in November the group is planning a visit to Lambert Castle in Paterson. December's meeting will find the group painting wood Christmas ornaments. In January tray favors for a nursing home will be made for Valentine's Day. February 17th we will work with mosaics and March 17th creating lovely jewelry pieces will be the meeting's focus.
- In addition the department members will be decorating a Christmas Tree in the maternity wing of Chilton Hospital as they do every year.
- We invite you to attend one or more of these meetings and learn what our club is all about. We are a group of women who are making a difference in the lives of others, one project at a time but we are also a group of friends who enjoy each other's company, having fun and learning new crafts.

The Riverdale Woman's Club invites all interested girls to call Jean Revis at 973-835-3269 to arrange for an interview or more information.

History of Riverdale

*A Monthly Serial — Part VII
Final installment*

Next to the Steven's home was a lovely old house, later owned by the Reichert family who also owned Pompton Feed and Supply Company across the street. The site is now occupied by Chase Bank.

Next to the Pompton Feed Co. is the former railroad station called "Pompton" which was at that time the section of Pequannock which is now Riverdale. At one time both the post office and the train station were housed in a railroad car.

Just beyond the railroad tracks, sitting back about one hundred feet, is an old Dutch colonial house which, for many years, was occupied by the family of Fred Mansius. It is hardly visible from the road as a restaurant has been built in front of the homestead. According to Art Mansius, Fred's son, Washington quartered some of his troops in the old homestead during the Revolution.

Proceeding down to Post Lane is the Cooper Oil Company. Just beyond this building is the site of the old icemaking plant. This plant was still in operation in the 1950's, but by the 1960's it was gone. The building stood empty for quite awhile before it was purchased by the present owners.

As we go down Post Lane (which in Colonial times was the main artery to Morristown) the road makes a sharp right angle turn. At this turn stands a field stone house built in 1736 by Peter Post. By the late 1700's his son, John, operated a general store, post office, a grist mill and a tannery. He also built a house which is now Fenstermacher's Antique Shop. The old fieldstone house was occupied by the Bossard family for many years. To the side-rear of this house was a very small house which was located on what is now Dalton Road. Some articles I have read, indicate that it was slave quarters, still other references state that it was a cook house. In the 1950's and early 1960's the Hagberg family lived there until it burned to the ground. The barn across the street, which had been the general store, was moved back to alleviate the sharp turn in the road and transformed into a two family house.

Before we leave this area, it is of interest to point out that the land east and along the river was a mill race. Many years later the owners, the Bossard family, sold it to a developer called The Janel Company who drained it and built houses, calling the area Wedgewood Gardens. Many World War II veterans returning home from the war, bought many of these homes which sold for \$10,000 to \$12,000. This area includes the present Riverview Terrace, Stratford Place, Fernwood Crescent, and some houses on Post Lane. The G.I. loans from the U.S. Government were for 30 years and the interest was 4%.

The history of the Stoneleigh section of Riverdale does not go back too far. Up to the 1930's it was a forest with a small lake at the top of the hill. During very dry summers the woods would burn and people living down in the valley would fear that the wind would shift and blow toward the valley and catch fire to their homes.

In the 1950's Archibold McMurtry, a Scotsman from Pompton Lakes, bought a tract of land up there and planned to develop it. He did build a road and one house. He died suddenly, and his widow sold the real estate. Mr. Hartung, a local builder, built a few houses, and other houses were built, but there has never been a large development there. Access to Stoneleigh from Route 23 has been changed due to the construction of I-287.

It has been a long walking tour and I am sure we are all tired almost to exhaustion. Too bad we can't stop in for tea at "Ye Olde Inn" as did our ancestors in a more relaxed era. Times may change - history does not - it just grows.

Dorothea Walker

Resources: Long time Riverdale residents: *Helen Barry, Ethyl Weber, Garry Pearson, Warren & Lottie Gormley.*

Newspapers: Defunct *Newark News* and *Paterson News*; *Herald News, Suburban Trends*

Local Libraries: *Pompton Plains, Pompton Lakes, Bloomingdale*

Taken from the RIVERDALE 75th ANNIVERSARY BOOK

The Riverdale Rant By Rob Errera

Prolonging The Lazy, Crazy, Hazy Days of Summer

Not to sound like a braggart, but this was the best summer of my life!

That's no small statement. I've had some good summers in the past, especially when I was young. Shore vacations with my parents when I was a kid, and camping trips with friends as a teenager. The summer of my 27th year was a blast — I was in a bar band, gigging around the tri-state area.

But this summer topped them all. My wife and kids and I splashed in the waves at the Jersey shore, and rode roller coasters at Hershey, PA. My daughter spent a week at her cousin's lake house in New Hampshire, and had an action-packed day in New York City with a friend.

But it wasn't the road trips that made this summer great. It was the time spent at home, together as a family. The best perk of being unemployed is spending more time with my wife and kids, and I took full advantage this summer.

After all, when will I have this chance again? My kids are 9 and 11. Before long, they'll be too cool to hang out with their parents during summer vacation. And, let's face it, I have to get a job sometime soon. This might be my one-and-only "summer off" in my adult life. Time with family is a rare gift, so I tried to make the most of it.

And so should you.

So, go ahead, and take a day off this week. Keep summer going a little while longer. Call in sick to work. Skip class. Play hooky, and go play in the sunshine. Get someone you love to do it with you. It'll be worth it, because spending time with people you love is the most precious, priceless gift of all.



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.



Extreme adventure. Would you like to rest there? Portal edge-camping, Yosemite, California.

Riverdale Library

Tea Facts: Did You Know?

- It takes about 2,000 tea leaves to make one pound of tea
- Americans tasted the first iced tea at the St. Louis World's Fair in 1904!
- Tea is less likely to give you a caffeine "crash" like coffee.

Learn more about tea with **Catherine Felegi**, author of the blog, "*Tea Love: Instilling a Love of Tea One Sip at a Time.*"

At Tea 101: A Brief Introduction she'll explain:

- Fun facts about tea
- Tea basics
- How to brew the perfect cup of tea

Bring your favorite mug to sample free teas!
Guests are also eligible to win a prize courtesy of Tea Spot.



Visit Catherine's blog at www.cafelegi.wordpress.com

REGISTRATION REQUIRED!

Saturday, September 21, 2013
1:00 PM

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



RIVERDALE



Congratulations, Riverdale's Real Estate Agent, Tina Cali



A great time at Glenburn during the fundraiser conducted by Coney Island Pizza.



Zumba at the Community Center.



Madeline Rizzo & Antoinette Kajor at Firefighter's Picnic.



Final Day of Summer Rec



The Final Summer Concert in the Park



Girl Scouts decorate the Riverdale Community Center each season.



DAILY NEWS

Ceremony Dedicating Post Lane in honor of Papa Joe Ezzo





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.



Mars Bar Cars

I made these for the kids and they loved them. No Mars Bars try Snickers or Milky Way Minis. Thanks Misty for the suggestion !!! Please note there is no recipe for this picture: It is a collection of food that is already made: Teddy cookies, M&M's or skittles, chocolate frosting and min chocolate candy. Use the frosting for attaching the items together.

Feel free to friend request or follow me on Facebook:

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



The friendliest place on earth for all your pet needs
Your Pet Nutrition Experts

MIKE'S FEED FARM NEWSLETTER

AUGUST 2013

Welcome Home Misty



Welcome home Misty! Well, she's home in more ways than one because Misty has found a permanent home with her foster family, Bill Hamilton and Erin Hamilton-Earley.

Misty started off her life as a horribly abused pit-bull. She was found wandering the streets of Brooklyn covered in lacerations from dog fighting. The Hamiltons took the pooch into their homes and spent a month caring for her wounds and nursing her back to health. They were fostering her until she was healthy enough to be adopted. Those plans changed one afternoon in late May when Misty slipped her collar and ran straight into the dense woods that line Route 23. For four days members of our community hiked the woods, led by a search party organized by

Mikes Feed Farm in an effort to find the friendly little girl who lost her way. After four days of searching and no sightings at all, the Hamiltons tried an unconventional idea - grilling bacon on the BBQ. Sure enough, after only 15 minutes on the grill, Misty appeared in their back yard looking for a treat! The Hamiltons still don't know where Misty disappeared to, but after a harrowing four days decided they weren't going to let her go again. They have permanently adopted her.

Please join us in welcoming Misty home, fur-ever! To follow Misty you can join her Facebook fan-page, Misty's Journey, which has over 18,000 likes and fans from all over the world.

- A strong solution of salt and water can kill an infestation of **poison ivy plants**. Mix 3 pounds of salt with a gallon of soapy water. Apply to leaves and stems of poison ivy plants using a garden sprayer.
- To help deter **ants**, sprinkle salt in areas where the insects like to congregate.
- **Cabbage worms** frequently attack garden vegetables, particularly cabbages, broccoli and cauliflower. To control them, dust the leaves of these vegetables with a mixture of 1 cup all-purpose flour and 1/2 cup of salt. Use this dusting powder in the evening or in the morning, when plants are damp with dew.



The Latest at the Riverdale Library

What's new at the Riverdale Public Library?



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

RECREATION NEWS



Follow us @RiverdaleRec

riverdalerec@gmail.com



"LIKE" us at Riverdale Recreation

Fright Night

October date to be announced.



Come one, come all to the Scariest Night of All. Riverdale Recreation will be hosting it's Annual Fright Night with lots of activities for the kids to enjoy such as a

- hay ride
- Haunted House
- DJ
- Crafts
- Games and much more.

Wear your costume and come have fun! \$2.00 suggested donation to help support Riverdale Recreation activities.

If you would like to help with this event, please contact Krista Osborne at riverdalerec@gmail.com

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 September 9 through the week of December 2.

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 is now Preschool Pals! — Ages 3-5. Tues, 10:15
11:00 am or 1:30–2:15 pm.

CHILDREN'S PROGRAMS

Drop-In Storytime — There's no registration necessary! On **Wed., Sept. 11, 5:30-6:00 p.m.**, kids ages 3-6 can just come in your pajamas and enjoy stories and songs before bedtime!

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., Sept. 11, from 4:00-5:00 p.m.**

Breakfast Book Club — On **Sat., Sept. 21, 10:15-11:30 a.m.** children in grades 2-5 will enjoy a potluck breakfast, talk about the book of the month, and make a cool craft. Pick up your free copy of September's book, "Harriet the Spy", at the Circulation Desk.

Lego Lab — Kids in grades K-5 can join us on **Wed., Sept. 25, 4:00-5:00 p.m.** You bring your imagination, we'll supply the Legos and a great story!

TEEN PROGRAMS

Teen Movie Night — Enjoy popcorn and a great film! On **Wed., Sept. 4, 5:30-7:45 p.m.**, we will be showing "The Amazing Spider-Man."

Teen Advisory Board — Hang out with friends, help plan programs and choose library materials while possibly earning community service hours on **Thurs., Sept. 12, 5:00-6:00 p.m.**

Teen Book Club — Join us for pizza on **Wed., Sept. 18, 6:00-7:00 p.m.**, as we discuss "Stargirl" by Jerry Spinelli.

HOURS

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

ADULT PROGRAMS

Friday Matinee — Join us on **Fri., Sept. 20, 1:00 p.m.** for "Admission" with Tina Fey, Paul Rudd, and Lily Tomlin. Rated PG-13, 107 minutes. Refreshments will be served.

Tea Love — Learn more about tea on **Sat., Sept. 21, 1:00 p.m.** with Catherine Felegi, author of the blog "Tea Love: Instilling a Love of Tea One Sip at a Time." Bring your favorite mug to sample free teas, and guests are also eligible to win a prize courtesy of Tea Spot!

Don't Buy That Health Insurance! — Join us for this author talk on health insurance on **Thurs., Sept. 26, 6:00 p.m.** with author Katherine Woodfield Hermes and become an educated health care consumer!

COMPUTER PROGRAMS

Introduction to the PC — This course is for the patron new to the computer. On **Fri., Sept. 13, 11:00 a.m.-12:30 p.m.**, we'll start with mouse practice. We'll discuss the parts of the computer — what is hardware and software? We'll work with windows; open, close, maximize and minimize. You'll use the start button to find programs, and become familiar with program toolbars and menus.

Microsoft Word Part I — On **Wed., Sept. 18, 5:30-7:00 p.m.**, learn to type text in Word, edit, spell-check, save and print documents. You will set margins, and change from portrait to landscape. Learn to format text, design pages, change fonts, align paragraphs, and customize the quick access toolbar for easy access to favorite commands.

Microsoft Excel — Join us on **Sat., Sept. 28, 11:00 a.m.-12:30 p.m.** as you learn how to create a simple worksheet. You will input data, create simple formulas and use basic formatting techniques. We will discuss tips to view your worksheet, and how to print a presentable report.

SEPTEMBER ART GALLERY



This month's exhibit, "Colors of Life: A Journey Through Mid-Century Modernism" features the artwork of local multi-media artist Laura Smith, who utilizes both traditional and digital mediums. Join us on **Sat., Sept. 14, 1:00-2:00 p.m.** for an opening reception, where you will be able to meet the artist!

MONTHLY

Photography Club — Meeting on Mon., September 29, from 6:30-7:45 pm. All Photographers welcome! Learn! Share!

Job Hunters Workshop — Meeting on Fri., August 9, 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., Sept. 29, from 6:30-8:00 p.m. Book title to be determined.

Riverdale Land Conservancy

FARMERS MARKET



Every
TUESDAY
2:30 - 7:00 PM
Thru
October



Glenburn

211 Hamburg Turnpike



PLATINUM SOMBRERO

An instance of a batter striking out five times in one game.



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

ALFALFA *The Herbal Thoroughbred*

Indigenous to Arabia, *Al Fal Fa* is a member of the legume family, with small, split leaves; purple flowers like clovers; and unusual spiral pods. It has long roots that reach deep into the soil for minerals.

Arabian horses are among the most prized breeds in the world, and it was through them that alfalfa's virtues were first discovered by the Arabians. When they saw that alfalfa made their horses swift and strong, the Arabians began to take Alfalfa themselves. The herb became known as *The Father of All Foods*.

Nutrient Tonic. Alfalfa contains eight essential amino acids; vitamins A, E, K, B, D; phosphorous; iron; potassium; chlorine; sodium; silicon; magnesium; and beta carotene.

Available Studio Space for Painters, Sculptors, Printmakers and Ceramic Artists Opportunities for Gallery Space

Riverdale Studio Space Available
\$50 Off First Month (Limited Time Only)

Calling local artists! Join Salon No. 5, a group of artists with fantastic, newly renovated studio space located in a historic brick factory in Riverdale, NJ (just off exit 53 on 287). Fully equipped for a variety of arts, including: ceramics / pottery (with wheels, slab roller, kiln, and chemical library for glazes); painting (natural light and state of the art lighting balanced for artwork); printmaking (with small format printing press suitable for woodblock, etching, and monoprint capabilities) and sculpture.

Rental fee \$150/month for shared studio space and storage with 24/7 access – payable monthly. Gallery available for an additional fee for artists who wish to exhibit their work.

For more information and to set up a tour of Salon No. 5 Studios at 5 Mathews Avenue in Riverdale, NJ, 07457, please send an email to Patti Munier at pattimunier@optonline.net



Fitness and Weight Control. Alfalfa is a natural diuretic and laxative to ease water retention, cleanse your system, improve digestion, and keep your intestinal tract in fit condition. Because of these values, alfalfa has been used as an aid for weight loss.

Vitamin K. Alfalfa is a source of vitamin K, which is necessary for blood clotting, carbohydrate storage, liver vitality, and longevity. Normally, vitamin K is manufactured by our body's intestinal flora as by-product of digestion and stored for use. Your body only needs small amounts of vitamin K, and there is rarely a lack of it, except in certain circumstances. Habitual use of aspirin, alcohol, or drugs can destroy your vitamin K supply. In addition, lingering intestinal disorders like colitis can hamper your intestinal flora's ability to make vitamin K. Antibiotics can destroy vitamin K along with friendly flora. In these cases, alfalfa tea can give you the tune-up you need.

Caution. This herb is not recommended for people with autoimmune disorders.

Alfalfa-Mint Tea. Alfalfa is a super brew to use for energy and staying power, and peppermint brings flavor and synergy to the tea. Use one tea bag of alfalfa and one tea bag of peppermint, steep them together, and pour the blend in a tall glass with ice.

Influential Women

If you've ever wanted to read the life of a modern-day Joan of Arc, Elizabeth C. Newcume definitely comes pretty close. While she didn't have any divine spirit calling her to fight, in September of 1847, Newcume made her way into the military at Fort Leavenworth in order to fight in the Mexican-American War. As a woman she needed to find ways to fit in, so she, just like Joan of Arc, dressed herself in male attire. Newcume was able to successfully battle against Native Americans in Dodge City, though she was eventually exposed to be a woman ten months later. Once it was made public that she was a woman, she was quickly discharged and was never allowed back in. In July 1848, Newcume was able to receive some sort of thanks for her duties in the military. Through a private act of Congress approved on July 19, 1848, Newcume was able to receive a land warrant for 160 acres. Not only was she given land, but she was also given the pay equal to that of a soldier that was in battle for ten months with an additional three months of payment. Not much is known of Newcume after she was discharged due to a lack of government documents with information about her. (Photo: 1850's Dodge City, Kansas)



Read more: <http://www.toptenz.net/top-10-women-who-changed-the-face-of-the-military.php#ixzz2czmL0qAz>

Athletes that Died While Playing

Bill Masterton was from Winnipeg, Manitoba and was signed by the Montreal Canadiens right out of college in 1961. He was an All-American player and was a great addition to the team. He spent most of his years playing in minor league and then quit for some time to work for a corporation. In 1967 the North Stars added him to the team and he became the first player to score a goal for the team. On January 13, 1968, the North Stars were playing the Oakland Seals. Masterton had the puck and was close to scoring, but passed the puck. Masterton was checked by two players of the Seals' team and immediately fell backwards on the ice, his head slamming against it. He died shortly after due to a massive brain hemorrhage. It was so bad that doctors couldn't even operate.



Did You Know?

- ◆ If you have three quarters, four dimes, and four pennies, you have \$1.19. You also have the largest amount of money in coins without being able to make change for a dollar.
- ◆ An inch-thick rope of spider's silk can withstand up to 148,000 pounds of pressure.
- ◆ "I", the first person singular, is capitalized in English - the only language to do so.
- ◆ Only one fifth of the Sahara Desert is sand. The rest of the world's largest desert is barren rock and rubble.
- ◆ Where there's smoke there's *lunt*. That's what the fume from a pipe is called.
- ◆ Scientists say that sharks are ten times more likely to attack a man than a woman.
- ◆ Jellyfish sometimes evaporate.



Since 1958

Homemade Ice Cream

Our Menu

Homemade Hard Ice Cream
Soft Ice Cream
Nonfat Frozen Yogurt
No Fat -No Sugar Ice Cream
Homemade Italian Ice

Novelty Desserts
Custom Designed Ice Cream Cakes- Our Specialty!
Wholesale & Catering
ALL menu items are ALWAYS made fresh on the premises!

Money Saving Coupon

Save \$2.00
off your total purchase
of \$10 or more!

Expires 9/30/13
One coupon per order. Not valid with other offers.
30 ROUTE 23 NORTH, RIVERDALE 973-839-0198

Gift Certificates available



Look Us Up On Facebook and Twitter
www.CurlysIceCream.com





• AUTO REPAIR
• SNOW PLOWING
• FLAT BED SERVICE
• HEAVY DUTY TOWING
• RECOVERY

10% OFF
All Repairs

Does not include fuel sales. Coupon must be presented at time of order. Cannot be used for prior sales.

Expires 12/31/13

973 839-6710

Rick Malanga
39 Hamburg Turnpike, Riverdale, NJ 07457

EXCAVATING
PAVING

WATER/SEWER
SEPTIC WORK

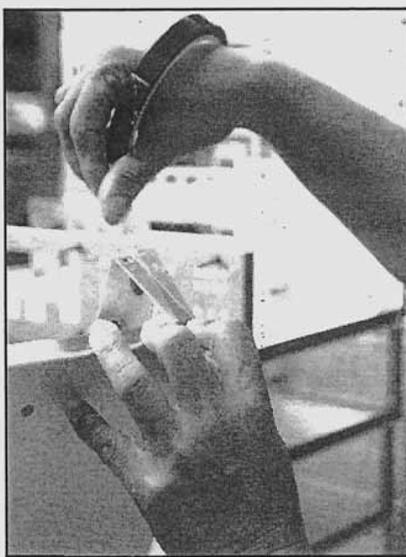


L. BECKER & SON INC.
18 VREELAND AVE.
BLOOMINGDALE, NJ 07403

JIM BECKER 973-492-2952

Please Support Our Sponsors! They make this Monthly Newsletter Possible!

MADE HERE—MADE RIGHT



EVS Metal is a world class metal contract manufacturer specializing in the precision fabrication of card-cages, enclosures and weldments - large and small - as well as close-tolerance machining, finishing, and assembly solutions.

With four facilities in North America, we serve a diverse customer base, including the electronics, telecommunications, medical instrumentation, pro-audio, power distribution and conditioning, alternative energy, and semi-conductor industries as well as the military.

Visit us at www.evsmetal.com or email us at info@evsmetal.com. You can count on a timely response to your inquiry.

EVS METAL
Precision Metal Solutions

New Jersey: 1 Kenner Court
Riverdale, NJ 07457
(973)839-4432

Texas: 400 Heatherwilde Blvd.
Pflugerville, TX 78660
(512)989-3000

New Hampshire: 50 Optical Ave.
Keene, NH 03431
(603) 352-1667

Pennsylvania: 1941 Paradise Trail
E. Stroudsburg, PA 18301
(570) 476-1800

The first recorded reference to paper grocery bags dates to 1630. Not until 1870, however, did Margaret Knight (1838 -1914) invent an attachment for paper bag folding machines that created square-bottom bags. She founded the Eastern Paper Bag Company in Boston and continued her work, which resulted in more than 25 patents. At age 12 she made a safety device for textile looms; among her late inventions were improvements to clothing and shoe manufacturing, a number machine, a window frame and sash, and several devices for rotary engines.

◆

Is your life, or at least your pantry, overrun with plastic grocery bags? Try this nifty storage idea. Squeeze the air from each bag, fold, and insert in an empty facial tissue box. You won't believe how many bags can fit!



MIKE'S FEED FARM
"A GENERAL STORE FOR ANIMAL LOVERS"
"Feed, Seed & Needs For All Breeds"

90 Hamburg Turnpike
Riverdale, NJ 07457
973-839-7747
Fax 973-839-4269
mike@mikesfeedfarm.com
www.mikesfeedfarm.com



Benjamin Franklin
THE PUNCTUAL PLUMBER

If there's any delay, it's you we pay!

973-835-5500
Lic. #7810

www.benfranklinplumbing.com

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.

SEPTEMBER edition of Riverdale News & Events will be published on or about Thursday, September 5. Copy, photos, articles, announcements are due Thursday, Aug. 29.



FOR YOUR HEALTH

Environmental and Nutrition: It's Impact on your Breast Health

Learn the A to Z about breast health, including how the environment and your nutrition impact your breast health. Learn about the options and important information on screening and the scoop on how what you eat impacts your risk of developing breast cancer. By Michelle Azu, MD

10 a.m. Wednesday, September 25

Chilton Hospital Collins Pavilion FREE

Ovarian, Uterine and Cervical Cancer

Do you have a family history of ovarian, uterine or cervical cancers? Have you ever worried about the warning signs, prevention strategies or treatment options of these female cancers. If so, take a deep breath, you are not alone. Knowledge is our No. 1 defense! By John Scian, MD

7 p.m. Thursday, September 26

Chilton Health Network, MICU classroom, first floor FREE

Women's Health Screenings

During National Breast Cancer Awareness Month, Chilton Hospital is offering a women's health screening. The screening includes a blood pressure check, clinical breast exam and Pap test with pelvic exam by a Chilton Hospital gynecologist. Appointments are required. **For more information or to make an appointment, call 973-831-5475. 5:30 to 7:30 p.m. Wednesday, October 2**

Chilton Health Network Fee: \$5

Men's Health Screening

Chilton Hospital and Spa 23 Health & Racquet Club will host a men's health screening. This screening includes a blood pressure check, PSA (Prostate Specific Antigen) test and an exam by a Chilton Hospital urologist. According to the American Cancer Society, men with average risk should get screened starting at age 50. For those who are at high risk, screening should begin sooner. **For more information or to make an appointment, call 973-831-5475. 1 to 3 p.m. Thursday, October 3**

Spa 23 Health & Racquet Club, 381 Route 23 South, Pompton Plains Fee: \$5

LIFE ENRICHMENT

Preparing and Organizing the Most Important Documents of Your Life

Do you know where to find all of your or your loved one's important papers: wills, property deeds, military records, insurance policies, advance directive, bank records and birth certificate? Just how important are these documents? When and why will you need to produce them? Join us and learn to create a comprehensive document checklist and to organize papers so they will be safe and accessible when you do need them. Light refreshments are included, as well as a Resource Fair from the Information Network on Aging. Presenter: Lucille H. Deutsch, CLA, CMC, LHD, of Eldercare Solutions, LLC

Resource Fair opens at 6:30 p.m., lecture begins at 7 p.m. Wednesday, October 2

Location: St. Mary's Carnevale Center, 10 Lenox Avenue, Pompton Lakes FREE

Calling All New Grandparents!

Old Methods! New Methods! There have been so many changes since your babies were born. This class will inform new and "about to become" grandparents of the current trends, help to develop a better understanding between grandparents and new parents and provide an opportunity to discuss your concerns and the new ideas in childcare. Presenter: Mary Ann Deregibus, RN, CPCE

6:30 to 8:30 p.m. Thursday, October 17

Chilton Hospital Board Room Fee: \$5

Give Your Brain a Kiss! 10 Tips to Boost Memory and Build Better Brain Health

What does it mean to be brain healthy? Join us and learn the real scoop on memory improvement and brain health. Psychologist Dr. Cynthia Green is a leading expert on memory and brain fitness and author of five books. She will guide us through the fact and fiction of brain health, focusing on what the science shows (and doesn't), as well as her 10 top suggestions for boosting our brain health. Dr. Green will be available for a book signing at this event. The Wayne YMCA has generously donated the location space for this event. Refreshments will be provided. Sponsored by Wayne Alliance for the Prevention of Substance Abuse. Presenter: Cynthia R. Green, PhD, President of Memory Arts, LLC

10 to 11:30 a.m. Monday, September 23

Location: Wayne YMCA, 1 Pike Drive, Wayne FREE

The **Family & Friends CPR Course** teaches the lifesaving skills of adult Hands-Only CPR, child CPR with breaths, adult and child AED use, infant CPR and relief of choking in an adult, child or infant. This course is of particular interest to new and expectant parents, relatives, babysitters and seniors. Classes take place in the MICU training room at the Chilton Health Network building, 242 West Parkway, Pompton Plains. The fee for the class is \$30, and there is free on-site parking. For more information about our AHA/EMT Training Course or courses offered, please call **973-831-5175**, or visit the Chilton Hospital Web site at **www.ChiltonHealth.org**.



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

Putting the needs of our clients first is the approach we believe in. We'll work with you to find the right financial solutions to help you plan for your unique goals. And together, we'll track your progress over time, adjusting your plan along the way to help get you where you want to go.

Our Advisors. Your Dreams. **MORE WITHIN REACH[®]**

Call us today at (973) 616.8020



Burklow, Rotella & Associates
A private Wealth advisory practice of
Ameriprise Financial Services, Inc.

 73 Newark-Pompton Turnpike
Riverdale, NJ 07457

 973.616.8020

 matthew.r.rotella@ampf.com

 matthewrotella.com

Brokerage, investment and financial advisory services are made available through Ameriprise Financial Services, Inc. Member FINRA and SIPC. Some products and services may not be available in all jurisdictions or to all clients. Ameriprise Financial cannot guarantee future financial results.

© 2013 Ameriprise Financial, Inc. All rights reserved.



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*

WILLOW tree has often cited as one of nature's greatest gifts to man because its bark contains the glucoside salicin, an effective pain killer. An infusion is made of the Willow Bark which contains the glucoside, salicin.

The Salicin is excreted in the urine as salicylic acid and related compounds. This ability renders this tea useful for kidney, urethra and bladder irritability's and acts as an analgesic to those tissues. Willow has an ageless reputation for reducing inflammation, and workin as an astringent. The bark of Willow contains salicin which is related to aspirin from which acetylsalicylic acid (Aspirin) was first derived.

White Willow Bark was the first aspirin-like substance. When the synthetic aspirin is taken internally, it can cause the stomach do hemorrhage. It is estimated that a person will loose one to two teaspoons of blood. You may have the same benefits of aspirin by taking White Willow Bark, but without the hemorrhaging. White Willow Bark extract is good for the symptomatic relief of fevers, headaches and sciatic, arthritic, rheumatic and neuralgic aches and pains. Aspirin is a synthetic copy of this extraction from While Willow Bark. Today aspirin contains no willow derivatives but is entirely synthetic.

- ◆ Discorides prescribed in the first century A.D. Willow preparations for pain and inflammation.
- ◆ One of Willow's active principles is salicin. For 30 years, European chemists fiddled with salicin: an Italian produced salicylic acid from it, and a German took that and synthesized acetylsalicylic acid (aspirin)
- ◆ Willow is a valuable nerve sedative. It is the forerunner of aspirin, except that it does not cause the loss of blood through the stomach walls each time it is taken and perhaps other bad side effects.
- ◆ Willow is used as a first aid plant for the wood man, as it has strong benign antiseptic abilities for infected wounds.
- ◆ Willow is used to reduce fever, works on inflammation, is an excellent herbal source of magnesium, helps to calm nerve, may be used for first-aid (wounds and abrasions).
- ◆ Willow is useful in all stomach problems, especially sour stomach and heartburn.
- ◆ Willow is mostly used for minor aches and pains of the body.

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

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

Ovens. Twice a year you should "degrease" the vents of your oven hood. To do this, wipe vents with a sponge and undiluted vinegar, or remove vents and soak them for 15 minutes in 1 cup vinegar and 3 cups water.

When cleaning your oven, finish the job by using a sponge to wipe entire surface with a mixture of half vinegar and half water. This will help prevent grease buildup.

Refrigerators. Prevent mildew buildup inside your refrigerator or on its rubber seals by wiping occasionally with a sponge dampened with undiluted vinegar. No need to rinse.

Pans. Take care of really greasy frying pan by simmering 1/4 inch water and 1/2 cup vinegar in it for 10 minutes. The lingering oily smell or residue should disappear. Wash as usual.

PicTips

DEPTH OF FIELD

Prepared by Bill Madden

Depth of Field. This is a characteristic of all camera lenses and understanding it can really help improve your picture-taking. It refers to the range of objects in your picture from near to far that are in focus when you snap the shutter. For any given camera, wide-angle lenses have greater depth of field than do telephotos. When you snap a really wide-angle picture often you will see that folks who are just a few feet away are nice and sharply in focus as well as that guy down at the end of the street. With a telephoto lens you often find that there will be just one object clearly in focus (hopefully your subject!) and items that are closer or farther away become increasingly blurry. This 'shallow depth-of-field' as it is called, is a useful technique for 'zeroing in' on a subject of interest and can be quite effective. Sometimes you want to increase the depth-of-field in a scene (get both nearby and distant objects in focus at the same time). You can achieve this to a certain extent by 'stopping down' the lens (shooting at a higher f/stop number). There is a mode on most cameras called 'Av' (meaning aperture-priority). Switching to this mode allows you to select a particular f/stop on your camera and then the camera automatically selects a shutter speed to ensure a good exposure. This is a bit of a balancing act because really high f/stop numbers (which provide greater depth-of-field) require really slow shutter speeds (often meaning a tripod and a still subject are necessary). Low f/stop numbers go with faster shutter speeds, but you lose depth-of-field. Try experimenting with this mode using a lens somewhere between its wide-angle and telephoto settings.



PRESET STD
U.S. POSTAGE
PAID
PERMIT NO. 1261
Paterson, NJ 07470

Street Fair
Labor Day
Sept. 2 from 10-5

Postal Patron Local
ECR WSS
Riverdale, NJ 07457

ADVANCED Sports Medicine &
973.616.4555 Physical Therapy
Center

Your Community's Healthcare Specialists

**We offer the
very best in
Chiropractic care
and Physical Therapy!**

**Our Quality of Care
Comes
from Our Attitude**

Since opening our doors 17 years ago our practice has grown and expanded in ways we could have never predicted. We made a commitment from day one that we would strive to always put our patients first, and create a level of quality that would be unsurpassed. We can proudly say we have kept that promise as our Chiropractic practice has grown into our communities' leading multidisciplinary treatment center. This quality mindset has become the cornerstone of our reputation and is reflected in our staff, our innovative technology, and personalized care.

*Sincerely,
Dr.'s. Glenn & Christine Foss*

YOU CAN LIVE PAIN FREE WITHOUT SURGERY!

Our State -OF -The Art Facility Specializes In:

- Shoulder & Knee Pain
- Sciatica
- Herniated Discs
- Automobile Injuries
- Sinus Pain
- Sports Injuries
- Arthritis
- Peripheral Neuropathy
- Fibromyalgia
- Whiplash
- Headaches
- Painful Joints

18 Newark Pompton TPK. Riverdale, NJ 07457

**Call For A
FREE
Consultation
973.616.4555**