

Riverdale News & Events

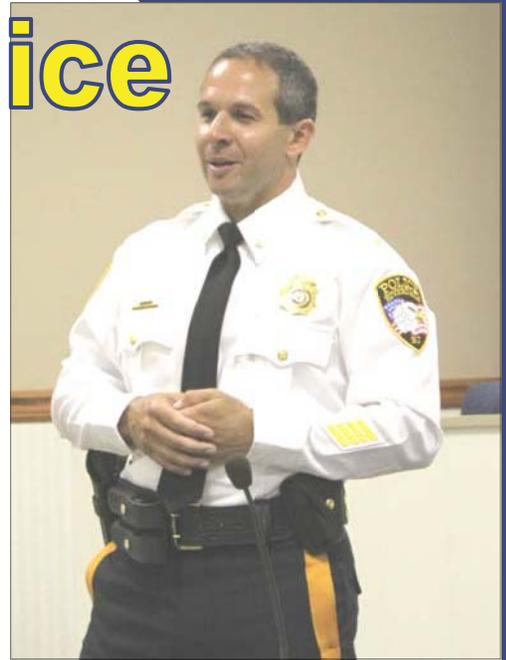
New Chief of Police



The Borough of Riverdale announced the appointment of its 8th Chief of Police in the borough's 88 year history. **Kevin Smith**, a twelve year veteran of the Riverdale Police Department, is taking over for the retiring Chief Tom Soules.

Borough Clerk Carol Talerico administers the oath of office as Kevin and his wife, Karen, and sons, Evan, Matthew and David, hold the Bible. We are very proud of Chief Smith and

wish him the best in leading our Police Department into the future.



8th Concert Season Draws to a Close



Jasmine, a guest of the Carey's through the Fresh Air Fund for the past two years, picked the winning raffle the third week of the concerts. Jasmine, who comes from Harlem, stays with John and Cynthia for two weeks.



John Carey was the winner of the 50/50 Raffle at the end of the first concert on July 6. John very generously donated half of his share of the winnings to the Armed Forces Food Pantry needs. Thank you, John!



Glenn Venza mans the 50/50 booth



Announcements



Aunt Wendy, Madison and Morgan.

Happy 14th Birthday, **Tyler Soto**, on August 13. We love you, Dad, Mom, Joseph, Ryan & Matthew! Happy Birthday, **Tyler!** Love, Uncle Chris,

Happy 10th Birthday, **Ryan Soto**, on August 14. We love you, Dad, Mom, Tyler, Joseph & Matthew!

Happy Birthday, **Ryan!** Love, Uncle Chris, Aunt Wendy, Madison and Morgan.

Congratulations to **Kevin Miller** and **Amanda Dakake** for completing 3 years of the Pompton Lakes/Riverdale Junior Police Academy. We are so proud of you!! Love, Ron, Mom, RJ, Kevin and Matthew.



Happy 9th Birthday, **Madison Hanna**, on August 7. Hope you have a wonderful year! Love, Daddy, Mommy, Morgan & Jingles.

Happy 12th Birthday to **Leo Sylvestri** on August 30. Love, Mom, Dad, Chelsea, Dylan and Robin.

Happy Birthday to **Matthew Budesheim** on August 12. Love from all the Family.

Happy August Police Birthdays to **Sergeant Chris Biro** (28th).

Riverdale Seniors

The first meeting of the month was held on Monday, July 5. The meeting was conducted by **President Irene Moehring**, who welcomed everyone to the meeting. **Chaplain Grace Chiesa** gave a reading "A Prayer for Our Country." **Marion Davis** led the group in singing "America" in honor of the 4th of July holiday. There are 39 members present. **Vice President Loretta Lippens** announced the July birthday celebrants and they were serenaded with a chorus of Happy Birthday. **Sunshine Lady Dorothy Bowersox** announced that **John Moody** is recuperating from a serious operation at the Wyckoff Christian Home, **Joe Shaw** is in Chilton Hospital, also **Joan Moran** is in Chilton. * **Gerry Mahler** was busy collecting payments for our next trip, which will be to the Hunterdon Hills Playhouse & Dinner Theater, to see

"The Odd Couple." Get your payments in, so you won't be left out. * Following the meeting, we had speakers from Bankers Life. They also provided refreshments. * Hopefully we'll see you at our next meeting. Try to stay cool!

The second meeting of the month was held on July 18. The meeting was conducted by President Irene Moehring, who announced that we have gained three new members. Chaplain Grace Chiesa gave a lovely reading called *Beginnings*. The group sang a rousing chorus of "In the Good Old Summertime." There were 56 members in attendance. Vice President Loretta Lippens announced that there will be two oil painting classes coming up soon. Classes will be held in the Community Center. All supplies are provided and the cost is \$35. * We were saddened by the death of



our friend and member, **Joe Shaw**. Our condolences go to his wife Shirley and family. Joe's sense of humor will be missed. John Moody is finally home after his operations and rehab. Joan Moran is out of the hospital and now in rehab. **Marie Cucci** thanked her phone squad for calls made concerning Joe's passing. Vice President Loretta Lippens gave out copies of emergency numbers for services in our town. * Following the meeting, we had a program presented by the "Visiting Angels." They conducted some brain teaser questions and gave out little prizes to the winners. It was an enjoyable fun time and got some of the cob webs out of our brains. We really have some smart people in our group. Following the meeting, we enjoyed dessert, coffee and tea. Enjoy the rest of your summer. It's going fast. *Presented by Marion Davis*



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.)



Chapter 147-28 of the Code of the Borough of Riverdale states "...no person shall construct, erect or maintain any device, structure, equipment or other thing in or within 10 feet of the edge of any street..." Basketball hoops are not permitted within 10 feet of Borough streets. Our street sweeper and other vehicles are obstructed by them, making them dangerous to drivers. Also it is unsafe to encourage children to play in the streets.

RIVERDALE Public Library

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

HOURS

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

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

INFANT & PRE-SCHOOL PROGRAMS

Summer infant and pre-school programs run through the week of Aug 8. Programs will resume week of Sept. 12.

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. Tue, 10:15–11:00 am or 1:30–2:15 pm

CHILDREN'S PROGRAMS

 **Summer Reading Finale** — Celebrate the end of summer reading by decorating your own ice cream sundae. The fun starts on Thursday, August 4 from 4:00 – 5:00 p.m.

Puppy Pals Reading Club — Trained dogs will be at the library to listen to children entering grades K-5 read. Join us on our new day, Wednesday, August 10 (2nd Wednesday of each month) from 4:00 – 5:00 p.m.

Lego® Lab — Children in grades K-5 listen to a story and build creations out of Legos. August 24 (4th Wednesday of each month) from 4:00 – 5:00 p.m.

TEEN PROGRAMS Grades 6 and up

Teen Candy Sushi — Enjoy a sweet treat on Wednesday, August, 3 from 5:00 – 6:00 p.m. as we make candy sushi.



Teen Advisory Board (TAB) — Thursday, August 4 from 5:00 – 6:00 p.m. hang out with friends and tell us how you want *your* library to be.

Teen Summer Reading Finale — Celebrate the end of summer reading on Monday, August 8 from 4:00 – 5:00 p.m. with a Hawaiian Luau that will include exploding volcanoes!



Teen Book Discussion Group — Join us Wednesday, August 17 from 6:00 – 7:00 p.m. for pizza as we discuss *Acceleration* by Graham McNamee.

MOVIES AT THE LIBRARY

Join us for coffee, donuts, and exciting new releases!

Arthur
Friday,
August 5,
2:30 p.m.



Jane Eyre
Thursday,
August 25,
6:00 p.m.



PHOTOGRAPHY CLUB



From experts to beginners, this is the place for photographers to learn and share techniques through monthly projects and assignments. Next meeting is Monday, August 29th from 7:00-8:00 p.m. Guests are always welcome!

Visit www.riverdalephotoclub.weebly.com for more info!

ADULT BOOK DISCUSSION

Join us for a discussion the last Monday of every month from 6:30 – 8:00 pm. Everyone is always welcome! Even if you haven't had a chance to finish the book, the discussion is great!

August 29 — The Help by Kathryn Stockett

HOW TO BORROW EBOOKS LESSON

Monday, August 15, 6:30-7:30 pm

Learn how to browse the ebook collection from the library's website. Learn how to "check-out" an ebook with your library card and get it onto your ereader.



July Highlights



Children celebrate the 4th of July by making hats during Cultural Craft Thursday and flags during Storytime.



Children search for clues and learn origami by making paper airplanes during our 39 Clues Treasure Hunt based on the book series the 39 Clues.



MONTHLY

Photography Club — August 29th
7:00-8:00 p.m. All Photographers welcome! Learn! Share!

Gypsy Knitters — Every Thursday, 4:00-8:00 p.m.
For experienced knitters. Bring a project and join in!

COMMUNITY CENTER PROGRAMS

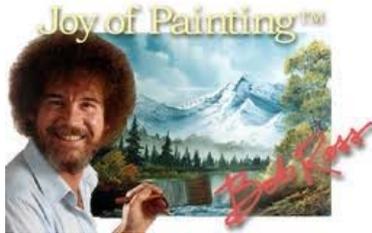
June Carelli (jcarelli@riverdaleborough.com) 973-706-6471
Call or email to Register for Activities or for more Information

Bob Ross Wet-on-Wet Oil Painting Class

Thursday, August 4 @ 5:30 PM *please arrive no later than 6 PM*

Length of class based on amount of time needed for you to complete your painting. Instructor will stay with you until you are fully completed.

\$35 per Class due night of class. Cost includes instruction, paint, brushes, canvas, easel, etc.



Instructor:
Robert DiBenedetto

Welcome to the joy of painting!
All you need is the desire to make beautiful things happen on canvas. With the fantastic Bob Ross Wet-on-Wet Technique and out class instruction, everyone goes

home with a beautiful oil painting. What you never dreamed possible will flow from your brush!

Adult Vision Screening

Wednesday, September 7

3:00 - 5:00 PM

\$10 Fee * Appointment required

Kinnelon Ophthalmologist providing screening.

Please call Pequannock Health Department 973-835-5700 x127 (leave message if no answer).



Summer Exercise Schedule

Tuesdays

Zumba

Instructor: Mindy
7:30 PM \$6.00 per Class

Wednesdays

Kettlebell Workout

Instructor: Cindy
7:30 PM \$6.00 per Class

Thursdays

Zumba

Instructor: Mindy
6:00 PM \$6.00 per Class
+

Yoga

Instructor: Kathy
7:30 PM \$6.00 per Class

Saturdays

Kettlebell Workout

Instructor: Cindy
9:00 AM \$6.00 per Class



Walk-in to any class! Payment due on evening of class.

ON THE ROAD TO THE JERSEY SHORE

The next time you head on down to the Jersey Shore take this issue of the *Riverdale News & Events* with you. When you get there take a photo of you and your family and friends, making sure this issue of the newsletter is in the

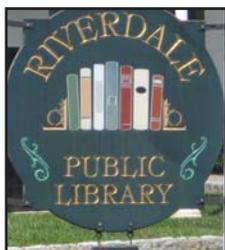
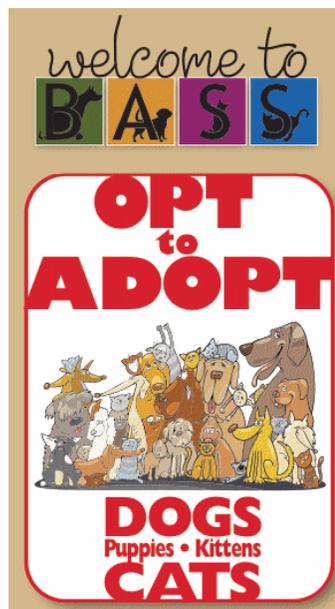


photo with you. If you wish, you may write a brief description of your visit along with the names of the people in the photo. Email your submission to RiverdaleLibrary@nac.net. These photos will be displayed in the Library

Gallery during September and on the Library's website www.RiverdaleLibrary.org.

To register or for more information, please call the Library at 973-835-5044.

The Bloomingdale Animal Shelter



23 Brandt Lane
Bloomingdale

973-838-2220

Adoption Hours:

Mon-Fri
4:00-6:00 PM

Sat & Sun
2:00-4:00 PM

At the Helm of *Vogue Italia* submitted by Carolyn Masone

"Fashion is fashion and art is art. You create one work of art and it goes down in history. It is not a product that has to sell millions. But fashion is." so spoke Franca Sozzani, Editor in Chief of *Vogue Italia*. It is this kind of thinking that allowed Sozzani to transform the magazine from a predictable catalogue into one of the world's premier fashion publications.



Sozzani described the state of *Vogue Italia* when she took the reins in 1988, "It was a fashion catalogue. The same designers were presented every month, page after page, always in the same order." Sozzani shook things up and created something very different. "it was hard for the first 2 years. The designers weren't happy because they weren't getting the same level of attention and stories as before. The advertisers who liked the catalogue format left the magazine altogether." It wasn't until the February 1990 issue that featured Madonna as a modern Marilyn Monroe that Sozzani's vision was vindicated. The cover created much needed positive buzz for *Vogue Italia* and its new style began to catch on.

Certain aspects of the fashion clearly disturb Sozzani. She admires past Super Models who exhibited a healthy body, like Cindy Crawford and Naomi Campbell. The ever-decreasing ages of current models presents a different image. "These girls are 14, 15 years old. They are not women. They can't wear women's clothes or move like women. They move like kids, teenagers." Nevertheless, these underdeveloped bodies are dressed, made up and photographed like grown women and presented as the way grown women should look. This came to a head when Sozzani discovered that hundreds of pro-anorexia websites and blogs encourage young people to engage in anorexia as

a lifestyle choice. To combat this, Sozzani established *Vogue Italia's* Anti-Anorexia Campaign. The Campaign supports various organizations that help victims of this condition to regain their healthy bodies and perspectives. There is a petition on *Vogue Italia's* website to close pro-anorexia sites and blogs.

Vogue Italia's website, vogue.it, launched in February, 2010, and currently draws 1 million unique visitors a month. Recently the site launched PhotoVogue, a place for young, aspiring fashion photographers to show their work. Currently, over 1600 photographs can be accessed in these online portfolios. This allows an otherwise unattainable level of connection with gallery owners and agents. *Vogue Italia* is planning to host an exhibition of the best 100 photographs.



Six years ago the magazine held its first young designer contest, which has since become an industry highlight. Hopeful contestants must already be selling at least a small amount of pieces in one or two stores. Finalists are judged in Rome, but the judges are from all over the world. Winners need not be Italian, but they are expected to keep production in Italy. Sozzani is very proud of the fact that all of the finalists over the past 6 years are currently employed in the fashion industry.

Franca Sozzani's point of view is strong, clear and courageous. She brings depth to an industry often skewered for its superficiality. She's a breath of fresh air.

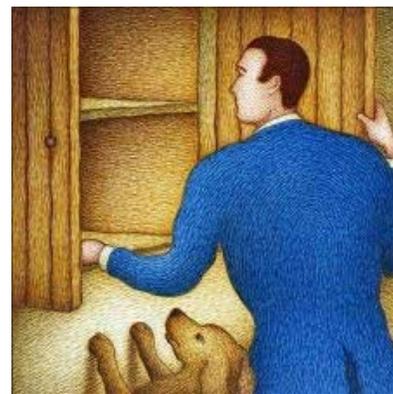
Visit Carolyn Masone's website for a photographic tour of Italy at www.EssenceofItaly.net

News Flash THE FOOD PANTRY IS BARE

We are in desperate in need of the following items:

Cereal, canned vegetables, canned meat and fish, pasta & sauce, boxed rice and potatoes, peanut butter, jelly, detergents and paper products.

To request confidential Pantry Assistance or to help us in this worthy cause, call Linda Roetman at the Municipal Building (973) 835-4060 x6.



STRESS

Stress Causes: High Blood Pressure, Heart Disease, Inflammation, Arthritis, Ulcers, and a multitude of other diseases.



Do YOU have stress in your life?

I can show you how stress causes disease. I can also show you how to minimize or eliminate the effects of stress (dis-ease).

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www.stewartfamilychiro.com

Did You Know?

- A kangaroo can hop along at a clip of 40 miles per hour.
- Presidents Grant, Taft, Hoover and Eisenhower never held any other elective office.
- It cost a penny for a man to walk across the Brooklyn Bridge when it opened on May 21, 1883. There was a two cent charge for sheep.
- Boca Raton, one of Florida's posh resorts, is Spanish for the *mouse's mouth*.
- Wrangall, Alaska has the highest zip code of any city in the U.S. - 99929. Agawam, Massachusetts has the lowest - 01001.
- The longest running television show is *Meet the Press*. It's been on the air since November 20, 1947.
- STP (oil treatment): Scientifically Treated Petroleum.

CHILTON HOSPITAL

MANAGING YOUR ASTHMA Asthma is a chronic lung disease that can be life threatening. In older adults it is often under-diagnosed and under-treated. Learn the facts about asthma: symptoms, diagnosis and prognosis. We will also discuss the latest treatment options and the importance of taking an active role in the management of your asthma. Breakfast provided by Llanfair House Nursing and Rehabilitation Center. THURSDAY, AUGUST 4; 10:00 AM at YM-YWHA OF NORTH JERSEY, 1 PIKE DRIVE, WAYNE, SENIOR LOUNGE. **FREE.**

THE AGING ATHLETE Do you suffer from knee pain? Learn about the musculoskeletal effects of aging and the treatment options available. Refreshments provided by Mercy Home Care and Medical Supplies, Inc. *Presenter David Gold, MD.* WEDNESDAY, AUGUST 10 at 2:00 PM at COLLINS PAVILION OF CHILTON HOSPITAL CONFERENCE CENTER. **FREE**

BACK TO SCHOOL: FIXING QUICK AND HEALTHY MEALS FOR KIDS Getting ready for the fast pace of the school year? Running out the door to school with no time to spare and then to after-school activities can be stressful, especially when we are trying to feed our children healthy meals. Come join us for an informative evening to learn some quick meals we can make and feed our kids on the run! Cooking demonstration and recipes will be included. *Presenter: Kathy D'Agati, Holistic Family Nutrition Coach and Ellen Hartnett, Holistic Family Nutrition Coach and Natural Food Chef, and owners of "Back to Basic Wellness."* THURSDAY, AUGUST 25 at 7:00 PM at COLLINS PAVILION OF CHILTON HOSPITAL CONFERENCE ROOM. **FEE \$5**



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Soft Ice Cream

Soft Frozen Yogurt

No Fat-No Sugar Ice Cream

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One coupon per cake order. Not valid with other offers.

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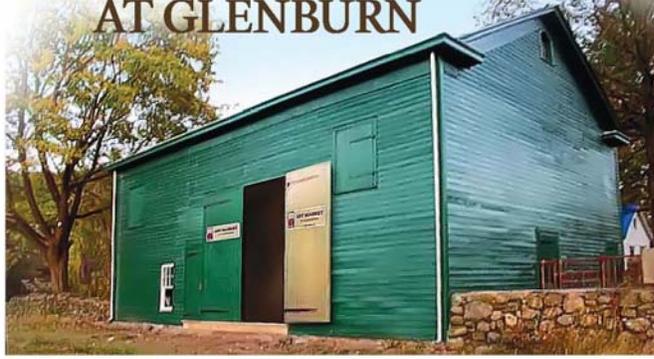
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TUESDAYS • 2PM TO 7PM



RIVERDALE ART CENTER

the
ART MARKET
AT GLENBURN



211 HAMBURG TNPK., RIVERDALE NJ



RIVERDALE ART CENTER

the
ART MARKET
AT GLENBURN

An appealing collection of affordable artwork and artisan crafts handmade by the artists of the Riverdale Artists' Cooperative & The Riverdale Art Center
(www.riverdaleartcenter.org)

10% OFF
a SINGLE ITEM

- One coupon
- One time
- One per customer

TUESDAYS • 2PM TO 7PM



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Riverdale, NJ 07457

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Fax 973-839-4269

mike@mikesfeedfarm.com

www.mikesfeedfarm.com

Photography Club Meeting

Monday

August 29 from 7 - 8 PM

At the Library



The Pequannock River Coalition is hosting its annual river cleanup on Saturday, August 20. From a central starting point in Bloomingdale's Sloan Park, volunteers will fan out to sites from West Milford to Riverdale, sprucing up the Pequannock River and the land surrounding it.

As always, they have tasks to suit everyone, young or old, big or small. And in case this sounds like plain, hard work, remember that these volunteers always have a great time. To help that attitude, they will be handing out prizes for *Dirtiest Volunteer*, *Most Interesting Trash*, and *Public Service Awards* for public officials attending. So come on down!

The event runs from 10:00 am to 1:00 pm. A picnic lunch will be served at 1:00 pm. PRC will be handing out gloves, bags, tools and a PRC t-shirt to each volunteer. Cold drinks are available all day. Sloan Park is on Main Street in Bloomingdale, across from Food World.



The Water/Sewer Billing Department, the Tax Collector's Office, and the Court Administrator's Office are open Thursday evenings until 7:00 PM for your convenience. There is a night deposit safe in the vestibule of the Municipal Building to drop off your payments after hours. It's open 24/7. All Borough offices close on Fridays at 1:00 PM.

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."

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

When it is time to Buy or Sell, Always Remember Your Riverdale Real Estate Agent (a Riverdale Resident)



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Century21 Quality Service Award 2010

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- 8309 Sanctuary Blvd
- 8214 Sanctuary Blvd
- 28 Post Lane
- 11 Silver Leaf Court
- 18 Carper Lane - Under Contract



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The Enclave?
5 Bedrooms
4.1 Bathrooms
In-law Suite

Recently sold home went
for \$203/sq. ft.

This 4762 sq. ft. home with
finished basement & very
big flat yard is priced at
\$186/sq. ft.

Listed for only \$887,000

PRICE REDUCED



RIVERDALE
3 Bedrooms
2.2 Baths
Colonial
\$394,900

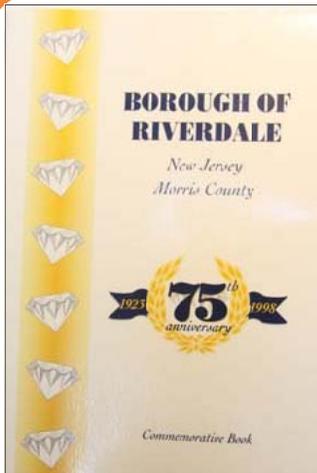
PRICE REDUCED



RIVERDALE
The Grande-
Bayberry
1 Bedroom with
Den
\$259,900



FRIENDS



Riverdale 75th Anniversary Books

Available for purchase at the Riverdale Library

\$1

All proceeds go to The Friends of the Riverdale Library
Published during our anniversary year, 1998, this Commemorative Book is filled with many old photos from years gone by, along with the early history of our great community.

The Friends recently made a donation to the Library
for the following programs:

Children's Area:

- \$150 towards crafts
- \$160 towards early literacy prizes
- \$200 to County books grades 1-3
- \$25 Shonen Jump magazine
- \$400 Juvenile audio book case
- \$400 Tumble books subscription

\$300 Halloween program

For Adults:

- \$400 for 2 movie Licenses
- \$560 New DVD releases
- \$100 Generations on line
- \$325 Salem Press
- \$282 Book page
- \$350 Adult programming

\$600 Large Print collection

- \$895 World Book on line
- \$779 World Book 2012
- \$315 Encyclopedia Britannica on line

For a total of \$4606!

With Friends like these, who can ask for anything more?

Interested in joining the Friends? Call the Library at 973-835-5044. Call Today!

RIVERDALE



Librarian Carol Heinz and Library Trustee Linda Anders man a table at the summer concerts. They are selling the Riverdale 75th Anniversary Book and signing up new patrons for the library.

The following Riverdale kids graduated from the Junior Police Academy.



Front row: **Cody Wingate, Deanna Walker, Jared Allen.** Second Row: **Kevin Miller, Amanda Dakake, Tommy Dougherty, Courtney Remy, Amanda Edwards, Nicolette MacDonald.** Third Row: **Officer Hollenstein, Matthew Gancher, Felicia Leaver, Sgt. MacIntosh.**



Judge's Journey. A motorcycle fundraising event held at the Glenburn Estate. More than 30 motorcycles attended the event.

LEMONADE STAND



Two of Riverdale's younger residents decided to help out the Food Pantry by setting up a lemonade stand one hot day in July. **Chiara Gajda** and **Michael Kheyfets** sold \$3.43 worth of lemonade. They donated the money to the Armed Forces Food Bank during a recent summer concert. Pictured are Pat Leeman, Chiara, Michael and Pat Lyttle. Thank you for your thoughtfulness and contribution to the community.

FOOD PANTRY



Certified Personal Trainer and Riverdale resident, **Kay Sampong** of www.TFWbootcamp.com, has been transforming the community not only through his fitness and wellness programs, but his charitable fitness challenges as well. On July 16, Kay did just that at Barbour Pond in Wayne. His goal is to keep the community healthy and physically active, while supporting the less fortunate through his S.W.A.G. program. Swap for SWAG (**Sneakers Wearable and Groceries**) allows you to SWAP non-perishable food, sneakers and/or clothes for a free World Class Workout! The most recent fitness challenge had an amazing turnout, a very unique turnout, and the very generous donations were given to the Riverdale Food Pantry and the local American Red Cross. Call 201-696-6662.

RIVERDALE SUMMER CAMP





DAILY NEWS



PV Park, Pequannock



Karate Class at Summer Camp



Summer Camp Cooking Club
Oreo Pie

**Another great Summer
Camp Season.
The kids had an
enjoyable time while
learning.**



SECOND ANNUAL **THE ART OF FOOD FESTIVAL**

FOOD & WINE TASTING

LIVE MUSIC

ART AUCTION

"Vernal Glenburn" Painting by Carl Richards

Tuesday, September 13th
7 to 9:30 PM

<p>The Glenburn Estate</p> <p>211 Hamburg Turnpike Riverdale, NJ 07457 (off Exit 53 from Rt. 287)</p>	<p>\$75 Donation</p> <p>For tickets, call The RAC at 973-513-9250 or email info@riverdaleartcenter.org</p>	<p>To support the RIVERDALE ART CENTER A 501(c)(3) nonprofit</p>
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Photographer Bill Madden's show at the Library, "Outdoor Scenery and Quaint City Streets", was held on July 16.





**Especially
Needed:
Canned Food
Sunblock**

Members of the Armed Forces from Riverdale Need Your Help!

Drop any of these items off at Boro Hall or Circle Auto Parts

- Oatmeal Packets
- Power Bars
- Gatorade
- Propel Packets
- Hard Candies
- Slim Jims
- Beef Jerky
- Sunflower Seeds
- Other non-perishable foods
- Gold Bond Powder
- Disposable Razors
- Shaving Cream
- Unscented Soap
- Toothpaste
- Deodorant
- Tylenol/Advil/Aspirin
- Pepto Bismal Tablets
- Eye Drops
- Tissues
- Q-tips
- Unscented Baby Wipes
- Sunblock
- Playing Cards
- Magazines & Books
- Paper & Pens
- Crossword Puzzles
- Hand Sanitizer
- Used DVD's
- Hand/Foot Warmers
- Chap Stick
- Cough Drops
- Flashlights
- Winter Gloves
- **Postage: \$13.00 to mail each package overseas. *Make checks payable to Riverdale Food Pantry - Armed Forces***

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Clearly Different™



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GET ONE**

Free eyeglasses or RX Sunglasses
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Buy a complete pair (frame and lenses) at tag price and receive a free complete pair of eye-glasses or RX sunglasses - some prescription, valued up to \$200. First pair must be of equal or greater value to free pair. Certain frames excluded including Maui Jim and Oakley. Cannot be combined or used in conjunction with any vision care or insurance benefits or plans, any store or other offer, discount or sale, previous purchases, readers or non-prescription sunglasses. Savings applied to lenses. Valid prescription required. Valid at participating locations. Void where prohibited. Some restrictions apply. See store for details. Offer expires 8/31/2011. R. Lovett NJ Lic# D3520 and E. Mutz NJ Lic# 3050

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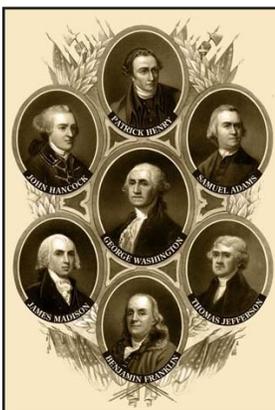
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Why We Say...

Mad as a Hatter (crazy) - This phrase comes from the days when felt hats were made using a mercury on some cheaper furs, that caused the hatter to go mad, thus the "mad hatter" in Alice In Wonderland. Mercury poisoning caused tremors, brain damage, tooth loss, slurred speech, and more. A "mad hatter" was one to be avoided.

Big Wig (a VIP)- Picture a big puffy white haired gentleman and then you'll be picturing a "big wig." This term is derived from powdered wigs worn by men in the 18th century. The bigger the wig, the more wealthy the individual.

Spic and Span (immaculately clean). The phrase is derived from two archaic words: spick, which was a spike or nail and span, which meant "wood chip." When a ship was polished and new, it was called "spick and span," meaning every nail and piece of wood was untarnished. The phrase originally meant "brand new" but is now used to indicate cleanliness.



Wisdom of our Fathers

Words of Wisdom given us by our Founding Fathers. Words our government should follow today. Enjoy. Ponder.

"To compel a man to furnish funds for the propagation of ideas he disbelieves and abhors is sinful and tyrannical." *Thomas Jefferson*

"I think we have more machinery of government than is necessary, too many parasites living on the labor of the industrious." *Thomas Jefferson*

"In questions of power then, let no more be heard of confidence in man, but bind him down from mischief by the chains of the Constitution." *Thomas Jefferson*

"The cause of America is in great measure the cause of all mankind. Where, some say, is the king of America? I'll tell you, friend, He reigns above." *Thomas Paine*

"Hold on, my friends, to the Constitution and to the Republic for which it stands. Miracles do not cluster, and what has happened once in 6000 years, may not happen again. Hold on to the Constitution, for if the American Constitution should fail, there will be anarchy throughout the world." *Daniel Webster*



The Riverdale CERT team is now actively recruiting members all levels of participation and skills to help ensure the safety and preparedness of the Borough.

The CERT initiatives are focused on promoting safety in and around the house, and training residents to assist their families and neighbors in the event of an emergency. Members are needed to serve in a number of ways, including assisting at Borough events, such as supporting the Fire Department at fire scenes as needed, as well as advising neighbors regarding home safety.

Riverdale residents are encouraged to learn more about the CERT purpose and training requirements, and to offer suggestions on training and public events they would like to see offered in CERT programs.

For information on the Riverdale CERT program, contact Mayor William Budenheim, mayor@RiverdaleNJ.gov or Russ Hatzel at 973-714-4160 or email at rwh077@msn.com.



COMPOSTING. You can use compost in its various stages to smother weeds and to conserve soil moisture and moderate its temperature. You don't have to wait until it's all decomposed. * When you apply compost to your garden, you shouldn't pile it up near plant stems or tree trunks. If you do, stems and trunks may rot. * Compost piles need to be turned frequently to keep them moist. * Collect bags of leaves and grass clippings and stacks of newspapers and work these materials into the compost pile.

This is recycling and saving money on fertilizer at the same time! **DRIVEWAYS.** If you have small cracks in your blacktop driveway, you can patch them with sand and liquid blacktop sealer. Fill the cracks partway with sand and then pour the sealer into the crack. The sand will absorb the sealer, and you can repeat the process until the crack is filled and the surface is smooth. **DRIPPY FAUCETS.** If you have a drippy faucet disrupting your sleep in the middle of the night, tie a two foot long piece of string around the faucet so that the drips can go down the string from the nozzle into the drain without making any noise. If you don't have a string, wet a small towel or washcloth and drape or wrap it around the faucet any old way that makes it catch the drips silently.

Taken from *All-New hints from Heloise A Household Guide for the 90's*, Heloise, Perigee Books 1989.

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**Bring Your
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We're Cut From a Different Cloth Than Other Clothing Bin Companies

CARECYCLE is a respected family owned company that has been in the recycled clothing business for over 40 years. We are fully insured, and our pledge of pride guarantees your satisfaction with our programs.

Textile and clothing recycling provides numerous environmental and economic benefits for our planet. Not only does it prevent post-consumer textile waste from entering the waste stream (the total flow of solid waste from homes, businesses, institutions, and manufacturing plants that are recycled, burned, or disposed of in landfills, or segments thereof such as the "residential waste stream" or the "recyclable waste stream"), recycling efforts do not create any new hazardous waste or harmful by-products. Clothing recycling is one of the most efficient recycling industries. Nearly 100% of used textiles are recyclable.



The collection containers are next to the Municipal Building.

We accept clean, gently worn clothing, used clean clothing, including shoes and sneakers to support sustainable living and support the environment. We do not accept any household items.

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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

ALFALFA is a member of the legume family. As early as 1597, English herbalist John Gerard, recommended Alfalfa for upset stomachs. Frank Bouer, noted author and biologist, discovered that the leaves of Alfalfa had eight essential amino acids.

In the America's Alfalfa has been used by the Colombians for coughs, while the Costanoan Indians applied it as a poultice for earaches. On the Asian Continent, the Chinese treat all five viscera with Alfalfa, especially intestinal and kidney disorders. In the Middle East, the Arabs called Alfalfa the "father of all herbs."

In comparison with other choices for vitamin C, the fresh plant has four times the amount than contained in citrus juice. It is rich in vitamin K, which is a friend to women suffering from morning sickness.

The leaves contain lots of beta-carotene for a healthy immune system, skin and internal mucous membranes. As for vitamin E, it is considered one of the most reliable sources for animals. There is also a "vitamin U" factor, so-called because it prevents ulcers in test animals. Calcium is so high in this plant that it almost goes off the charts. Alfalfa is the basis for liquid Chlorophyll, with a balance of chemical and mineral constituents almost identical to human hemoglobin. It is used therapeutically for arthritis, a wide range of intestinal and skin disorders, liver problems, breath and body odor and even cancer. In essence, eating any of the green super foods is like giving yourself a little transfusion to help treat illness, enhance immunity and sustain well-being.



- Alfalfa contains all the known vitamins and minerals for life. Some of these are in trace amounts so Alfalfa is not a perfect food, because it does not contain enough of these nutrients or carbohydrates in high enough amounts to sustain life by just eating Alfalfa.
- Alfalfa neutralizes acids and poisons; has a natural ability to stimulate and feed the pituitary gland.
- Alfalfa has roots that extend deep into the soil where it reaches mineral rich soil which gives it a high nutrient value. Its roots have even been found to come through the tops of coal miner's tunnels. It is one of the highest chlorophyll bearing plants known to man. Certain religious groups have used chlorophyll in place of blood transfusions before, during and after operations.
- Many vegetarians have trouble maintaining B-12, of which Alfalfa is a rich source. Due to its high natural source of vitamin A, Alfalfa is also a natural infection fighter.
- Green plants contain natural fluoride; it helps to prevent tooth decay and harden bones naturally. The fluoride in Alfalfa is not the artificially made sodium fluoride, which is an aluminum manufacturing by-product, that is poisonous to the system.
- The high enzymes content of fresh or freeze-dried Alfalfa helps the body to balance its systems, enabling it to ward off infectious diseases and even helps to restore the body's immune system to defeat many degenerative diseases such as cancer and arthritis.

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).



Riverdale Photography Club

Meets on the 4th Monday each month at the Library from 7:00 to 8:00 PM

The August meeting will be held Monday, August 29.

Visit our new website: www.RiverdalePhotoClub.weebly.com

New director of the club is **Cassi Claire**, a professional photographer.

Visit her website www.veritybrand.com

Club open to all, residents and non-residents.



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Beware: Giant Hogweed



Giant Hogweed is a federally listed noxious weed. Its sap, in combination with moisture and sunlight, can cause severe skin and eye irritation, painful blistering, permanent scarring and blindness. Contact between the skin and the sap of this plant occurs either through brushing against the bristles on the stem or breaking the stem or leaves.

Giant Hogweed is a native of the Caucasus Mountain region between the Black and Caspian Seas. It has become established in New York, Pennsylvania, etc. These plants have been spreading and may soon be in New Jersey.

Giant Hogweed is a phototoxic plant. Its sap can cause phytophotodermatitis (severe skin inflammations) when the skin is exposed to sunlight or to UV-rays. Initially the skin colors red and starts itching, then blisters form as it burns within 48 hours. They form black or purplish scars that can last several years. Hospitalization may be necessary. Presence of minute amounts of sap in the eyes can lead to temporary or even permanent blindness. These reactions are caused by the presence of linear derivatives of furocoumarin in its leaves, roots, stems, flowers and seeds.



Hi. My name is Robert. I am 9 years old and a Webelos Scout. My Dad is in the Army and when he was deployed with his unit in Riverdale to go to Iraq, he liked getting things that reminded him of home. One of those things was popcorn from scouts. My goal is to continue this so that other soldiers can feel better when they are away from home, too. Can you help me reach my goal? Please visit my Trail's End website www.trails-end.com/estore/scouts/email_referral.jsp?id=14602498 and click on Military Donation to donate so that popcorn can be sent to the troops overseas. From your purchase, Trail's End will ship a variety of delicious popcorn treats all over the world to men and women serving our nation. Please help me to give soldiers a little bit of home when they are serving our country. Thank you for your support.

Help Needed!

We have a senior resident in town who, for medical reasons, can only eat **Ensure**. That is his only means of nourishment. The Pequannock Rotary has been helping him out to the extent that it is able. If anyone is interested in helping our fellow resident, please drop off cans of **Ensure** at the Municipal Building and we will get them to him. Thank you for your generosity!



Fundraiser for the Troops.

Mary Kay, Avon, At Home America, Tastefully Simple or anything that you make or sell that is in good taste. The cost is \$20 a table and a canned food donation or snacks would be appreciated. Please send an email to **Pam** at helpourtroops@optonline.net first come, first serve. There will be no duplication of vendors. The date of the show is **Sunday, December 11** from 11:00 to 5:00 at the Community Center.



From the Desk of Dr. Betty Ann Wyks, Superintendent

Board of Education Honors former Student

The Board of Education honored **Danielle Morabito**, 2007 graduate of Riverdale School and 2011 salutatorian at Pompton Lakes High School, at its July meeting. In addition to her GPA earning her the distinction as Salutatorian, Danielle was also the recipient of a number of scholarships upon her graduation: Henry Edwin Allen/Dupont Scholarship, Dr. Evan Maletsky Mathematics Scholarship and the Pompton Lakes Alumni Scholarship.



Danielle will be attending the University of Miami in the fall.

Two Teachers return to Full time Positions

Lisa Heller, who served as a leave replacement teacher during the past school year, has been awarded a full time teaching contract for the upcoming school year. Mrs. Heller recently completed her Masters degree in Reading at Montclair University and has been assigned to the fourth grade.

Kristen Caufield, who served as part time special ed./basic skills teacher, will be returning as a full time teacher and has been assigned to the LLD II class for the 2011-12 school year.

The district looks forward to these teachers continued work with our students.

OTHER DISTRICT NEWS

The extended school year program is underway, with approximately a dozen students in attendance. This year, the program was scaled back to a four week program and moved more centrally to the middle of the summer, to afford attendees the greatest benefit.

In addition to its routine summer maintenance projects, the district is in the process of upgrading its security measures, in accordance with state guidelines. Funding comes from maintenance and capital line items of the district's budget. Additionally, a partial roof replacement has been completed and safety locks have been installed on classroom doors.

The district recently revised its *Harassment, Intimidation and Bullying Policy* to conform to recent legislation. Administration and staff members have been attending

workshops held during the summer months in preparation for enacting the new legislation. Parents will receive copies of the revised policy as part of the student handbook distributed in the fall. The policy and other pertinent information will also be posted on the district website.

Riverdale received notification that its state aid for the 2011-12 school year will be increased by \$64,277. This aid comes to us in the Special Education line item, which lessens the actual funds available to the district, as a portion of these funds are turned over annually to Pompton Lakes as part of the high school tuition paid. The Board hopes to utilize the balance of funds to offset taxes in the 2012-13 or 2013-14 budgets.

Updated curricula in the areas of Science and Mathematics (K-2) will be in place this school year, reflecting the timelines set for us by the state. Our district collaborated with Passaic county teachers in the development of the revised Science curriculum. Both curricula are reflective of current standards.

Please note that student bus schedules and teacher assignments will be sent out near the end of August. We anticipate that our students have continued to keep their skills sharp over the summer and will be well rested for the opening of school on Wednesday, September 7th. For further information regarding school related items, please be sure to check our website - www.rpsnj.org. The site is updated regularly.

Attention New Residents with School Aged Children.

If you have just moved into town and have a school aged child (K-high school), please call the main office to begin the registration process. Mrs. Raney Mennonna, our school secretary, will be happy to assist you in registering your child.

As Riverdale pays tuition for its students who will be attending Pompton Lakes or the vocational school, residency must first be verified by the district in order for your child to enroll in the high school program. You will be required to show four proofs of residency as part of the registration process.

If you are seeking after school care for your youngster (K-6), Passaic County Educational Services will again be offering this service. You can contact Cindy Carey or Cath Maxwell at 973-248-8225 for further information.

Enjoy the rest of the summer. We look forward to welcoming our students back to school in September!



Fireworks are Dangerous and Illegal

The law states that the sale or possession of fireworks, with intent to sell, is a crime of the fourth degree. Any person found guilty of possessing fireworks with the intention of selling them, can be fined up to \$7,500 and/or imprisoned up to 18 months. Any person found using fireworks illegally can be fined up to \$500 and/or imprisoned up to 30 days.

Each year emergency rooms are full of patients who are injured by illegal fireworks while fire departments are kept busy during the fireworks season. Since 2003, there have been almost 10,000 fireworks related injuries annually, half of which occurred to children 14 years old and younger. In each of the past three years, more than 2,000 structure fire have been attributed to fireworks causing in excess of \$20 million in damages. In any given year, the State Police confiscate between 500 and 1,000 cases of illegal fireworks or approximately six to eight tons of illegal explosives.

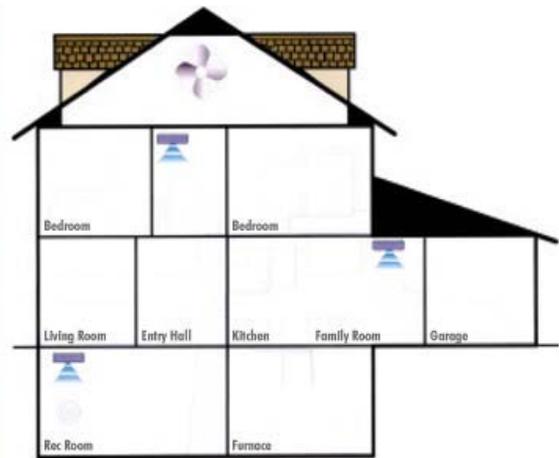
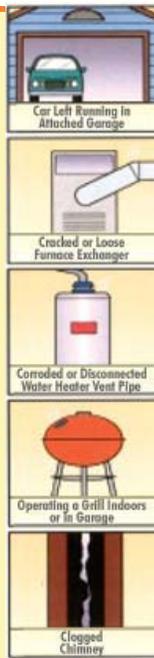
A Word from the Chief

Are Your Carbon Monoxide Alarms Really Protecting You?

Effective April 7, 2003, the New Jersey State Department of Community Affairs adopted regulations that provide for the installation of carbon monoxide alarms in one and two-family homes. Under the requirements of the new regulation, CO alarms are required to be provided in the immediate vicinity of **all** sleeping rooms in homes. In addition, you should have at least one alarm on every level of your home, including the basement, and near or over any attached garage. The alarms may be battery-operated, hard wired or plug in type.

One thing you may not be aware of is that CO alarms have a limited lifespan. The lifespan varies by manufacturer, but is normally between 5 and 7 years. Because we are now 7 years after the passage of the CO regulation, the Riverdale Fire Department has seen a dramatic increase in calls for CO alarms sounding. The majority of the calls are due to expired CO alarms. Please take a minute to check the manufacture date of your alarm, and based on the manufacturer's lifespan, calculate the expiration date. Write that date on the detector with a marker. This will remind you when to replace the alarms. If any are expired replace them immediately. An expired CO alarm will not provide you with adequate protection for you and your family.

For more information about CO alarms and Smoke alarms, read the NJ Department of Community Affairs press release in this link: www.nj.gov/dca/news/2011/approved/20110311.html.



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50/50

Winners!

Two of the winners of the 50/50 Raffle have donated part of their winnings to the Armed Forces Food Pantry.

Riverdale Resident John Carey of Circle Auto Parts donated \$100.

Andy Stillo, Powder Mill, donated \$50 to the Pantry.

Thank you for your support.
 Our soldiers are most grateful!

Aspartame [NutraSweet, Equal, Spoonful, and Equal-Measure] accounts for over 75% of the adverse reactions to food additives reported to the FDA. Many of these reactions are very serious including seizures and death. A few of the 90 different documented symptoms listed in the report as being caused by aspartame include: Headaches/migraines, dizziness, seizures, nausea, numbness, muscle spasms, weight gain, rashes, depression, fatigue, irritability, tachycardia, insomnia, vision problems, hearing loss, heart palpitations, breathing difficulties, anxiety attacks, slurred speech, loss of taste, tinnitus, vertigo, memory loss, and joint pain. <http://aspartame.mercola.com/>

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