

Riverdale News & Events

A Monthly published by the Riverdale Mayor and Council

Vol. 5, No. 11

www.RiverdaleNJ.gov

August 2010

Concerts in Full Swing

Summer Rec Says Thank You!

This was an article written by the students in the Riverdale Summer Rec program in a newsletter started and published by them.

We took time to say *Thank you* to the men and women who risk their lives everyday protecting us so we can be safe and enjoy freedom. Two of our counselors will be joining the service in the upcoming months. **Joe Leeman** will be going into the Marines and **Jack Pezzuti** will be going into the Navy. There are other friends and family members related to recreation and families in town that we are so very proud of for keeping us safe.



Bob Miranda of The Happenings



Riverdale Borough made of the best people on earth.



Summer Rec kids writing letters to the members of the Armed Forces from Riverdale.



Cross Fire



Elton John Tribute Band
Bobby and the Jets



Tarantella Favola



Don't Forget to Buy Raffle Tickets to support the Concerts!



Announcements

Happy 9th Birthday **Ashley Osterhoudt** on July 23. Love always, Dad, Mom, Kyle, Grandma, Pop-Pop and Nana.



Happy 1st Birthday to our cutest little nephew, **Karson McDermott**! Karson will celebrate on August 4. We love you very much! Love, Uncle Ron, Aunt Marybeth, RJ, Kevin, Matthew and Kevin T.

Congratulations to **Kevin Miller** and **Matthew Thomas** on graduating the Pompton Lakes/Riverdale Junior Police Academy. We are very proud of you! Love, Dad, Mom, RJ and Kevin T.

Happy Birthday, **June Carelli**, on August 21. Love, Paul, Michale, Tommy and Samantha.

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

Happy 9th Birthday, **Ryan Soto**, on August 14. We love you! Love, Dad, Mom, Tyler, Joseph and Matthew!

Steven and Ann Frast would like to announce the engagement of their daughter, **Amelia Frast**, to **Derrick Andresen** of Ringwood.

Amelia graduated from **Wilson College** and recently started her career at **The Seeing Eye, Inc.** as a **Veterinary Technician**. **Derrick** will obtain his **Masters of Education** from **William Paterson University** next summer and plans to teach middle school science.



Gabi Revis donated 10 1/2 inches of her hair to **Locks of Love** to be used to make wigs for children who suffer from hair loss because of illness. She does look adorable in her new, shorter hair. We're very proud of her.

Happy August Police Department Birthday **Sgt. Chris Biro** (28th).

On the 4th Tuesday of the month the **Garden Club** meets at the Library from 7-8PM. Members have shared seedlings, helped each other identify "mysterious plants", exchanged bulbs, plants, ideas & gardening tips. All levels of gardeners are welcome! Hope you can join us.* **Photography Club** meets on the 4th Monday of the month at the Library. All levels of photographers are welcome as we share tips with each other on how to get better shots, great places to take pictures right in your own back yard and more! The meeting runs from 7-8 PM.



OPEN HOUSE on Saturday, August 28 from 10am to 2pm. WGHT 1500 Radio will broadcast live from 11 to 1. Come visit.

Congressman Rodney Frelinghuysen will be visiting Monday, September 20 @ 11:45am.

GOLF FANS: BUY TICKETS FOR THE BARCLAYS HERE!
August 26 - 29, 2010 at the Ridgewood Country Club in Paramus
\$45 buys a Daily Grounds Ticket.

By purchasing your tickets for The Barclays through "Tickets For Charity" you are donating 100% of your purchase to charity. Push to Walk will receive 75% of the proceeds, The First Tee of Metropolitan New York, an organization that helps teach young children to golf, will receive the other 25%. By pre-ordering your tickets, you save \$20 and help support Push to Walk. Purchasing tickets is easy, call Push to Walk for assistance in purchasing your tickets at 1-862-200-5848.

Help redefine possibilities for the spinal cord injury community by participating in Push to Walk's **THIRD ANNUAL GOLF OUTING!**

Monday, September 27 Registration begins at 11 am shotgun start 1:00

Wild Turkey Golf Course, Crystal Springs Golf Resort, Hamburg, NJ
Cost for 18 holes and dinner is \$200, dinner is only \$100.

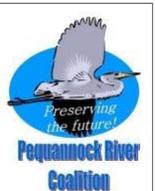
Senior Moments

The first meeting of the month was held on Monday, July 5. **Chaplain Grace Chiesa** read a patriotic prayer. The group, led by **Gordon Davis**, all joined in for a rousing chorus of "America the Beautiful", in honor of our July 4th celebration. * **President Irene Mooring** mentioned the Armed Forces food pantry is in need. July birthday celebrants were announced and sung to. Concerts in the park will be starting on Wednesday nights. * **Sunshine Lady Dorothy Bowersox** announced those members who she had sent card to and who are in need or our prayers. **John Lucente**, one of our members, has passed away. We will be doing a service for him at the Scanlon Funeral Home. Our love and prayers are with his wife, Annette, and family. * A speaker from the NJ Lottery will be our speaker at our next meeting. Remember our own Riverdale Food Pantry is in great need. The shelves are almost bare. Following the meeting we were treated to a great Barbecue party. The chefs were our own **Bill Bowersox, Frank Sorgi** and **Sam Adornetto**. Great job! Thank you, guys.

The second meeting of the month was held on July 19 and conducted by President Irene Mooring. She asked in anyone had any good news; her good news was that she found two ripe tomatoes in her garden. She again thanked our chefs and their helpers for our great barbecue at our last meeting. **Second Vice-president Loretta Lippens** gave some good tips: Never dump medical waste in the water. Take it to a pharmacy. * Sunshine Lady Dorothy Bowersox said **Russ McKinnon** is back in the hospital. **Kay Peacock** was in the hospital, but is now home. A thank you note was received from the Lucente Family, for our care and concern on the death of **John Lucente**. **Joan McDowell's** husband passed away. * Special events person **Lorraine Moody** gave us the date scheduled for our Christmas party, so we can put it on our calendars. * Trip coordinator **Gerry Mahler** reminded us of our Huntington Hills trip this month. * Following the business meeting we enjoyed a speaker from the NJ Lottery, explaining where the monies from the lottery go, and other interesting information. A little gift prize drawing was held, following her talk. **FOOD PANTRY.** Presented by *Marion Davis*

Pequannock River Coalition Annual River Clean-up

Our big event, the PRC annual river clean up, is set for **Saturday, August 28.** From our central starting point in Bloomingdale's Sloan Park, volunteers will fan out to sites from West Milford through Riverdale to Pompton Lakes, sprucing up the Pequannock River and the land surrounding it.



As always, we have tasks to suit everyone, young or old, big or small. We need you! And in case this sounds like plain, hard work, remember that our volunteers have a rousing good time. To help that attitude, we will be handing out prizes for Dirtiest Volunteer (after the clean up), Most Interesting Trash, and our Public Service Awards for any public officials attending. So come on down!

The event runs from 10AM to 1PM. A picnic lunch will be served at 1:00 PM. We will be handing out gloves, bags, tools and a PRC T-shirt to every volunteer. Cold drinks are available all day.

Sloan Park is on Main Street (Hamburg Tpk), across for Food World, about 2 miles north of Rt. 287. This is a rain or shine event. We are hoping for a great turnout. Please don't miss this chance to give something back to our local environment. See you there!

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
riverdalelibrarykids@nac.net

INFANT & PRE-SCHOOL PROGRAMS

Summer pre-school programs begin June 21st and run through the week of August 2nd.

Baby Time — For infants up to 2 years old with a caregiver. On Mondays, 11:00–11:30 am.

Totally Twos — For two-year-olds with a caregiver. On Mondays, 10:15–10:45 am.

Story Time — For ages 3 through 5
Wednesdays, 10:15–11:00 am or 1:30–2:15 pm.

CHILDREN'S PROGRAMS

Game Night Children entering grades 1–5 are invited on Tues, Aug 3rd from 6:45–7:45 pm to hear stories, hang out with friends, and play some board games.

Children's Summer Reading Club Finale

Children entering grades 1–5 are invited, on Saturday, August 7th from 1:00–2:30 pm, to celebrate the end of Summer Reading by decorating their own ice cream sundae and playing games.

Puppy Pals Reading Club Children entering Kindergarten – 5th grade. Come read to 2 of the sweetest dogs around; the 2nd Tuesday of each month from 4:00–5:00 pm. August 10th and continuing throughout 2010.

Breakfast Book Club Book discussion for parents and children in grades 2–5, with craft and breakfast. Pick up your copy of *Geronimo Stilton Lost Treasure of the Emerald Eye* at the circulation desk. Sat, Sept 18th, 10:15–11:30 am.

Lego Lab Children entering Kindergarten–5th grade. Join us the 4th Tuesday of each month from 4:00–5:00 pm. August 24th and continuing throughout 2010.

HOURS

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

WELCOME OUR NEW DIRECTOR!

Riverdale Public Library welcomes Carol Heinz as director. Her background includes a BA in Art from Cleveland State University, and an Ohio K-12 teaching certificate in Art. Heinz earned a Master's of Library Science degree from Long Island University, and was a Children's Librarian at Mahwah Public Library and Franklin Lakes Library. She recently completed a Nonprofit Leadership Certificate and completed a Small Business Management class.



On her appointment, Carol comments "I am looking forward to working as the Director at Riverdale Public Library. I hope to continue as well as improve the community's satisfaction with what the library offers, and to remind readers of the wonders that books provide, while embracing technology."

Carol is asking patrons to stop by and say, "Hello," so she may get to know people better in the coming months.

TEEN PROGRAMS— Grades 6 and up

Teen Family Feud

Come to the library on Tuesday, August 3rd from 6:45–7:45 pm to compete against your friends to see who can identify the most popular responses from 100 librarians who were surveyed.

Minute to Win It: Water Edition

Test out your amazing skills by competing against your friends in this water themed contest. Join in on the fun on Tuesday, August 10th from 6:45–7:45 pm.

Teen Book Discussion Group

Tuesday, August 17, 6:00–7:00 p.m.
Wake by Lisa McMann. Sandwiches or pizza always served. Sign up now and pick up your copy!



BOOK DISCUSSION GROUP

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

August 30 - The Story of Edgar Sawtelle by David Wroblewski



JULY in the theme of COLLAGE

Children and teens model their pop art collages after the Michael Albert Collage Workshop on July 6th.



Children celebrate the 4th of July by creating collages of the American flag.



MONTHLY

Photography Club—Mon, Aug 23, 7:00–8:00 p.m. All Photographers welcome! Learn! Share!

Garden Club—Tues, Aug 24, 7:00–8:00 p.m. Gardening for everyone, in every season!

Gypsy Knitters—Every Thursday 4:00–8:00 p.m. Bring a project and join in!

RECREATION DEPARTMENT PROGRAMS

(973) 706-6471-Office
 jcarelli@riverdaleborough.com
 Call or e-mail to Register or for Questions on Activities listed.

Kid's Dance Class

Class Begins
 Wednesday, September 15th
 (10 week session)

Tap & Ballet, Wednesday-4:00pm
 (Recommended for ages 3 thru 5)
 Hip Hop Dance, Wednesday-5:00p
 (Recommended for ages 6 thru 14)

Sign Up (973) 706-6471
 Community Center Office

Tot's Music Class

Returning this Fall...
 Bring your tot's in to participate
 in a comprehensive preschool music program.

Friday, 11:00am – 12:00pm
 (Class begins Friday, Sept 17th)
 Riverdale Community Center
 \$8.00/Class (\$10 Walk-In's)
 Recommended for 18 months thru 4 years old

Most Beautiful Yard Contest

Open to all residents. No registration required.
 This is in recognition of the hard work and pride exhibited by Riverdale Residents. We are proud to have those who strive to beautify their homes and neighborhoods.

The judging is based on three categories:
 Maintenance * Landscaping * Overall Appearance
 One winner will be selected and announced in the September Newsletter. Photos of the winning yard will be placed in the Newsletter.



Riverdale Rec Golf Outing

Picatinny Arsenal Golf Club
 Thursday, Sept. 23rd
 11:00am Tee-Time
 \$105/Per Person



Includes 18-Hole Golf Game with Cart,
 5-Course Dinner @ Portofino's Restaurant,
 Berkshire Valley Road, Oak Ridge
 (only minutes from Picatinny Arsenal)
 plus Prize Raffles @ Dinner

This golf outing is an enjoyable day of golf but it is also an event that is supporting the military. In addition, a portion of your Golf Fee will be donated towards Riverdale Armed Forces. This fund is for local area serviceman who have been or are planned to be deployed overseas.

Sign Up & Payment Required by August 30th
 Maximum Attendance 60 Golfers!
 (973) 706-6471 Rec Dept

Summertime Teen Night

Mark your calendars ...
 teen summer night hangout!
 Friday, August 13th
 8:00pm – 10:00pm
 Riverdale Community Center



Music, Popcorn, Soda/Refreshments,
 Games & More... \$5.00 Admission

Open to all Riverdale Students entering 6th Grade & above...

NYC Broadway Show

The Addams Family / Lunt-Fontanne Theatre, NYC
 Tuesday, October 19th / 8:00pm Showtime
 (Depart Riverdale 5:00pm)
 \$130/Ticket
 (Includes Orchestra Seating and RT Luxury Bus Transportation)



For tickets, contact Rec Member,
 Anne (973) 248-9663 or
 Riverdale Rec Dept (973) 706-6471

DEADLINE TO RESERVE: August 13th
 (Seating is limited & NO REFUNDS)

Seniors Art Classes

FREE Art Classes returning next month!
 Mark your calendars to attend an enjoyable & creative morning. Painting, collages, drawing & more plus...all supplies included.

Thursday, Sept. 16th, 23rd, and 30th
 10:00am - 12:00pm
 Riverdale Senior Community Center



Exercise

BootCamp/Every Monday,
 7:45pm, Cost: \$6.00 Class
 Yoga/Every Thursday,
 7:30pm, Cost: \$6.00 Class

Show & Shopping Trip

Christmas Spectacular /Radio City Music Hall, NYC
 Saturday, Dec 4th / 9:00am Showtime
 \$77/Ticket (Includes First Mezzanine Seating,
 Radio City Music Hall Christmas Ornament & RT Luxury Bus Transportation) Depart Riverdale 7:45am
 After the Show, you are free to Explore NYC to see Rockefeller Center Tree, & beautiful window displays.
 Plus... do some shopping!
 (A map will be provided to assist you in the City after the show)
 Bus will depart NYC at 2:45pm
 (Estimated return time to Riverdale, 4:00pm)
 (A convenient pick-up location in NYC will be informed to you the day of trip)

For tickets, contact Rec Member,
 Anne (973) 248-9663 or
 Riverdale Rec Dept (973) 706-6471
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Appalachian Trail Update #2



On June 25th, Jarred Bush, Riverdale friend Mike Failla, and Penn State Delta Chi fraternity brother Lou Barbato began their quest of hiking the Appalachian Trail in Maine by conquering Mt. Kahadin, the 5,262 foot mountain that begins the trail for a north to south hiker. Two days later, they were at Abol Bridge, the beginning of the famous "100 Mile Wilderness". This section of the trail begins with a posted warning..."Do not

attempt unless fully prepared with 10 days of supplies as this is the longest wilderness section of the entire AT, and its difficulty should not be underestimated!" Carrying all their supplies on their backs, they entered the wilderness. Ten days later, after fording streams, scaling rocks, sleeping on the trail in one-person tents or leanto structures, climbing White Cap Mountain, Chairback Mountain, and Barren Mountain, and hiking through the "Green Tunnel" – miles and miles of tree-lined trails – the three arrived in the town of Monson, Maine on the evening of July 6th for some rest, relaxation, and picking up fresh supplies. After a stay at the Lake Shore House in Monson, Jarred and Lou prepared to continue on the AT, while Mike decided it was time for him to head back home to Riverdale, carrying with him memories of an amazing two weeks (ask him for some stories when you see him).

The next supply drop would be in Caratunk, 35 miles from Monson. Another mountain stood between the two towns – Bald Mountain.

Jarred called home from its summit at noon on July 11th. He said the Appalachian Trail in Maine was no hike in the woods – much more like extreme mountain climbing – but by now, both were getting in better shape and making better time through the trails.



They arrived in Caratunk late on

July 12, and treated themselves to two days at the Northern Outdoors Resort – a beautiful Maine lodge and camp ground on the banks of the Kennebec River.

They re-entered the trail at Bigelow Preserve, facing the challenge of Mt. Bigelow, 4,150 feet of elevation and the first of five mountains that came between Caratunk and their next supply stop – Rangeley, Maine. Two days into this section, they were sidelined by spider bites that had Lou seeking medical attention, and needing some special care for a few days in Stratton, Maine. The smallest of animals seems to have caused the most trouble on the trail so far! Back on the trail on 7/18 to face four more mountains - Sugarloaf, Cracker, Spaulding and Saddleback – ranging in elevation from 3,988 feet to 4,232 feet! Three more days of up and down – like a heart monitor according to Jarred – and they arrived in Rangeley, Maine at 11:30 AM to resupply, then head back to the trail. 220 miles of hiking completed...1,959.1 miles to Springer Mountain, Georgia!

Did You Know - August Facts?

◆ August 3 is National Watermelon Day, which is actually a vegetable. The watermelon is a cousin to the cucumber and kin to the gourd, and can range in size from seven to one hundred pounds.

◆ August 5 is International Beer Day, a holiday in celebration of beer.

◆ Friday, August 13 is Left-Handers Day, an international holiday.

◆ August 16 is the U.S. national holiday celebrating the patent for the Roller Coaster, issued in 1898.

◆ The birds are already planning to fly south for the winter. The insects are more noisier and numerous than in any other month.

◆ In some food products, & even shampoos, the reddish coloring is produced by the crushing of the tropical Cochineal beetle. That's right, beetles!

Whenever you eat those lovely strawberry cheesecakes, sweets, toppings, desserts, juices and through a variety of food including some meats, you're actually eating bugs!

The Riverdale Food Pantry - Shopping List

We are running low on a number of items. The following are in critically low in need of replenishing.

- Pasta and Past Sauce
- Macaroni and Cheese
- Cookies and Crackers
- Peanut Butter and Jelly
- Cheerios
- Canned Vegetables & Fruits, Boxed Potatoes, Rice
- Soups
- Tuna Fish
- Coffee, Tea
- Paper Products and Detergents

Warning! Some residents have been called by people presenting themselves as members of the Riverdale Police Department soliciting donations. Neither the Police or Fire Departments or the First Aid Squad solicit over the phone. Their solicitations are by way of mail. Call the police department if you get such at 973-835-0034.

NUTRITIONAL SUPPORT

The paralysis is caused by an unknown mechanism which affects the nerves of the face. It is thought that a virus or immune system problem results in nerve swelling which produces the paralysis. Other causes of facial nerve paralysis are injury, tumors and ear infections.

Leafy green vegetables are rich in the B vitamins, especially vitamin B12 and vitamin B3 (niacin), which are needed for a healthy nervous system. Nutritional yeast, used daily as a bread spread, added to soups and sauces or sprinkled on salads is another good food source of B vitamins. Ensure that the essential fatty acids, required for the proper functioning of the nervous system, are included in your daily diet in the form of unrefined, cold-pressed flax seed oil, walnut oil or pumpkin seed oil. The essential fatty acids contained in these oils are converted in the body to prostaglandins which reduce inflammation. To keep swelling and pain to a minimum, avoid table salt, which causes water retention. Avoid red meats, as these are high in salt and promote inflammation. Most vegetables, especially broccoli, zucchini and carrots, are high in potassium and low in sodium and therefore help the body eliminate excess fluid and reduce swelling. Chili peppers contain an anti-inflammatory substance which reduces the sensitivity of nerve endings to pain.

The **B vitamins** are essential for the nerves and an important supplement in times of physical or emotional stress. Vitamin B1 will provide additional nerve support. B12 is essential. It is involved in many biochemical nerve processes. Supplementation has offered relief within a couple of weeks in many instances and has even spurred recovery in persistent, chronic cases. B 12 injections were the most effective, as they treat the source of the problem specifically. The next best form of B12 is a sublingual tablet, dissolved under the tongue. Vitamin B12 absorbed through the mucous membranes in the mouth directly into the bloodstream. Evening primrose oil is rich in the essential fatty acid gamma-Linolenic acid (**GLA**), which provides the body with nutrients needed to combat inflammation and to support healthy nerve function. **Vitamin C** is always helpful against inflammation and should be taken regularly. The minerals magnesium and calcium are also recommended as they are essential for the nerves and to relieve spasms and cramps causing the problem.



Auxiliary of the Riverdale Volunteer Fire Department



has a few cookbooks for sale.

Our cookbooks are composed of *tried and true* family taste-pleasing recipes. For just \$5.00 you can learn how to whip up some tasty treats. Or bring a cookbook as a gift for the hostess of the next barbecue and help support your local Fire Department's Auxiliary.

Call Jean Sheps at 973-835-0137 to order yours today!

We are looking for training vehicles. If you have a vehicle that you would like to donate please call the Fire Dept. at 973-831-1584.

Firemen Needed!

The department is looking to boost its roster with residents or workers in town who can respond to fires and other emergencies. Finding and holding on to new members, especially during the day, has long been a problem for volunteer fire departments.

Riverdale Fire Department has a Junior Fire Department and is currently looking for young adults between the ages of 16 and 18 to join. "Most of newest recruits started out as junior fire fighters," says Chief Dan Sturm. Continues the chief, "We are able to put the younger members through training earlier and retain them as opposed to an older resident who has families and other responsibilities. The increase in hours on the department and increase in the level of required training - Level 1 Firefighter went from 60 hours to 150 - discourages potential volunteers." Chief Sturm adds he was one of the town's first junior firefighters and the training and discipline has carried him through more than 30 years of fire fighting. Stop by the firehouse any Monday night at 7 PM or call 973-831-1584.



News from School

School news at your fingertips



Dr. Betty Ann Wyks, Superintendent

With the summer well underway, the district prepares for the upcoming year. We welcome **Mr. Gary Grembowiec** as the Business Administrator/Board Secretary. **Ms. Jessica Shackil** will join our staff as third grade teacher and **Ms. Lisa Heller** will serve as Mrs. Perry's leave replacement, teaching fourth grade, through January.

Work continues on our renovations, funded with capital reserve fund and a 40% grant from the state. The window installation in the primary wing is now complete, and new lighting and ceilings are presently being installed in the primary wing. Renovations are underway to the nurse area, which now has an outdoor exit, so Mrs. Rapone can quickly reach students who may be on the fields during recess or PE class. Restrooms on the second floor are being renovate in accordance with ADA requirements. All work is on schedule to be completed in time for the opening of school, which for students, is September 7.

If you have just moved into town and have a school aged child, please call the main office to begin the registration process. Mrs. Kammen, the school secretary will be happy to assist you in registering your child. 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, 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.

This year we will host a parent informational evening for middle school parents. Additionally, we have arranged for both student and parent sessions on texting and cyber bullying, to be provided by the Morris County Prosecutor's office. Please reserve October 6 on your calendar for this event. More School info at: www.rpsnj.org.

Prevent Lyme Disease

It is tick-bite season. If you are out in grassy or wooded areas, please don't forget to take the following precautions:

- ◆ Apply insect repellent to all exposed skin before heading out
- ◆ Check your body and your children's bodies upon return
- ◆ Consult a physician in the event that you notice an unexplained rash on yourself or your child.

Help Prevent Rabies

Summer is here, and people, pets, and wild animals alike are spending more time outdoors. Please just remember that the majority of rabies cases occur in wildlife, but your pets and other domestic animals can be infected when they are bitten by rabid wild animals. When "spillover" rabies occurs in domestic animals, the risk to humans is increased. So, this Summer, we ask you to take the following precautions:

- ◆ Visit your veterinarian with your pet on a regular basis and keep rabies vaccinations up-to-date for all cats, ferrets, and dogs.
- ◆ Maintain control of your pets by keeping cats and ferrets indoors and keeping dogs under direct supervision.
- ◆ Spay or neuter your pets to help reduce the number of unwanted pets that may not be properly cared for or vaccinated regularly.
- ◆ Call animal control to remove all stray animals from your neighborhood since these animals may be unvaccinated or ill.
- ◆ If you or a family member is bitten by a questionable animal, seek medical attention immediately.

Submitted by: Ruth Lendner, MPH, CHES

Health Educator, Pequannock Township Health Department serving Riverdale residents.

On July 23 PO 3rd Class Ryan Cleary completed his Nuclear training and graduated from Navy Nuclear Power Training Unit in Ballston Spa NY. He has been assigned to the USS Theodore Roosevelt, a Nimitz Class Nuclear Aircraft Carrier, based out of Norfolk Va. We wish Ryan the best as he begins his tour of duty in August.



DOES YOUR HOUSE NEED WORK?

The Morris County Housing Rehabilitation Program provides funds to income eligible homeowners to address major system failures in their primary residence. Program requirements:

- ◆ Funds are to be used for major repairs or conditions related to health or safety.
- ◆ Examples: roof or furnace replacement, upgrade electrical, construct new well or septic, sewer or water hook-ups, provide handicapped access, etc.
- ◆ Type of assistance: No interest, No payment 6-year or 10-year Forgivable Loan (Term is dependent on amount of assistance).
- ◆ Contact Community Development BEFORE any work is done or contracts signed.
- ◆ Permanent Morris County resident, lived in the house at least 1 year, the **only** house you own, and fall within income limits below.

Family Size	Gross Income	Family Size	Gross Income
1	\$45,100	5	\$69,600
2	\$51,550	6	\$74,750
3	\$58,000	7	\$79,900
4	\$64,400	8	\$85,050

Call M.C. Community Development at 973-285-6030

Please join us in supporting our local young men and women who are serving our country in Iraq, Afghanistan and elsewhere. Supplies and monetary donations are needed.

The special price for mailing a box of supplies to members of the Armed Services anywhere in the world is \$10. Make checks payable to the Borough of Riverdale. *In the memo please indicate Food Pantry-Armed Forces.*

Several of our local heroes are already deployed or are being deployed in the very near future. Let's show them we care and support their dedication and devotion to service.

Food Items

Oatmeal Packets
Power Bars
Gatorade
Propel Packets
Hard Candies
Slim Jims/Beef Jerky
Sunflower Seeds
Other non-perishable foods.

Toiletries

Goldbond Powder
Disposable Razors
Shaving Cream
Unscented Soap
Toothpaste
Deodorant
Tylenol/Advil/Motrin
Pepto Bismol Tablets
Eye Drops
Tissues/Q-tips
Unscented Baby Wipes

Personal Items

Sunblock
Playing Cards
Magazines/Books
Paper/Pens
Crossword Puzzles
Hand Sanitizer
Used DVD's
Hand/Foot Warmers
Chap Stick/
Cough Drops
Flashlights
Winter Gloves

Donations can be dropped off at Circle Auto Parts on Route 23 in Riverdale
At the Senior Community Center, Loy Ave or the Riverdale Municipal Building

Donations may also be dropped off at the Summer Concerts in the Park

Please indicate on the packages being dropped off that they are for the Armed Forces!

ATTENTION RIVERDALE RESIDENTS!

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INTRODUCING FAMILY & FRIENDS PRICING FOR ALL RIVERDALE RESIDENTS!

Route 23 Automall Ford Nissan Makes Special Offer!



If you are a Riverdale resident and in the market for a new Ford, Nissan or Pre-Owned vehicle, Route 23 has a special offer for you! We are extending our special "Friends & Family Members" pricing to all Riverdale residents!

0% financing*
Saves You More!

THIS SPECIAL OFFER IS A+
**GUARANTEE OF
NJ'S LOWEST PRICES!**

20%OVER
BLUE BOOK FOR
YOUR TRADE-IN!

OVER 600 NEW AND PRE-OWNED VEHICLES TO CHOOSE FROM!

"Our goal is to make Route 23 the best buying and ownership experience you'll ever have!"

**1301 ROUTE 23
BUTLER NJ**



**WWW.23AUTOMALL.COM
973-838-0800**

FAMILY AND FRIENDS PRICING! FAMILY AND FRIENDS PRICING! FAMILY AND FRIENDS PRICING! FAMILY AND FRIENDS PRICING!

We'll beat any price advertised by any dealer on same in stock unit with right to purchase other vehicle. 0% on select vehicles with primary lender approval. 20% over subject to inspection and subject to excess mileage, wear, tear or damage to vehicle.



My husband was not convinced that chiropractic care was right for our entire family. After I was under care with Dr. Stewart for a while, my husband noticed that my own medical expenses and medical doctor visits had dropped off to almost nothing. (I used to require regular allergy shots which I do not need any longer.) I credit chiropractic.

*Now our entire family receives regular chiropractic adjustments. Thank you Dr. Stewart and chiropractic.
Helen P.*

\$18.95 Special Introductory Offer Helps Families Reign in Healthcare Costs!

Many families are discovering that their life and health are being enriched through regular chiropractic care. This simple, yet powerfully beneficial care may be more affordable than you think.

With medical care costs going through the roof, and reports of bad, sometimes fatal reactions to drugs and surgery appearing in the news almost daily, who can afford **not** to keep their family healthy?!

More and more families are discovering that, with regular chiropractic care, their family's medical costs are actually declining. While, more importantly, families are also finding that with regular chiropractic care, their over-all health is so much better that they would not live without it.

Bring your entire family. Let's discover together how your family might benefit through regular chiropractic adjustments. Let me share with you how chiropractic actually works and what chiropractic can do for your family. Then we will discuss your individual family's needs and together design a program of chiropractic care which is right for your family.



Gary C. Stewart, D.C.

Mention this article and ask for our "Family Introduction to Chiropractic." This is a two step process which includes the whole family:

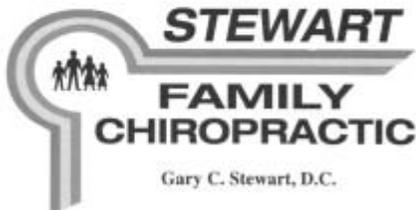
#1 - I will personally consult with you; then, I or my trained staff will perform computerized scans of your spines which help me understand where each member of your family might benefit from chiropractic care. Then, if necessary, I will perform specific spinal x-rays that are right for each person's individual needs.

#2 - After I have reviewed all x-rays and exam information, we will have you return for a "Doctor's Report." At the Doctor's Report I will explain how your family might benefit through regular chiropractic care. Then I will give you a report of my findings, review your x-rays with you, and make recommendations for care.

While medical costs and insurance premiums continue to skyrocket, and medications continue to cause harmful side effects, Stewart Family Chiropractic is doing something to help your family stay healthy naturally. Call today for your Family Introduction to Natural Good Health Through Chiropractic.

Call **973-835-5773** today. You'll be glad you called. There is no obligation to accept care.

- All of this is included for less than the cost of one regular x-ray.
- \$18.95 per person introductory fee applies no matter how many x-rays are necessary.
- A typical exam including 2 to 4 x-rays at regular fees ranges from \$80 to \$170.
- That's a savings of over \$60 per family member when x-rays are recommended!



Stewart Family Chiropractic: gentle, safe, compassionate, natural family healthcare.

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*You're Invited
To
The Art
of
Food Festival*

The Riverdale Art Center and The Riverdale Land Conservancy are joining together to host the First Annual Art of Food Festival. This fundraising event will feature an epicurean tasting prepared by local chefs, a wine tasting, an art auction and live music.

Drawing upon the harvest of local farmers, this event will feature a tasting prepared by top local chefs, including Michael Madigan, Executive Chef and owner of Farm 2 Bistro restaurants in Rockaway, Nutley and Norden, NJ; Brook Nicklas and Wendy Farber of Rosemary & Sage in Riverdale and Peter Bernstein of Berta's Chateau in Wanque.

The New Jersey Society of En Plein Air Artists will participate in a "paint out" on September 13 and 14 at Glenburn Estate (originally founded by 19th century Scottish portrait painter George Linen), and their artwork will be auctioned off during the event with the proceeds going to The RAC and The Riverdale Land Conservancy. Other donated art will also be offered through a silent auction.

Tuesday, September 14, 2010 from 7:00 to 10:00 PM
at the Glenburn Estate in Riverdale, New Jersey
To order tickets @ \$50 each please call the RAC at 973-513-9250



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Get Your Raffles!

If you like the Summer Concerts in the Park, you will love our \$40,000 Raffle! This is the sole funding for the concerts. Please buy as many as you can, you just may win!

50/50 Raffle

Up to \$40,000 in Prizes!

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Friends of the Riverdale Summer Concerts, Inc.

This is a 50/50 cash raffle and the winners will receive a combined 50% of the amount received for all tickets sold.

Drawing to be held during the Riverdale Street Fair at

The Concert Booth, Newark Pompton Turnpike, Riverdale, NJ

Monday, September 6, 2010

5:00 PM During the Street Fair

To Support The Riverdale Summer Concerts in the Park

Checks Payable to Friends of Riverdale Summer Concerts, Inc.
c/o Elaine Wetzel, 98 Newark Pompton Turnpike, Riverdale, NJ 07457

Grand Prize \$20,000 or 25% of Total Receipts of Tickets Sold

First Prize Winner: \$8,000 or 10% of Total Receipts of Tickets Sold

Second Prize Winner: \$4,000 or 5% of Total Receipts of Tickets Sold

2 Third Prize Winners: \$2,000 each or 2.5% of Total Receipts of Tickets Sold

5 Fourth Prize Winners: \$400 each or 0.5% of Total Receipts of Tickets Sold

10 Fifth Prize Winners: \$200 each or 0.25% of Total Receipts of Tickets Sold

Ticket Price: \$20.00 each

Raffle Limited to 4,000 tickets

Winners must be 18 years of age and need not be present. No substitution of the offered prize may be made.

**To get your tickets stop in the Municipal Building, the Library or the Farmers Market.
Or you may mail in your request for tickets with checks made payable to
The Friends of the Riverdale Summer Concerts, Inc.**