

RIVERDALE NEWS & EVENTS

News for and about the residents of Riverdale

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Volume 9 Number 8



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- William Lango
- Bill Madden
- Elaine Peacock
- Don Pruden

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To submit announcements, articles, advertisements or inquiries send to both emails: mayor@RiverdaleNJ.gov & RiverdaleMayor@gmail.com

Advertising rates are on website www.riverdalenj.gov



BEHIND THE SCENES Report

Mayor William Budesheim's

In this latest issue of *Riverdale News & Events* you will see a couple of new announcements. It took a little bit of effort to become a part of the Lakeland Hills YMCA. I received the good news from Rosemary Linder Day, the Community Relations Director, in an email: *Riverdale NJ is now officially a part of the Lakeland Hills Family YMCA. Thank you so much for reaching out to me regarding this matter.*

On Page 11 you will see the Fall Special Events and Wellness programs, being made available to the residents of Riverdale for the first time. Information about an open house to learn of their Early Childhood Learning Center is on Page 23.

I hope that you find this new arrangement to your benefit and enjoyment.

Have a safe and pleasant rest of Summer 2014.



William Budesheim

Shrimp on a Stick

By Librarian Linda Vogel

INGREDIENTS:

- ◆ 2lbs. of shrimp
- ◆ 1 yellow squash
- ◆ 1 green zucchini
- ◆ 1 red onion
- ◆ 1 red pepper
- ◆ 4 tbsp. olive oil
- ◆ 2 tbsp. fresh oregano
- ◆ 2 cloves garlic
- ◆ 2 tbsp. fresh parsley
- ◆ 1 lemon
- ◆ Pepper for taste
- ◆ 1 can of pineapple chunks



DIRECTIONS:

In a Ziploc bag add olive oil, oregano (chopped), parsley (chopped), garlic (minced), lemon (juiced) 2tbsp. pineapple juice from can. Place shrimp in bag and coat, let sit for an hour in fridge. Slice the squash and zucchini thin. Cut up pepper in bite size and onion. After the shrimp is done, add one piece of everything to the stick and repeat. Only cook the shrimp two to three minutes on each side. Do not close the lid on the grill. If you cook the shrimp to long it will get rubbery.

Before the age of the photograph, the **silhouette**, either cut from paper or painted, was the most affordable portrait that



could be made. The art enjoyed a golden age in the second half of the 18th and first half of the 19th centuries, when many people collected them. Although silhouettes were well-loved, the man for whom they were named was not: Étienne de Silhouette was France's finance minister under Louis XV and was notorious for both his frugality and his hobby of making cut-paper shadow portraits. The phrase "à la Silhouette" came to mean "on the cheap," and portraits like the ones he produced were (satirically) bestowed with his name as well.

The Seniors' Corner



The July 7th meeting was opened at 10:30 am by **President Dorothy Bowersox**, who welcomed the 79 members present, which topped our all-time high in May by one Person. As part of our July 4th celebration, **Chaplain Elaine Peacock**, read "I Am the United States", which was a

piece previously read by her mother, who is now deceased, when she was the chaplain. **President Bowersox** quoted a pen entitled "God Bless America". Both readings were followed by a loud round of applause. Because our flag is now 200 years old, members sang "You're a Grand Old Flag", followed by the flag salute and club pledge. A moment of silence was observed as we were informed of the passing of a long-time dear member, **Don Rodda**.

President Bowersox announced that a list of scheduled programs from now until December is posted on the bulletin board in the lobby. There are a few dates open if anyone has any suggestions. The program for our next meeting on July 21st, will be a speaker from the Advanced Care Center on the topic of Heart Health. They will provide a luncheon. On August 4th we will be entertained by **Flavia** – a mind reader. She reminded us that the first concert in Freedom Park will be on Wednesday, featuring "Re-United" (oldies). Also, on August 3rd there will be a car show at the Glenburn Estate.

1st Vice-President Grace Chiesa informed us of get-well cards sent to ill members and, happily, several of them were back at this meeting. July birthday celebrants were acknowledged and received a "Happy Birthday" song. Minutes of the last meeting were read and the treasurer's report given. **Warren Sheps** of the Trip Committee told us that he has been in touch with the captain of the "River Lady" Luncheon Cruise, and they anticipate our arrival. "Happy News" this month is the 50th Anniversary of both

the **Buckmans** and the **McHughs**. Both the couples are taking their families on a Bermuda Cruise.

The meeting was adjourned and members socialized at a 4th of July Indoor Picnic provided by the Senior Club. Kudos to the Kitchen Committee and our "Chefs", **Warren, Bill, Sam and Travis**, who grilled the hot dogs, and cheeseburgers, which were accompanied by salads, beans, cold drinks, tea, coffee, cookies, ice cream, etc. Hopefully, we didn't have to cook tonight!

THE SECOND MEETING was held on July 21st. **President Bowersox** welcomed us and announced that our planned program for today was cancelled, but will be rescheduled. She commented on the beautiful day we had for our wonderful barbecue, and thanked and complemented the "grill masters" and all others who helped. She reminded us that **Flavia** will perform at our August 4th meeting and a program on Geriatric Care will take place on August 18th. **Chaplain Elaine Peacock** read a poem "Little Pool of Quietness", followed by the flag salute. **President Bowersox** said that because of all the turmoil going on the world, it was suggested that this week we sing "Let There be Peace on Earth". Lyrics were handed out, members sang reverently, and applause followed. Committee reports were then presented.

1st Vice-President Grace Chiesa reported on sympathy and get-well cards that were sent, and long-time gold-star member, **Ruth Lambert**, who passed away, was remembered. **Pat Lyttle** announced that the name plate for **Don Rodda** was purchased, which will be placed on the plaque in the lobby. **President Bowersox** thanked **Marie Cucci** and her committee for making the phone calls to members, so that we can participate as a group in a prayer service at a deceased member's wake. The "Dark Horse" raffle was conducted by **Mary Gambino**, and to our dismay, she did not have any of usual hilarious jokes to offer. The meeting was adjourned, and as it was a short one, we had some extra time to socialize as refreshments were served. Bingo was played after the meeting

Presented by **Kay Boucher**

RIVERDALE FOOD PANTRY

The Pantry is low on the following items:

- ◆ Canned tomatoes: crushed, puree and sauce
- ◆ peas
- ◆ jelly
- ◆ boxed rice
- ◆ potatoes
- ◆ mac 'n cheese.

If you are interested in volunteering at the Pantry for two hours one day a month, either on a Saturday or a Tuesday morning, please call Linda Roetman at the

**Riverdale Municipal Building
(973) 835-4060 ext. 6.**



**FOOD
PANTRY**

THANK YOU FOR YOUR CONTINUED SUPPORT

This Little Weed Is One of the Most Useful Medicines on the Planet.

You've stepped on it, ignored it, and tried to eradicate it from your lawn. However, this innocuous little weed is one of the most useful medicines on the planet, just begging to be harvested.

There are two major types of plantain in BC, Canada: Lance and Broadleaf. Generally, all 200-plus varieties of plantain yield the same results. It grows especially well in poor, rocky soil (such as driveways) and is often seen alongside dandelion. More often than not, you will see plantain growing in gravel pits and construction sites as nature seeks to regenerate the soil. Introduced to North America in the 1600s, it was once called "White Man's Foot" by the Native Americans who witnessed that where the Europeans tread and disrupted the soil, plantain sprung up.

Plantain has often been the go-to remedy for hikers plagued by mosquitos. Because it draws toxins from the body with its astringent nature, plantain may be crushed (or chewed) and placed as a poultice directly over the site of bee stings, bug bites, acne, slivers, glass splinters, or rashes. Bandage the area and allow the plantain to work its magic for 4-12 hours. Plantain may also be used to create a balm for emergency kits, or an infusion used as a skin or general wash. It is



also a notable, soothing remedy for hemorrhoids.

Plantain is renowned for its healing effect on the digestive system. This is especially useful for anyone who has been damaged by antibiotics, anti-inflammatory or pain medications, food allergies, or

Celiac disease. Both leaves and seeds specifically target the digestive system for healing. The leaves may be steeped as tea, added to soups, or dried with a sauce similar to kale chips. The seeds – a type of psyllium – can be ground or soaked for bulk mucilage or absorbable fibre, which, consumed before meals, may help with weight loss.

Because plantain is a gentle expectorant and high in silica, an infusion can be helpful for lung problems, coughs, and colds.

Plantain is almost a panacea for the human body, treating everything from all menstrual difficulties, all digestive issues, to nearly all skin complaints, and even arthritis. Add to salads, chew to ease thirst, or enjoy in stir fries. This versatile wild vegetable will keep you in good health for years to come!

<http://wisemindhealthybody.com>

BY and LARGE A Reunion 50 years in the Making

By Elaine Peacock

On July 12, 2014 the Butler HS class of 1964 had their 50th reunion at the Glenburn House in Riverdale. This beautiful house with its' spacious grounds became, for this one day, Bulldog Country.

When the committee first got together in early March to pick a date, we never realized how the next few months would be filled laughter, tears, lots of detective work and plenty of hard work. We started out with our directory from our 40th reunion then we checked Websites like Classmates and Face book and also the search by name sites.

It is amazing how many people have the same name in this country. The first mailing was done by E-Mail and then a follow up snail mail letter to those who's E-Mail had changed. As the "yes" responses were returned and the list of our deceased classmates grew we became more determined to find everyone. We encouraged classmates that couldn't attend to send pictures and bring us up to date on their lives for our directory. By the end of our search we only had about 15 classmates that we could not find a testimony to our committee's determination to reach our goal.

We prayed for a beautiful day and GOD delivered it. As we greeted our classmates at the registration desk there were smiles and hugs all around. The food, decorations and DJ only added to the wonderful day. We took time out to honor our deceased classmates which brought a few tears. We also give out some fun awards which brought some laughs, but what made the day the most special was spending time and catching up with everyone.

After 50 years we all may be a bit more gray, have a few more aches and pains, and walk a bit slower but for a few brief hours we were 17 year old kids again remembering the notes passed in study hall, the football games, the teachers and most of all each other and the special bond we share as being members of the class of 1964.



One has claws at the end of its paws, and one is a pause at the end of a clause.

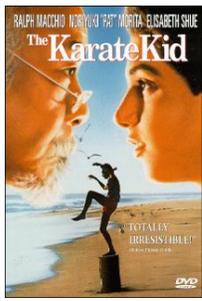


Laughter is Timeless.

Imagination has no age.

And dreams are forever.

-Walt Disney



Movie Trivia THE KARATE KID 1984

◆ The yellow classic automobile that Daniel polishes in the famous "wax-on/wax-off" training scene, then later offered by Mr. Miyagi as Daniel's birthday gift, was actually given to Ralph Macchio by the producer, and he still owns it. The car is a 1948 Ford Super De Luxe.

◆ Surprisingly, during filming in late 1983, Ralph Macchio was age 22. Some of the cast did not believe him when he was asked about his age.

- ◆ The last spin kick that Daniel is hit with before he is saved by Mr. Miyagi actually hit Ralph Macchio and hurt him.
- ◆ During the scene where Mr. Miyagi is drunk and celebrating an "anniversary," he reveals that he served in the 442nd Regimental Combat Team of the United States Army, an Asian American unit composed of mostly Japanese Americans (many of whom had been in internment camps) who fought in Europe during the Second World War and soon became the most highly decorated unit in the history of the American military.
- ◆ William Zabka still owns the red leather jacket he wears in the film.
- ◆ The studio wanted to drop the "drunk Miyagi" scene, feeling it slowed the pace down. Director John G. Avildsen argued for it and has felt it was the scene that got Pat Morita nominated for an Oscar.
- ◆ Charlie Sheen turned down the role of Daniel LaRusso.
- ◆ The song Miyagi drunkenly sings during the "celebration" of his anniversary is actually fragments of an authentic Japanese folk song that Pat Morita often heard as a child.
- ◆ Elisabeth Shue interrupted her studies at Harvard to be in this movie.
- ◆ Martin Kove, who played the John Kreese character, was rumored to have replaced Chuck Norris, who allegedly turned down the role of Kreese because he didn't want karate trainers to be shown in an unsympathetic light. Norris has since said he was never offered the role but that if he had been, he would've declined for similar reasons.
- ◆ According to Joe Esposito, "You're the Best" was originally written for Rocky III (1982) which explains the lyric "History repeats itself". The song had been rejected in favor of Survivor's "Eye of the Tiger". Ironically, Survivor also performed the theme song ("The Moment Of Truth") for The Karate Kid.
- ◆ According to Martin Kove in the DVD Documentary, he had gotten a call from John G. Avildsen stating that they wanted him to audition for Kreese but was then told to wait. Kove wanted the role so much that he turned down other prospects in order to get this part. But when the "waiting" dragged out for a few weeks, Kove became annoyed as he kept turning down parts. Finally when Avildsen called Kove in to audition, Kove was so annoyed at Avildsen that he berated the director and channeled his anger into an intense audition. Ultimately, that intensity got him the role.
- ◆ The referee in the final match is Pat E. Johnson, a karate expert and former student of Chuck Norris. He instructed many movie stars in karate. He is credited as the "fight instructor/choreographer" for the film.

- ◆ Mr. Miyagi's medal is the Medal of Honor, the highest military decoration awarded by the United States. It is easily recognizable by its blue ribbon and the inscription containing the word "valor." In real life, the 442nd Regimental Combat Team had 21 Medal of Honor awardees, including Senator Daniel Inouye of Hawaii. Its members also received 52 Distinguished Service Crosses, 560 Silver Stars, 4000 Bronze Stars, and 9486 Purple Hearts.
- ◆ The Karate Kid was the name of a character in DC Comic's "Legion Of Superheroes" who was a member of the Legion. DC Comics, which owned the name, gave special permission for the title to be used. There's a thank you to DC Comics for allowing the use of the name at the end of the credits.
- ◆ William Zabka (Johnny) had no martial arts experience prior to being cast in the film. However, he was an accomplished wrestler.
- ◆ The "Crane Technique" while basically fictional, is based on a stance called the crane stance that is used in several traditional Karate kata.
- ◆ Director John G. Avildsen had to climb to the top of the water tower in the opening shot to achieve the angle of Daniel and his mother driving away.
- ◆ The beach scene was the first scene filmed.
- ◆ The football jersey that Daniel is wearing while talking to Mr. Miyagi on the bed is a #89 San Diego Chargers jersey, which in 1984 would have been wide receiver Wes Chandler.
- ◆ The climactic karate tournament involved over 500 extras.
- ◆ Fight choreographer Pat E. Johnson was so impressed by the martial arts skills of Ron Thomas that he allowed him to choreograph his own fights.
- ◆ Pat Morita's portrayal of Mr. Miyagi was heavily influenced by karate master Fumio Demura. Morita spent a lot of time with Demura, who doubled him for his fight scenes, and translated not only Demura's attitude towards the martial arts to the character, but also his mannerisms and speech.
- ◆ According to black belt karate instructor William (Bill) J. DeClemente, DeClemente believed he was the inspiration for The Karate Kid (1984) character. He was 17 years old when he started training in karate in 1963 in Queens, New York, the same neighborhood where screenwriter Robert Mark Kamen started training in karate in 1965. Kamen came to watch DeClemente teach in 1965 before enrolling at a karate school in Queens taught by Ed McGrath. Kamen has acknowledged in a sworn deposition that the tough ex-marine he depicted as John Kreese in the film was patterned after Ed McGrath, who was also a friend of DeClemente. DeClemente also said Kamen probably based Mr. Miyagi after Okinawan karate legend Chojun Miyagi. However, Kamen refused to acknowledge DeClemente as the basis of the karate kid character, in which DeClemente is the owner of the registered nationally trademark name "The Karate Kid" since the mid-1960s and was known locally in Queens, Brooklyn, and Florida and to his business associates. This led to DeClemente suing for trademark infringement, violation of his right of publicity claims, and seeking damages for three Karate Kid films. DeClemente's case was dismissed, ruling in favor of the defendants. On his official website, DeClemente still maintains the claim that he is the inspiration for screenwriter Robert Mark Kamen of the films that bears his registered nationally trademarked name, "The Karate Kid".

The meaning of "cataract" we're most familiar with is also the oldest. It dates to the 14th century and comes from the Latin word "cataracta," meaning "portcullis," probably because the ocular cataract obstructs vision in a way reminiscent of the way the portcullis's heavy iron grating obstructs passage into a fortress or castle. Latin "cataracta"



has another meaning, however—"waterfall"—and that meaning gave us the water-related meanings that came in later centuries. The connection between the two Latin meanings can be seen in "katarassein," the Greek source of "cataracta." It means "to dash down"—an action we see in both the slamming portcullis and the cascading waterfall.

Building Permits:

- All applications for building, fire, electric and plumbing permits **may be dropped off at the Riverdale Municipal Building, Front Office**, to be picked up by the building inspector. The phone number for the Building Department is **973-839-3000 x7120** Technical Assistant Jennifer Fiorito.

Water/Sewer/Tax Payments

- ◆ Payments for you Water and Sewer Bills and your Tax Payments may be dropped off at the Front Office at the Municipal Building just as always. If you have any questions you may call Riverdale at **973-835-4060 x6**.

Tree Removal in Riverdale

Before cutting down any trees in the Borough of Riverdale the Zoning Officer must first be contacted at **973-835-4060 x6**.



- ◆ No permit is needed if cutting down 10% of the trees on a lot less than 3 acres or less per year.
- ◆ If there are less than 10 trees on such a lot, one tree may be cut down per year.
- ◆ A tree is defined as any wooded perennial plant having a diameter of more than four inches at a point 4½ feet above the ground.

Visit us on the

Borough of Riverdale Facebook Page

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



“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.”
www.surveymonkey.com/s/MJL7W52

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 x 6**



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.



Credit Card Payments

Welcome to Riverdale Borough's Pay On-Line Service

- Property Taxes
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- Court Fines
- Dog and Cat Licenses
- Recreation Programs
- Exercise Classes

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

We accept Visa - MC - Discover - American Express
 As well as Electronic Checks from your personal checking account.

Borough of Riverdale now accepting Credit Card Payments for:

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

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

How to use fruit peels to filter your water



With more and more eco-conscious people replacing their bottled water intake (and for good reason) with tap water, there is a growing demand for water filtration devices. But you don't need to go out and

buy a fancy device to ensure that your tap water is free from pollutants. Researchers with the National University of Singapore have recently discovered a simple do-it-yourself method for filtering water using nothing more than fruit peels and rubbing alcohol, reports Wired.

Researcher Ramakrishna Mallampati originally thought up the method as an easy, cheap way for rural communities in the developing world to purify their water. He found that apple and tomato peels -- two of the most widely consumed fruits in the world -- were remarkably efficient at absorbing a wide variety of harmful pollutants, and that they could be transformed into effective water filters with only minor preparation.

To make use of Mallampati's technique yourself, begin by peeling your apples and tomatoes and placing them in a rubbing alcohol solution and letting them soak. Next, remove the peels and let them dry out. Once they're thoroughly desiccated, simply place the peels in a container of water and wait. After a few hours, remove the peels from the water and it's ready to drink.

Mallampati found that the apple and tomato peels together were reliable absorbents of toxic heavy metal ions, dissolved organic and inorganic chemicals, various nanoparticles, dyes and pesticides. Note that the method does *not* remove pathogens from the water, just a wide variety of pollutants, so you shouldn't use it as an all-

encompassing water purifier. But if you're worried about any of these other pollutants finding their way into your water supply, the technique should help make your water much cleaner.

Fruit peel filtration ought to be most beneficial to rural communities around the world that lack access to clean potable water. Fruit peels are plentiful, and often discarded as useless biowaste. Re-purposing them for water filtration will offer a cheap and accessible way for communities to hydrate themselves in a safer manner.

"We don't want to do any sort of commercialization," said Mallampati, "so we're working with NGOs that can take the technology to the people and explain it."

Mallampati isn't stopping at apple and tomato peels either. Research efforts are already underway to test other kinds of fruit peels, particularly the peels of fruits local to communities that need clean water the most.

I remember the 'good old days'



**when 'snap, crackle and pop' were sounds
I heard from my cereal, not my body!**

Question. Nine boys and three girls agreed to share equally their pocket money. Every boy gave an equal sum to every girl, and every girl gave another equal sum to every boy. Every child then possessed exactly the same amount. What was the smallest possible amount that each then possessed? *Answer on Page 21.*

WARNING

Computer fraud isn't limited to the Internet

**Unscrupulous computer tech companies charge you
for the same repairs over and over again**

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John, a Riverdale Resident, can come to you to work on your computer or you can visit him at his Kinnelon Location

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you should be coming to me!**

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Experience the side effects of being organized

- No wasted time on futile searches
- Entertain on a whim
- More peace of mind, instead of losing your mind
- A place for everything & everything in its place
- Money in the bank, no more duplicate purchases
- 2 minutes vs. 2 hours to find what you need
- The luxury of free time
- Reduce your time spent cleaning by 40%

Neighbors in Nature

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

Some of your Neighbors in Nature are your Morris County Parks. Three of them, Pyramid Mountain, Turkey Mountain and Silas Condict, are only about five miles from Riverdale. Those so inclined can even reach them by bicycle and the great thing is that coming back - it is all down hill!

This month I will talk about Silas Condict Park. They have also added a new trail. There is also a lake for boating or just a walk around Canty's lake or a more extensive hike of three miles or so. Or you can just pack a lunch and sit at a picnic table.

To get there one can go up Rt. 23, N to the Kinnelon Rd. jug handle. Once past the shopping center and movies you will pass through two traffic lights. One is at Maple Lake Rd. and the other at Ricker Rd. On your right about 0.1 miles past that light you will come to the entrance road to the park. If you come to the Kinnelon Municipal Building, you have passed it. It is about 0.2 to 0.3 miles to the parking lots. I like the first one which is above Canty Lake with a nice view! Bring your camera.

Look carefully for bulletin boards. Some will be maps of the park and at most of them is a small box with free paper hiking maps. The instructions on the maps show you how to read trail markings.

There are also regulations listed, 12 boating rules and 14 hiking rules. It is good to know them! They are intended to keep you safe. If you are just there to walk around the lake, high top sneakers are fine.

For a trail hike, a good set of over the ankle hiking boots are in order. Around the lake, watch how you step on wet rocks. If it has rained recently, wet rocks can be slippery when you least expect it. Hiking boots help to make you a bit safer. A hiking stick is also helpful. You don't need to buy one. The park grounds have an infinite supply.

On the park map there is also an explanation of trail markers. They can just be a painted rectangle or circle on the trunk of a tree: three marks in a pyramid form indicates the start of the trail. Three marks

in an upside down pyramid, you are at the end of the trail. Two marks one above the other, if the upper mark is to the right of the lower, the trail turns to the right. When the upper mark is to the left, go left. Stay on the trail. If you can see a trail marker, you may be confused, but you are not lost ... yet!



When the upper mark is to the left, go left. Stay on the trail. If you can see a trail marker, you may be confused, but you are not lost ... yet!

HAPPY TRAILS!



CALLING ALL JUNIOR GIRLS

The Riverdale Woman's Club has some exciting news to share with all Riverdale girls who are Juniors in High School. We are seeking a delegate to attend the 77th Girls Career Institute for 4 days in June.

Girls' Career Institute (GCI) is a program offered by the New Jersey State Federation of Women's Clubs of GFWC (NJSFWC) for girls who are completing their junior year in high school. The dates for the 2015 GCI are Monday, June 8th through Thursday, June 11th.

Delegates are sponsored and the entire cost is underwritten by a local NJSFWC club, in this case The Riverdale Woman's Club. Delegates are selected on the basis of interest, community service and participation in school activities.

GCI offers a "mini college experience." Delegates will experience a sample of college life by living in a dorm, eating in a cafeteria, attending lectures and workshops. They will learn about career choices and how to network with other delegates from all over the state of New Jersey. Many establish lasting friendships with one another.

Being chosen as a GCI delegate is an excellent addition to your resume for college applications.

The theme for this 2015 adventure is "You Can Make It Happen". Successful women who have gained prominence in their chosen professions will challenge the delegates. The presenters have a wide range of skills and careers including a physician, FBI agent, lawyer, business executive, nurse, and scientist to name a few.

Organized sports activities, swimming, crafts, and after dinner sessions in the dorms are just a few of the activities available during free time.

Moms don't worry - Clubwomen volunteer their time to act as housemothers for each wing. A nurse is on duty at all times. Delegates must be in their wing by 11:00 pm with lights out at 12:00 midnight. They will be housed in Katzenbach Dormitory, on Douglass Residential College Campus.

Each Delegate will receive a packet with the necessary forms, requirements and the name and contact person of the sponsoring Club. She will be invited to attend an Orientation reception/meeting approximately 1 month before GCI begins.

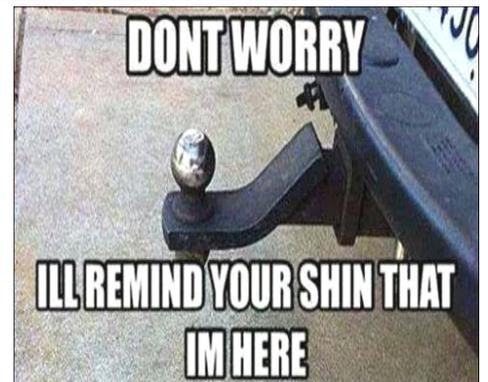
The Riverdale Woman's Club invites all interested girls to call Jean Revis at 973-835-3269 to arrange for an interview or more information.

Avoid Frosted Vegetables. When shopping in the freezer aisle, avoid packages of frozen vegetables that have frost on them. It's a sign that the food has thawed and refrozen, and a percentage of moisture has already been lost. You should also give bags of frozen food a quick squeeze before putting them in your cart. If the food is solid, it has thawed and refrozen, and should be avoided.

them before you stick them in the fridge, or wait until you're ready to eat them before you wash them. Otherwise, they can easily rot. Also make sure to store berries, especially strawberries, loosely covered in the refrigerator.

Banana Saver. Never throw out overripe bananas! Stick them in the freezer once they get completely brown, and you can still use them later for banana bread and other baking projects.

High and Dry. The moisture content of fresh berries is high, so make sure to thoroughly dry



Announcements



Gary & Jean are honored to announce the marriage of their daughter **Jamie Lee Mastrangelo** to **John "Jack" Cawley** on July 18.

Happy Birthday, **Pastor Ed Hawkins**, on August 16! God bless!! Love, Barbara and Bill.

Happy Birthday, **Nancy Lavorgna**, on August 16! Love, Barbara & Bill

Happy Birthday, **Matthew Budesheim**, on August 12. Love Sylvana, Matt, Kevin, Nick, Juliana and the rest of the family.

Happy Birthday, **Madison Hanna**!! Where has the time gone! We love you! Dad, Mom, Morgan & Murray.

Congratulations on the birth of **Raymundo Xavier Colacios**, on June 3, weighing in at 7 lbs 13 oz. He is the grandson of borough employee, Linda Roetman.



Happy Birthday, **Matthew Budesheim**, on August 12. Love Sylvana, Matt, Kevin, Nick, Juliana and the rest of the family.

Happy 2nd Birthday, **Stephen Budesheim**, on August 15. Love, Dad, Mom, Caroline, Elizabeth and the rest of the family.



Congratulations to **Jennifer Pezzuti**, P L H S 2 0 1 4 Graduate. Recipient of the Coach Sharon Pfluger Award, Outstanding Athlete. Passaic County Coaches Association Female Athlete Nominee. Jennifer will be attending the College of NJ in the Fall.



Happy Birthday, **June Carelli**, on August 21. Love, Paul, Michael, Tommy & Samantha.

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

To wish family members or friends of a birthday, anniversary, or special occasion email the announcement, with a photo if you wish, to mayor@riverdalenj.gov and riverdalemayor@gmail.com



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We still have a special resident who is on a special diet. For medical reasons all he can use for nourishment is Ensure (vanilla or chocolate only). Can you please help?



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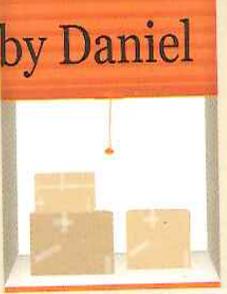
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WELCOME RIVERDALE TO OUR SERVICE AREA!

SPECIAL EVENTS AND WELLNESS PROGRAMS

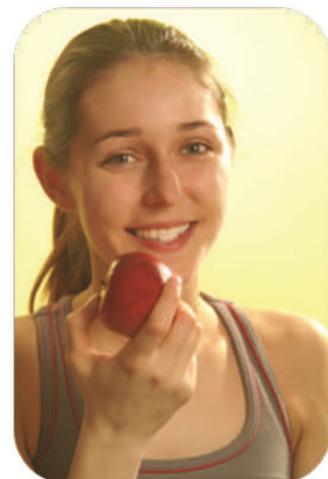
Free Community Events This Fall, Open to All!
LAKELAND HILLS FAMILY YMCA

This Fall, there are numerous special events and wellness programs which are all FREE and open to the community. Registration is now open - please register online or call the Y!

- **October 9 at 6:30pm:** *Mind Over Matter: Increasing Optimism for Better Health.*
- **October 11-19:** "Give the Y a Try" Fall Family Open House.
- **October 15 from 12-1pm:** *New Beginnings Baby Shower* for Expectant and New Parents.
- **October 16 from 6-9pm:** *Pink Witches Girl's Night Out* in downtown Denville.
- **October 23 at 6:30pm:** *Aging Gracefully, Feeling Great!* Nutritional Secrets for Health and Longevity.
- **October 30 at 6:30pm:** *Are You Sick and Tired of Being Sick and Tired?* Ask the Integrative Physician.
- **November 6 at 6:30pm:** *Child Development for Kids Living with Autism Part 1:* Nutritional Deficiencies in Children with ADHD and Autism. Adult program for parents, caregivers and educators.
- **November 13 at 6:30pm:** *Child Development for Kids Living with Autism Part 2:* Diets to Support Children with Autism/Approaching Autism with Nutrition. Adult program for parents, caregivers and educators.
- **November 20 at 6:30pm:** *Holiday Tablescapes.* Inexpensive but stylish ways to set your table for holiday guests.

LAKELAND HILLS FAMILY YMCA

100 Fanny Road, Mountain Lakes, NJ 07046
www.lakelandhillsymca.com P 973.334.2820





Welcome, Mr. Daniel Cullen, to Riverdale!

It is with great excitement and enthusiasm that I introduce myself as the new Principal and Acting Supervisor of Special Services at the Riverdale Public School. I am thrilled to join the highly dedicated and skilled staff of Riverdale Public School.

My number one priority is to support our students' success in every classroom and continue the tradition of excellence that is the Riverdale School. I am very grateful for the extremely warm welcome to this community and am looking forward to a real positive and productive start to the 2014-2015 school year.

Prior to coming to Riverdale I was the Assistant Principal at the Stillwater Township Elementary School in Sussex County and then was the Principal of Somerset Academy, a public school in Somerset County for students with disabilities in grades K-12.

Before becoming an administrator, I was a tenured special education teacher at the Warren Hills Regional Middle School in Warren County.

Riverdale School News



Geraniums

The indoor geranium has large flowers and is really a hybrid of several different varieties. What they all have in common is an extremely bushy growth and large flowers

This type of Pelargonium was first developed in England, Germany and France. Continuous cultivation and crossing led to many extremely decorative varieties. Some are large and others are small, although they are all rather wide. Whatever their size and shape, they all have beautiful, colorful, single or double flowers.



The many different varieties—be they large or small—if they flower once or several times a year, only really come into their own indoors or in a greenhouse. This doesn't mean that they cannot be outdoors, but they will produce plenty of leaves, but fewer flowers.

Propagation

New plants from old. Sooner or later the indoor geranium will have to be cut back since it can grow to be quite large and with an open, hanging growth. Not only this, the flowers will get smaller and weaker at the top of spindly shoots. When this happens the time is right to prune the plant. New shoots will appear and the plant will be luxurious once more. It will return to full flowering and get back its characteristic bushy shape.

Cuttings. All the material that is cut away can be used to make new plants. All tipshoots can be used as long as they are not too woody. The cutting should be at least 4 inches long and have one, preferably two, pairs of leaves. Either put the cutting in water or dip them in rooting powder and put them in sandy potting soil. Place the pots in a light position with plenty of warmth. Cover the pots with a plastic bag (clip one or two air holes) and within two or three weeks the cuttings will have developed roots. Now plant the cuttings in an ordinary pot and the geranium is ready.

Encourage flowering. These geraniums are first and foremost indoor plants. They differ in many ways from the geraniums that we already know from window boxes and the flower bed. The indoor geranium will also bloom in the winter, given a little encouragement. Give the plant "shortday" conditions. That is, make sure that it has a longer period of darkness during the day. This can be done by pulling a black plastic bag over the plant from a little before sunset to a little

Your Indoor Garden Patch

after sunrise. Give a day of 9-10 hours for a period of about four weeks. This will have the effect of bringing the geranium into bud again. Once removing the plastic bag completely, ensure that the plant stands in as light a spot as possible. Achieve the same result by standing the geranium in a cool place (about 50°F) for a month. The indoor geranium does not need very much feeding. A moderate dose or two of liquid fertilizer during the flowering season is sufficient. Don't try to increase the number of blooms by over fertilizing as this will only have the opposite effect.

Buying Tips. *Lifespan.* Most indoor geraniums can be quite old, but they are at their peak at about three years. By taking cuttings, you can prolong your geranium's life indefinitely. *Season.* Get the geranium to bloom all year round by giving "short-day" treatment or keeping it cool for a month. But it is still at its most beautiful in the summer.

IN BRIEF

- ◆ The indoor geranium grows quite vigorously. It can reach two feet in a single season.
- ◆ The indoor geranium does not have quite such a profuse flowering as the more well-known outdoor varieties, but on the other hand, the flowers are more lovely, and it can be encouraged to flower all year round.
- ◆ Plenty of light (but not direct sunlight) gives the best plants. Keep the summer temperature in the low to middle 70's, and the winter temperature between 50° and 60°F.
- ◆ Because of its vigorous growth in the summer months, the indoor geranium needs lots of water (about two to three times per week). In the winter, once or twice every two weeks is sufficient. Add liquid fertilizer to the water at the very most twice a month, and then only in the summer.
- ◆ Nearly all geraniums like well-drained, nourishing soil. Compost is fine, but you can use standard potting soil or peat. Do not try to repot a large geranium, it is easier to make new plants from cuttings.
- ◆ It often pays to cut the indoor geranium back when it has bloomed. Trim to three or four shoots above the root.
- ◆ It is easy to take cuttings at the same time it is pruned.
- ◆ The indoor geranium likes to overwinter in a cool and light spot.

Taken from *Success With House Plants*



Learn The Art of Casual Drowning This Summer!

“Catch me, Daddy! Catch me!”

“Okay. I’m ready”

I thought I was. Treading water a couple of feet from the end of the diving board, I lifted my arms up out of the water. My then four-year-old daughter jumped.

I caught her okay, but her weight pushed me down under the water. I sunk until my feet touched the bottom. How deep was this pool? Eight feet? Nine? It felt like I was 20,000 leagues under the sea.

My first instinct was to get my daughter up and out of the water. I put my hand up under her butt and lifted her straight up. Some subtle change in pressure told me I had succeeded, and her head was above water. But mine wasn’t.

I tried to kick off the bottom and swim straight up, but I was still holding my daughter above my head and didn’t get very far. I sunk back down, tried to walk along the bottom until I got to the edge of the pool. But my feet slipped out from beneath me and I was getting turned around in the water, disoriented. I couldn’t remember where the edge of the pool was.

Meanwhile, I really needed to take a breath. The feeling in my chest had gone from discomfort to straight up pain. I was in trouble.

I won’t say my life flashed before my eyes, but my death did. I imaged my own funeral service. Tearful mourners would whisper things like, “He sacrificed himself to save his daughter,” while in the back room the funeral director (and maybe a few of my close friends) were having a good laugh.

“He drowned teaching his daughter to swim! Ha! What a fool!”

I couldn’t have it. Panic kicked in along with my survival instinct. I couldn’t go anywhere as long as I was holding my daughter over my head, so I pushed her as hard as I could toward where I imagined the edge of the pool was and launched myself up.

I broke the surface and exhaled a plume of water and air that would have made a humpback whale proud. I immediately sunk back underwater before I had a chance to breathe in. I kicked up toward the

surface again. My arms and legs felt like lead. When did they get so heavy? I swam harder and broke the surface again, taking in a great sucking gasp of air.

I turned to see where my daughter was and immediately realized my foolishness. She had inflatable swimmies around her arms, of course; had them on the whole time. She bobbed toward the edge of the pool, laughing. She was in no danger, never had been. All my heroics had been for nothing.

I sunk under water again. My arms and legs still felt like lead, and my chest still hurt. Bad. The edge of the pool seemed really far away. I half-floated, half-backstroked until I felt the edge of the pool bump my head. Then I turned and hung on for dear life.

“Daddy! Catch me again!”

“Ur...” I said. It wasn’t a conscious word. It was the sound of my lungs re-inflating. “Gaa. Ur. Blaa...”

“Daddy!”

Snot ran out of my nose, tears streamed from my eyes. How embarrassing—this was a friend’s pool.

“Daddy...needs...a...minute...hon.”

My wife noticed something was wrong.

“Rob? You okay?” she called from across the pool.

My entire near-death experience had gone unnoticed. No reason to call attention to it now. I gave her the thumbs up sign. No problem here.

“Daddy, I want to jump again. Catch me!”

I stalled for a few minutes until my breath was back. The chest pain faded. My heart was beating fast but it wasn’t racing. My arms and legs were tingling, but otherwise I felt strong.

In fact, in some weird way, I never felt more alive.

“Okay,” I said, pushing out into the deep water again. “I’m ready this time.”



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 robrerrera.com and Twitter/Tweets@haikubob.

There are some foods that are actively made worse by refrigeration.

These are the items you should absolutely keep away from cold.

Potatoes Refrigeration causes the starch in potatoes to turn to sugar, and while this might sound like a good thing, it gives them the wrong flavor. The skins will also darken prematurely while cooking, making them look less appetizing.

Onions Here's a weird one. You don't have to refrigerate onions, but you do need to keep them physically separated from the potatoes. Spuds emit moisture and gases that will make your onions rot. Your best bet is to keep onions in the mesh bag they came in—they like air circulation.

Garlic Again, air circulation is key. Garlic bulbs will keep for two months without refrigeration, and if you keep them out of the damp air of the fridge you'll avoid making all your other nearby produce smell like garlic. Some even say that refrigeration will make garlic sprout prematurely.

Avocado Is there anything more delicious and healthy than a ripe avocado? Avocado won't ripen in cold conditions, so unless you need them to keep for awhile, you should let yours live outside the refrigerator until they're ready to eat. There's a popular legend suggesting the presence of the pit prevents browning, so if you only use half of an avocado, be sure to reserve the side with the pit.

Tomatoes Cold breaks down the cell walls in tomato flesh and causes them to become mushy and mealy. For better results, store them at room temperature and keep them out of direct sunlight, which can ripen them early and unevenly.

Bananas Allow bananas to ripen at room temperature, and use your refrigerator when you want to slow the ripening process. Just be aware that refrigeration also happens to turn banana peels brown (though the interior is still unspoiled). Frozen bananas also make a great ice cream **replacement for dieters.**

Melon Fresh melon—uncut, we should specify—is best stored on the kitchen counter where it can properly ripen and sweeten. Only after you cut up your melons into bite-sized bits should the flesh be refrigerated (but never frozen).

Stone Fruits Peaches, apricots, nectarines, plums, cherries, and so on should be ripened at room temperature, stem-end down. Only after the fruits start softening slightly to the touch and begin to smell sweet should they be moved to the refrigerator. Shelf life is three to five days after that.

Bread Try to eat your bread before it gets to the point where you need to chill it to stave off mold, because if you end up refrigerating, the loaf will get tough and less tasty. For this reason, a lot of people freeze bread. Freezing preserves the texture, but then you have to deal with defrosting it. And who's got the the time to microwave a slice of bread when they're rushing to catch a train in the morning?

Hot Sauce Not all hot sauces are created equal, but if it's a vinegar-based hot sauce like Tabasco, you can almost always safely store it in the pantry for months on end. Cold weakens the flavor and changes the viscosity of the sauce, affecting the pour.

Spices Once again the humid environment of a refrigerator is detrimental to the flavor of spices, and since most can be safely stored for years without refrigeration, there's no benefit to cold storage at all.

Honey Honey is one of the world's earliest preservatives. It has a practically indefinite shelf life, and we've heard tales of archaeologists uncovering ancient Egyptian tombs with edible honey inside. Don't refrigerate honey. It'll crystallize, and you'll have to squeeze that stupid teddy bear even harder to get it out.

Peanut Butter All-natural peanut butter *does* have to be refrigerated, because the peanut oil can rise, separate from the mash, and go rancid. Commercially processed peanut butter, on the other hand, can be stored for months without issue—even if the jar's been opened already.

Our Lives, our Fortunes and our sacred Honor

The 56 signers of the Declaration of Independence risked all that they had for our freedoms. "And for the support of this Declaration, with a firm reliance on the protection of divine Providence, we mutually pledge to each other our Lives, our Fortunes and our sacred Honor." Who are these men? We owe them so much and yet how well do we know them?

Thomas McKean & Caesar Rodney

When Thomas McKean, of Delaware, arrived at the State House in Philadelphia that rainy Tuesday, July 2, 1776, his immediate concern was for his colleague, Caesar Rodney. Would the ailing Rodney be able to attend the day's crucial session of the Continental Congress? Would he make it in time to break Delaware's deadlocked vote?

The resolution coming this morning—the most important ever presented in the history of the thirteen American colonies—proclaimed them independent of Great Britain!

Rodney had been absent from Congress in an effort to squelch a Loyalist uprising that threatened his home territory. He must have been dead tired when he returned to his plantation near Dover last night. Maybe he was too sick to comply with McKean's urgent message: "Get to Philadelphia at the earliest possible moment." Dover was eighty miles away.

During yesterday's debate on the resolution—as heated as the weather attending it—McKean sensed an emergency. Always the man of action, he strode from the Assembly chamber to take matters into his own hands. He scribbled a note to Rodney. Then he hunted up an express rider and told him to speed with it to Dover. He paid the messenger from his own purse.

Taken from *They Signed For Us*
by Merle Sinclair and Annabel Douglas McArthur 1957



CUCUMBER TIPS & TRICKS



CUCUMBER TIPS & TRICKS THAT YOU DON'T WANT TO MISS!!

1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.
2. For a pick me up in the afternoon... Put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours. Slice some and put in your water bottle.
3. If you rub a cucumber slice along your bathroom mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.
4. Place a few slices of cucumber in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.
5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemical in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!
6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and

electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!

7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries by European trappers, traders and explorers for quick meals to thwart off starvation.
8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.
9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!
10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.
11. Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemical will kill the bacteria in your mouth responsible for causing bad breath.
12. Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.

Did You Know?

- ◆ An old *World Telegram* newspaper experiment determined that, in golf, the exact odds against scoring a hole-in-one on a par three hole are 8,750 to 1.
- ◆ Giraffes are very susceptible to throat infections.
- ◆ Only 51 disposable Gillette razors (at five dollars apiece) were sold in the company's first year, 1903. By 1906, however, 300,000 razor sets and close to 500,000 blades were purchased.
- ◆ Parrots have a particularly keen sense of hearing. During World War I, a group of them were kept on top of the Eiffel Tower in Paris to hear the sound of planes and warn of the approaching aircraft.
- ◆ K-Mart - Kresge, for its founder, Sebastian S. Kresge.
- ◆ Rock star Jimi Hendrix was working on the song, *The Story of Life*, the night he died.

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

SUMMER HOURS

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

R I V E R D A L E
Public Library

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

Registration for programs is required.
 Call (973) 835-5044 or visit www.riverdalelibrary.org to sign up!

ADULT PROGRAMS

New Jersey Aviators in the Great War — **Thurs., Aug. 7, 7 p.m.** July 2014 marks the 100th anniversary of the start of WW I, the Great War. Speaker Michael O'Neal's presentation is based on 35 years of study and research, interviews with veterans in the 1970's, letters home, correspondence, etc. Who were some of the New Jersey natives who flew, and what is their story? Hear about their experiences, and see the uniform worn by WWI aviator from Morris County!

Michael O'Neal's art featuring early aviation craft will be on exhibit in our gallery from August 5 through September 30. His work has appeared in *Over the Front*, a journal of the League of WWI Aviation Historians, and on the *Wings Over New Jersey* television program.

Meet the Artist Reception on Sat., Aug. 23, 11 a.m.-1 p.m.

Friday Matinee — **Fri., Aug. 8, 1 p.m.** Recently released blockbuster on the big screen. Refreshments served. Call the library for the movie title and to register.

Just purchased! New e-book titles for our patrons. *Takedown Twenty* by Janet Evanovich, *The Fault in Our Stars* by John Green, and *The Husband's Secret* by Liane Moriarty. Available through DigitalLibrary NJ. Sign into your account using your library card, to access these best-selling e-books and avoid the wait lists!

MONTHLY

Photo Club — **Mon., Aug. 25, 7:00-8:00 p.m.** All photographers welcome to learn and share!

Gypsy Knitters — **Thursdays, 4:00-8:00 p.m.** Experienced knitters, bring a project and join in!

Adult Book Discussion Group — **Mon., Aug. 25, 6:30-8:00 p.m.** *The Thirteenth Tale* by Diane Setterfield.

COMPUTER WORKSHOPS

Introduction to PowerPoint — **Mon., Aug. 18, 6:30-8 p.m.**

INFANT & PRE-SCHOOL PROGRAMS

Programs run the week of Sept. 8 until the week of Dec. 1.

Baby Time: Up to 2 years w/caregiver. Monday, 11-11:30 a.m.

Totally Twos: 2 year-olds w/caregiver. Monday, 10:15-10:45 a.m.

Preschool Pals: Ages 3-5, Tuesday, 10:15-11:00 a.m. OR 1:30-2:15 p.m.

TWEEN PROGRAMS — GRADES 4-6

Tween Book Club — **Wed., Aug. 20, 6-7 p.m.** Be a "readologist" this summer! The tween book club offers a chance to hang out with friends and discuss awesome books over pizza! Free copies of this month's book are available at the circulation desk.

CHILDREN'S PROGRAMS — GRADES K-5

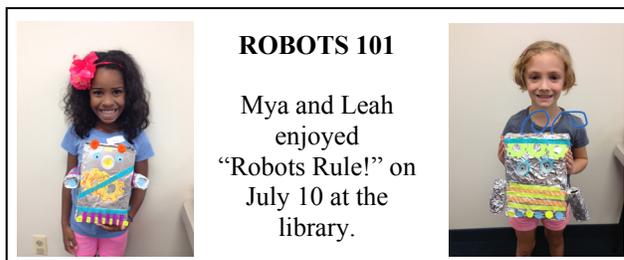
Creation Station — **Thurs., Aug. 7, 4-5 p.m.** What can you do with clay, googly eyes, pipe cleaners, and feathers? Anything you want! Budding paleontologists, ornithologists, and astrobiologists can create dinosaurs, birds, aliens and more!

Puppy Pals — **Wed., Aug. 13, 4-5 p.m.** A fun way to encourage reading skills over the summer! Children can choose a book to read to Justice, a certified therapy dog from Creature Comforts Pet Therapy.

Beadmania — **Sat., Aug. 16.** Calling all gemologists! Stop by anytime and create a necklace or bracelet for you or your best friend!

Family Movie — **Thurs., Aug. 21, 3:30 p.m.** Recently released blockbuster on the big screen. Refreshments served. Call the library for the movie title and to register.

Lego Lab — **Wed., Aug. 27, 4-5 p.m.** Can you build a rocket ship, a city, a robot? Become an engineer this summer: bring your imagination and we'll supply the LEGOs.

**TEEN PROGRAMS — GRADES 6 AND UP**

Teen Trivia Night — **Wed., Aug. 6, 5-6 p.m.** How much do you know about music, movies, TV, books and video games? Spark your brain power on our giant walk-on game board, while enjoying root beer floats and snacks. Winners will take home awesome prizes!

Teen Movie Night — **Wed., Aug. 13, 5:30-7:50 p.m.** Recently released blockbuster on the big screen. Refreshments served. Call the library for the movie title and to register.

New Riverdale Public Library Emails: YouthServices@riverdalelibrary.org to reach Lara Cohen, Youth Services Librarian

ReaderServices@riverdalelibrary.org – Have a question about a book or series? Reference question? Like to suggest an author to add to our collection, or a program idea? Contact us at this email.

Director@riverdalelibrary.org — To reach Therese McClachrie, Director.

RIVERDALE



Girl Scouts



Daisy Troop 96380
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NJ Botanical Gardens



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Citizen of the Year



Cynthia Templeton was involved in the Kinnelon school system when her own children were growing up. From sports activities to the Kinnelon Board of Education, Cynthia gave her time and talent. She also served as Board President and helped established a Foundation to support the operations at New Bridge Services. In 2007 Cynthia’s focus changed dramatically, as her son, Darren, sustained a spinal cord injury at age 18. She established “Push to Walk”, a nonprofit organization that provides an intensive exercise program for people with spinal cord injuries and paralysis. You name it, Cynthia has done it: Speaking with families of newly injured loved ones, providing information and resources at a time when people don’t know where to turn, participating in adaptive sports activities, and attending conferences and spreading awareness of Push to Walk. Cynthia is very proud of her son and all his accomplishments, and he inspires her every single day. She has raised local, regional and national awareness of spinal cord injuries and helps clients maintain and improve their physical and mental health and independence. Additionally, Cynthia as worked with Kinnelon’s first responders to safely handle those with paralysis during emergencies. **Congratulations, Cynthia!**

DAILY NEWS

Riverdale Bible Church Vacation Bible School



The Riverdale Baptist Church held its annual Vacation Bible School. Thanks to all who attended and helped out! We had a fun filled week and learned great things about our Great God.



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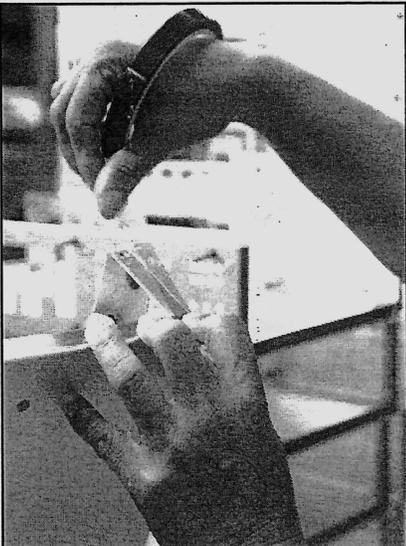


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The letter sequence "v-e-r-b" in "reverberate" might make you think at first of such word-related brethren as "proverb," "verbal," and "verbose," all of which derive from the Latin noun "verbum," meaning "word." In fact, "reverberate" comes from a much different source: the Latin verb "verberare," meaning "to whip, beat, or lash," which is related to the noun "verber," meaning "rod." "Reverberate" entered the English language in the 15th century, and one of its early meanings was "to beat, drive, or cast back." By the early 1600s it began to appear in contexts associated with sound that repeats or returns the way an echo does.

verb



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SEPTEMBER edition of Riverdale News & Events will be published on or about Saturday, Aug. 30. Copy, photos, articles, announcements are due Friday, August 22.

Influential Women Marie Antoinette 11/2/1755 - 10/16/1793.

Ever since her grisly demise at the end of an executioner's blade in 1793, her name has become synonymous with ostentatious luxury by the super rich and indifference to the hardships of the poor. Whether such criticism was deserved remains a source of some debate even to this day. Certainly, she was a byproduct of her environment: born into nobility and opulence, she was no different than thousands of other women of the era born into such a high station in life. That she would lose her head on the guillotine for it, however, seems not only a bit excessive but most likely undeserved. Obviously her and her husband, King Louis XVI, had simply become a target for all the inequities and injustices the royal system was known for, making them forever symbols of the people's rejection of the old monarchical form of government that had been in place since antiquity. In essence, she was a victim of incredibly bad timing; had she been born a half century earlier probably no one would have heard of her. Born when and where she was and considering the political climate of her era, she becomes famous not only as a symbol of affluent indifference and the consequences thereof, but for being the first female monarch ever to be executed—a probably undeserved and certainly unsought fate if ever there was one.



Athletes that Died While Playing

Duk Koo Kim 01/8/1959 - 11/17/1982

The sport of boxing has a long, sad history of boxers who've lost their lives in the ring, but few are as well-known as Duk Koo Kim. The South Korean boxer held a record of 17-1-1 and was the No. 1 lightweight contender before heading into his championship bout with Ray Mancini. The 14-round bout was brutal for both boxers with Mancini receiving a torn ear and swollen left eye and Kim suffering severe swelling after several shots from Mancini, including one sequence where he had been hit 39 times in a row. Kim lost by TKO in the 14th round after being sent to the canvas by a right hand from Mancini. Kim fell into a coma after the fight and died from brain injuries 4 days later. As a result, the WBC made a number of safety changes including reducing the number of rounds from 15 to 12.



Jewelry Cleaner

bowl. Place jewelry on top of foil and let it sit for 5 to 10 minutes. Rinse jewelry in cool water and dry jewelry completely with soft cloth. Discard solution after use and make a new batch next time.

Ingredients:

- ◆ 1 tablespoon salt
- ◆ 1 tablespoon baking soda
- ◆ 1 tablespoon dish detergent
- ◆ 1 cup water
- ◆ 1 piece aluminum foil

Directions:

Heat water in the microwave for 1 or 2 minutes.

Cut a piece of aluminum foil that roughly covers the bottom of a small bowl (like a cereal bowl).

Pour hot water into bowl. Place salt, soda, and dishwashing liquid into



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Balance Electrolytes for Better Health

Are you eating enough Salt?

Electrolytes are substances that contain free ions, or charged atoms, which allow them to conduct electricity within a medium, such as sodium, potassium, magnesium, chloride, and calcium.

Human beings cannot live without the correct balance of electrolytes in their systems. Therefore, electrolytes are one of the foundations of life.

The first thing that comes to my mind when a patient reports stiffness after lying down or sitting for a prolonged period is possible dehydration. When you move any joint in the body, it creates hydrostatic pressure in that joint. The movement of the joint releases a little water to lubricate it.

Often, when patients complain of still joints, they're not drinking enough water. Many times, simply increasing water intake cures their stiffness. However, dehydration stiffness is usually confined to the joints, not stiffness and cramps in the muscles.

Two "Oceans" of Electrolytes in Body. The human body is made up of about 70% water, and the brain is made up of 80% water. Water is distributed both inside and outside the trillions of cells in the body. The water inside cells is referred to as intracellular water. Extracellular water is found outside of the cells. One-third of the total body water is extracellular fluid while two-thirds is intracellular.

Sodium is the primary electrolyte in the extracellular ocean; potassium is the main electrolyte in the intracellular ocean. A proper balance between the intracellular and extracellular electrolytes is necessary for all life forms. When there is an imbalance in the intracellular and extracellular electrolytes, problems develop.

Edema or swelling, will occur when there is an imbalance in intracellular and extracellular water. One of the most overlooked causes of edema is electrolyte imbalance - specifically, too much sodium in the extracellular fluid. In these cases, diuretics can help because they cause the kidneys to release more sodium. However, long-term use of diuretics can lead to sodium deficiency. Long-term use of diuretics is also associated with a host of serious side effects such as diabetes, heart attack, mineral deficiencies, and dehydration.

Sodium is absorbed in the small and large intestines. Where sodium is absorbed, water follows, especially in the colon. Therefore, it is nearly impossible to treat or correct dehydration with water alone—you need sodium as well. Excess sodium is excreted by the kidneys and in sweat.

The reference range for sodium is listed as 135-146mmol/L. However, the optimal range for sodium should be more than 140mmol/L. After testing tens of thousands of patients, I have found that the vast majority of people are deficient, with levels below 140mmol/L. Rarely have I seen a patient who has a high sodium level. Unfortunately, sodium has been vilified by conventional medicine and the media.

We have been conditioned to believe that we should lower our salt intake in order to decrease blood pressure. However, studies do not show that lowering dietary salt intake will lower blood pressure significantly. In fact, lowering dietary salt to the levels recommended by the American Heart Association [AHA] could be dangerous.

The AHA recommends we "consume less than 1,500 mg/day. That is the equivalent of about one-half teaspoon of salt. No one can thrive on that little sodium, which is a vital, essential nutrient for our body. It drives energy-producing cells, helps nerves transmit impulses, improves muscle function, and holds water in the body. Furthermore, studies of low-sodium diets continually fail to show any great improvement in blood pressure, or any other health benefit.

A Cochrane Review of seven controlled trials found that salt reduction resulted in a reduced systolic blood pressure of just 1 to 4 mmHg. The authors noted that there was "...no strong evidence of any effect on salt reduction in cardiovascular disease morbidity in people with normal blood pressure and raised blood pressure at baseline." Another study

found low-sodium diets associated with a fivefold increase in the number of deaths. In addition, low-sodium diets predispose a person to deficiencies of calcium, magnesium, and potassium, and have been found to deplete B vitamins as well.

Reducing sodium intake to the level recommended by the AHA does not supply the body with enough sodium to function optimally. Ingesting that little sodium would trigger a stress response by the adrenal glands, releasing hormones such as rennin, angiotensin, and aldosterone. These hormones help the body absorb more sodium from the diet and also enable the kidneys to reabsorb more sodium from urine. What happens when these stress hormones are released? Cholesterol and triglyceride levels increase and blood pressure goes up. Insulin levels also rise.

The average American diet contains about 5 grams of salt per day. There is no need to reduce salt intake below this level unless you have kidney disease. In fact, because 9 to 18 mg of salt can be excreted by the kidneys each day, up to 100 grams of salt per day might not even be too much. I don't recommend eating that much salt. I do suggest using natural, unrefined salt that has a full complement of minerals.

Test Red Blood Cells for Potassium. Potassium is a major intracellular cation—a positively charged ion. The average human body contains 245 grams of potassium, about 95% of which is found inside cells. Potassium is found in a variety of foods, including: Avocados, Bananas, Cantaloupe, Leafy green vegetables, Mango, Melon, Papaya, Prunes, Winter squash, Yams. Nuts, legumes, seeds, and peanut butter are also good sources, and dairy products may contain some potassium. More than 85% of the potassium in food is absorbed.

Potassium is necessary for the contraction of smooth muscles as well as skeletal and cardiac muscle. It helps increase the excitability of nerve tissue, and is also important for regulating electrolyte and pH balance. Potassium also helps regulate the adrenal hormones.

Patients taking diuretics are often deficient in potassium, and are frequently prescribed potassium pills with the diuretic medication. Potassium deficiencies can also be common in patients who suffer with diarrhea or very loose stools. Too much potassium can occur in patients with kidney failure and result in arrhythmias that can lead to death.

Everyone should drink an adequate amount of water—your weight in pounds divided by two, in ounces. Having the proper balance of electrolytes in your system is very important. Eating a whole-food diet and ingesting unrefined salt—and avoiding refined salt—will go a long way to ensuring that you have the right nutrient levels.

Chloride Needed for Stomach, Lung Health. Chloride's negative charge neutralizes the positive charge of sodium. The average adult has about 105 mg of chloride. Most of the chloride we ingest comes from salt. A low-sodium diet would lead to a low-chloride diet. Chloride is needed to make hydrochloric acid in the stomach. In the red blood cells, chloride acts to help transport carbon dioxide, a waste product, to the lungs. Lowered chloride levels will impair this important process and can lead to seizures.

Do we eat too much salt? No. We eat the wrong salt. Salt comes in either refined or unrefined form. Refined salt contains 99% sodium and chloride, with a small amount of iodide added in. It also has toxic additives such as ferrocyanide and bleaching agents to make it white.

Unrefined salt is much lower in sodium and chloride—only about 93%. The rest is made up of more than 80 trace minerals, including potassium. Unrefined salt is a much better food source than the refined type. In fact, there is no place for refined salt in anyone's diet.

Most people should ingest at least a teaspoon of unrefined salt per day. If you exercise a lot or simply tend to sweat more, you may need more than just 1 tsp

If you are deficient of salt, you are likely to experience muscle cramps, particularly in your legs. When this happens, I tell my patients, "Keep taking more salt until the leg cramps go away."

Taken from Dr. David Brownstein's [M.D.] Natural Way to Health, Vol. 7, Issue 7. July 2014. Drbrownstein.newsmax.com

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Keeping Your Pets Cool in the Summer Heat



When most of us think of rabbits, images such as the Easter Bunny, Bugs Bunny or Jessica Rabbit come to mind. But did you know that rabbits can make wonderful pets, and many of the shelters right here in our community are housing them? Here are some of the top reasons you should

consider adding some bounce into your house.

First, rabbits combine the best qualities of cats and dogs. They are perfect for families who don't have time for walks and trips to the park, are very social and seek companionship just like dogs do. Rabbits, just like cats, can be trained to use the litter box very easily. It's the best of both worlds! Rabbits quickly catch onto household routines and interact well with humans, dogs, cats, guinea pigs, and birds, if introduced properly. They can learn their names and will respond when called.

Allergies are a common obstacle to families who want a pet in their home, but simply can't due to itchy skin or a case of the sniffles. The good news is that it is far less common for humans have allergic reactions rabbits. No need for Dramamine and allergy shots with a pet bunny.

Rabbits schedules are perfect for working parents because they are crepuscular, meaning they are most active at dawn and dusk. Wake



up with a bounce and come home to some bunny snugglin'. And don't fret about their lifespan, because they can live up to 10 years with proper diet and care.

Keeley Mangeno, a local pet advocate and proud owner of adopted rabbit Kannoli says, "I've had dogs all my life so I didn't know what to expect after adopting Kannoli from NYC's Animal Care & Control. I was pleasantly surprised at the silly and loving personality she has. She lives for human attention and interaction, and shows her joy by doing "binkies" which can be described as a bunny happy dance where they jump and twist in the air. Kannoli is the perfect pet and friend, bringing a constant flow of laughs and "awws" into my life."

Finally, perhaps the best reason to add a bunny to your home is because *they need rescuing too*. After dogs and cats, rabbits are the third most common animal found in shelters. A quick search on www.petfinder.com for our area generated 5,049 rabbits looking for a home.

If you decide to bounce on this opportunity, hop on over to Mike's Feed Farm to prepare your home for all things rabbit. Purina Rabbit Chow is available in small bags, 25lb and 50lb bags. Mike's is also stocked with affordable hay for their diets and ample chew toys for their growing teeth.. and yes... that selection includes toy carrots!



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Proper Cooking Temperatures

Cook food to a safe minimum internal temperature to destroy harmful bacteria. Meat and poultry cooked on a grill often browns very fast on the outside. Use a food thermometer to be sure the food has reached a safe minimum internal temperature.

MEATS Cook all raw beef, pork, lamb and veal steaks, chops, and roasts to a minimum internal temperature of 145 °F as measured with a food thermometer before removing meat from the heat source. For safety and quality, allow meat to rest for at least three minutes before carving or consuming. For reasons of personal preference, consumers may choose to cook meat to higher temperatures.

GROUND MEATS Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160 °F as measured with a food thermometer.

POULTRY Cook all poultry to a safe minimum internal temperature of 165 °F as measured with a food thermometer. **NEVER** partially grill meat or poultry

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CATHERINE FELEGI

Catherine Felegi is the founder and author of the blog Tea Love, a blog dedicated to all things tea-related. You can find this post and others on her page, <http://cafelegi.wordpress.com/>.



It's no secret – I love *Dr. Who*. Who wouldn't love a man flying to distant lands and times, getting into all sorts of adventures and saving the world, the universe, and even the galaxy one episode at a time?

Admittedly, I am a new-season fan and have not seen any of the original Doctors. But the ones that I have seen, I have fallen in love with each regeneration for their various quirks, comments, and odd behaviors. The Ninth Doctor and his obsession with both leather jackets and bananas. The Tenth Doctor with a love for foreign languages (*Allons-y!*) and 3D glasses. The Eleventh Doctor, a bumbling, goofy, childish regeneration that could not say no to a silly fez.

But the one thing that all the doctors have had in common is their love of a good cup of tea.

So, in honor of the *Dr. Who* season premier on August 23rd, we will talk about how to throw a proper tea party, *Dr. Who* style.

Ninth Doctor – Climb In Through The Window For The Tea Party.

The Doctor: Hello, I've come to see the Lord Mayor.

Idris Hopper: Have you got an appointment?

The Doctor: No, just an old friend passing by, bit of a surprise. Can't wait to see her face!

Idris Hopper: Well, she's just having a cup of tea.

The Doctor: Just go in there and tell her "the Doctor" would like to see her.

Idris Hopper: Doctor who?

The Doctor: Just the Doctor. Tell her exactly that, "The Doctor".

Idris Hopper: Hang on a tic. [*goes inside. There is the sound of a teacup smashing, and Idris returns.*] The Lord Mayor says thank you f-for popping by. She'd love to have a chat, but, um, she's up to her eyes in paperwork. Perhaps you would like to make an appointment for next week...

The Doctor: [*happily*] She's climbing out the window, isn't she?

Idris Hopper: Yes, she is.

Boom Town, Episode 1.11, June 2, 2005

In this episode, the Doctor is trying to catch one of his nemeses, an

alien Slitheen named Margaret Blaine, posing as the Lord Mayor who is willing to destroy planet Earth to obtain freedom. As you can see, she is not too fond to see the Doctor and even is willing to drop her cup of tea and try to escape through a window to avoid him. I would say to celebrate, to drop your tea cup and *then* climb out of a window, but then you would be wasting good tea, and no one wants any of that!

Tenth Doctor – Have All Attendees Wear A Dressing Gown.

The Doctor: Mickey, hello! And Harriet Jones, MP from Flydale North! Blimey! It's like *This Is Your Life!* Tea! That's all I needed. A good cup of tea. A superheated infusion of free radicals and tannin. Just the thing for heating the synapses. Now, first thing's first. [*to Rose.*] Be honest. How do I look?

The Christmas Invasion, Episode 2.1, September 29, 2006

In this episode, the Doctor just regenerated into his new form, David Tennant. In order to regenerate fully, he just needed a good cup of tea. However, during his regeneration, he remains in a dressing gown the entire time. Imagine a full-grown man, fighting off an evil alien race that is willing to kill everyone *in his pajamas*. Surely, this is a necessity for any *Dr. Who* tea party.

Eleventh Doctor – Have Lots Of Jammie Dodgers And Prank People With Them.

The Doctor: The question is, what do we do now? Either you turn off your clever machine or I'll blow you and you new paradigm into eternity.

Supreme Dalek: And yourself.

The Doctor: Occupational hazard.

Strategist Dalek: Scan reveals nothing; TARDIS self destruct device non-existent!

The Doctor: All right, [*takes a bite out of the 'self-destruct'*] it's a Jammie Dodger, but I was promised tea!

Victory of the Daleks Episode 5.3, April 17, 2010

In this episode, the Doctor is once again saving the world from his nemesis, the Daleks. In order to do so, he tries to persuade them that a sweet called a Jammie Dodger is in fact a self-destruct device for his space ship, his TARDIS. However, the Daleks see through his ruse, to which the Doctor cries out how he was promised tea when he boarded the Daleks' space craft. So go out with your Jammie Dodgers and see how many people you can persuade it is actually a self-destruct device (on second thought, probably *don't* do this. Try some other prank with a Jammie Dodger instead).

So go, have fun, drink lots of tea, and get ready to see what Peter Capaldi is going to bring to us as the new Doctor!

Understand your lens' true dimensions

P Unless you've paid for a high-end dSLR, or a professional camera such as the [Leica M9](#), your pocket snapper's sensor will almost certainly be smaller than a frame of 35mm film, the standard point of reference against which all focal lengths are measured.

T The 35mm in a frame's name actually relates to the space between the top and the bottom of the film strip, which as well as the frame itself also contains some border areas and the sprocket holes used to move the film through the camera. A 35mm frame is positioned lengthwise on this strip, with its shortest dimension – top to bottom – perpendicular to the film's direction of motion. As such, neither the height nor the width of the frame measures 35mm, but instead 24x36mm.

To understand how the stated focal length on any lens will affect the shot captured by your camera, you need to factor in the multiplier effect, which converts the size of your sensor to the size of that 35mm piece of film. The multiplier is often between 1.5 and 1.7 but varies between manufacturers and models.

So, if you're buying a lens for the [Canon EOS 600D](#) with its 22.3x14.9mm sensor you'd need to multiply the stated focal length of the lens by 1.6. This would make a 50mm lens, commonly used in portrait photography, act like an 80mm lens, thus increasing the effective zoom and narrowing the amount of the scene seen in each frame. On a [Nikon D5100](#), which has a slightly larger sensor (23.6x15.6mm) you'd need to multiply the lens' measurements by 1.5, in which case an equivalent 50mm lens would act as though it were a 75mm unit.





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

SAGE. As with many of the herbs that have been used in antiquity, Sage has its unique history. It was thought of as the herbal savior of mankind. As an indication of this, that has held over, is its Latin name "salvia" which means savior. Sage's reputation from the past has also come with it. It is considered a memory strengthener and the promoter of the growth of wisdom. It has been thought of as associated with longevity and as restoring failing memories of the elderly.

Among its many uses has been its abilities to slow down the secretion of fluids which reduces excessive perspiration (night sweats) and excessive sweating of menopausal hot flashes. Sage is known to be useful for nervousness, trembling and depression.

Additional uses of Sage is to be used as dysmenorrheal, as a natural deodorizer, from the inside out, it is used in dyspepsia and as a gargle for sore throats. Sage lowers saliva flow by its astringent action causing a drying up of the mucous membranes of the throat.

Sage was used by the American Indians as a salve which they mixed with bear grease and used for healing skin sores. They used its leaves to massage over their gums and teeth. In their baths the Indians used it for rubdowns and as an infusion.

Sage in its many uses has been used by some for epilepsy, sleeping problems, dysentery, seasickness, colds, worms and a variety of simple things. If they had a problem, and there was nothing else to use, Sage being common was around so it got used for whatever it might be, and surprisingly many times it helped and so the word got around and others used it.

- ◆ The volatile oils and tannins in Sage no doubt account for its ability to dry up perspiration. The oils have antiseptic, astringent, and irritant properties. This is what makes Sage useful in treating a variety of problems such as sore throats, mouth irritations, cuts and bruises.



- ◆ Experiments in 1939 showed it had estrogenic properties, which may have some connection to the herb's reputed ability to dry up milk.

- ◆ Safe infusions have been used to color silver hair, and as a hair rinse to help return hair to its original color.

- ◆ It is also useful to quiet the nerves, relieve spasms and expel worms from children and adults.

- ◆ Sage is credited with being a powerful antioxidant, it shrinks inflamed tissue and decrease perspiration, cleans old ulcers and sores.

- ◆ It is beneficial for mental exhaustion and strengthening the ability to concentrate. It improves memory and has been used to cure some types of insanity.

- ◆ Sage is used as a lotion to heal sores and other skin eruptions. It will stop bleeding from wounds and may be useful as a poultice for tumors.

- ◆ It has gained the reputation of promoting circulation to the heart.

- ◆ Sage is considered one of the best remedies for stomach troubles.

- ◆ Sage has even been employed as a spring cleaning, high mineral tonic herb, and as being effective to helping a weak digestion.

- ◆ It relieves the reaction to insect bites.

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

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

Dole Whip by Inez

I know that this is not an original Puertorican recipe but, I love pineapples and every time I go to Disney I have to have one of these!!!

- ◆ Dole Whip (Disney's original recipe)
- ◆ 2 cans (20 oz. each) DOLE crushed pineapple
- ◆ 2 tbsp. lemon juice
- ◆ 2 tbsp. lime juice
- ◆ 1/3 cup sugar
- ◆ 1 1/2 cups heavy whipping cream

How to make it

- ◆ Drain pineapple: reserve 2 tbsp. juice. Set aside.
- ◆ Place pineapple, lemon juice, lime juice, sugar and reserved pineapple juice in blender.
- ◆ Cover and blend until smooth.
- ◆ Pour into two 1-quart freezer zipped bags.
- ◆ Store bags flat in freezer.
- ◆ Freeze 1 1/2 hours or until slushy.
- ◆ Stir pineapple slush gently into whipped cream until slightly blended in large bowl.
- ◆ Return to freezer until completely frozen, about 1 hour and serve.



FRIDAY NIGHT FROLICS

School is 1 month away—Let's start filling our calendars up!

**FRIDAY, OCTOBER 3rd, 7:30-9:00PM
\$5 at door**

For 3rd, 4th & 5th Grade Riverdale Students
Games, Prizes, Music, FUN, Snack, Drinks & FUN!

MIDDLE SCHOOL MADNESS

**FRIDAY, OCTOBER 17, 7:30-9:00PM,
\$5 at door**

For 6th, 7th & 8th Grade
Riverdale Students
Games, Prizes, Music, MAD FUN, Snacks,
Drinks & More MAD FUN!
Let the Madness Begin!!

KIDS CARDIO BOXING



Grades 3-8
Thursdays 4:00-5:00 pm
8 Sessions—\$48
WALK-INS \$8
Starts September 11th

*This class combines boxing drills
and skills on focus mitts along with a
cardio workout. Each class ends with
an active group game.*

Instructor-Jennifer
busybodiesRfit@gmail.com to register

Kid's Oil Painting



**Saturday—Aug 2
11:00am—5:00pm**

(4th Grade to 18 years old)

*All Supplies Included
Go Home with Finished Painting!*

\$45/Per Student (Payable day of class)
Sign Up: (973) 706-6471 Leave Message

QUESTIONS OR COMMENTS:

JUNE CARELLI, RIVERDALE FACILITIES DIR

(973) 706-6471 OFFICE OR JCARELLI@RIVERDALEBOROUGH.COM

TOT'S TOUR THE WORLD!



At Glenburn House

**Starts: Monday—Sept 8
12:00pm (1 Hour)**

18 Months to Age 4

1st Day is \$5 Intro Class!

SIGN UP IN ADVANCE—(973) 706-6471 (Leave Message)

This is an imaginative traveling program. A Travel Guide (aka—Teacher) takes students on a tour of the world to experience new cultures with choreographed dance, fitness, yoga, music & language. For example, Aloha Boys & Girls, welcome to Hawaii! Today we will sing, dance & explore the culture & traditions of the Hawaiian people. Did you know that one of the most popular sports in Hawaii is surfing? Let's hop on our boards and surf through the waves in the Pacific Ocean. What do you see in the water? What colors are the fish?

**WALK-INS
KIDS
CENTER
YOUTH
MUSIC**

**WALK-INS
KIDS
CENTER
YOUTH
MUSIC**

COMMUNITY CENTER ACTIVITIES

EXERCISE...EXERCISE...EXERCISE

Walk-In!

MONDAYS Zumba Toning, 7:30pm
Hula Hoop, 6:30pm

TUESDAYS Zumba Gold, 10:00am
Zumba, 7:30pm

WEDNESDAYS Hula Hoop Fitness, 7pm

THURSDAYS Zumba, 7:00pm

SUNDAYS KettleBell Fitness, 9am

Payment Due At Class \$6/Class (KettleBell \$7/Class)

OIL PAINTING CLASSES



Wednesday—August 13 /
6:00—9:00pm (\$45/Class)

Saturday—August 16 /
11:00am—5:00pm (\$35/Class)

ALL Supplies Included.
Go Home with Finished Painting!

Sign Up—(973) 706-6471
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GLENBURN EVENTS

GLENBURN HOUSE, 211 HAMBURG TURNPIKE



YOGA

THURSDAYS 7:30 pm

Walk-ins Welcome!

Classes END August 21st

(Instructor Chris is not continuing after August)

FARMER'S MARKET

EVERY TUESDAY

2:30—7:30pm

Glenburn Gravel Parking Lot

RECREATION NEWS



Follow us @Riverdale Rec

riverdalerec@gmail.com



"LIKE" us at Riverdale Recreation



Riverdale Recreation is once again
offering discounted tickets

Just visit www.dorneypark.com/riverdalerecdept
to purchase tickets

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Anyone 48" or taller in shoes \$38.00 each
Anyone age 3 or older, under 48" tall in shoes \$29.00 each
Anyone 62 years of age or older \$29.00 each

Purchase tickets at your convenience!

Questions? email riverdalerec@gmail.com



ADULT COED SOFTBALL

Thursdays through Labor Day weekend
6:00pm at Riverdale School Fields.

*Open to men and women who just want
to come out and have fun playing
softball.*

To sign up – email
riverdalerec@gmail.com
or just show up.

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

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