

RIVERDALE NEWS & EVENTS

News for and about the residents of Riverdale

August 2015

Volume 10 Number 8



William Bowersox

50 Years of Service - Riverdale Fire Department

William Budesheim, Editor
Lori Clinton, Associate Editor

Columnists

- Hailey Coonrad
- Rob Errera
- Catherine Felegi
- William Lango
- John Morley
- Elaine Peacock
- Don Pruden

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Mayor William Budesheim's



BEHIND THE SCENES Report

We are now entering into the final month of the summer.

Krista Osborne's Recreation Department has just wound up the annual five week Riverdale Summer Camp, one of the most comprehensive programs in the area.

The camp presents various opportunities to many in town. First of all, it provides structured activities for the youths, it gives a number of teenagers a summer job training them in dealing with young people and exhibiting leadership, and it is peace of mind for those families with working parents.

The Summer Concerts in the Park Series is half way through the program. This year's selection is much improved over the previous few years and the crowds have been coming back. Each week there is a different organization set up to promote their cause, receive donations or conduct a 50/50 fund raising raffle. The first week we had the Blue Star Mothers followed by the Riverdale PTA. The last two weeks will see the Riverdale Fire Department and the Pompton Lakes-Riverdale First Aid Squad. Please come out to enjoy the good music with your neighbors and support these community organizations.

lamps laying on their sides in the coming weeks, don't be alarmed. We have actually witness one of them just topple into the street with no one touching it. Upon inspection we discovered that the bolts anchoring them posts are "rotting" resulting in them falling down. We are in the process of redoing the anchors to assure the safety of the residents.

The new dormers have been constructed on the Library roof. This should finally alleviate the rain water pouring in during heavy rains. Thank you, Councilman Garrett Astarita for seeing it through.

Finally, it appears that we are about to acquire the much needed and anticipated additional sewer allocation. Letters informing the residents on those streets first in line for construction have been sent out. If your street doesn't have sewers and you are interested, please contact me and we will see if it is possible to make it reality for you. I am in the office every day to assist you.

Have a great and safe rest of the summer.



William Budesheim

Mayor William Budesheim

If you witness the decorative street

Announcements

Happy 18th Birthday, **Tyler Soto**, on August 13. We love you very much! Love, Dad, Mom, Joseph, Ryan, & Matthew! XOXOXOXO

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



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

The Seniors' Corner



The July 6th meeting of the Riverdale Seniors was opened by **President Dorothy Bowersox**, who welcomed back several members who were ill. **Chaplain Elaine Peacock** then read an Independence Day tribute "I Am the United States". The flag salute and club pledge followed, along with the singing of "My Country 'Tis of Thee". **1st Vice-Pres. Grace Chiesa**

reported on cards sent to ill members. She announced the July birthdays, read a birthday poem, and they received a "Happy Birthday" song. Secretary and Treasurer reports were presented.

President Bowersox introduced **Krista Osborne** of the Recreation Dept., who spoke about the upcoming concert series to be held in Freedom Park at 7:30 p.m. There will be four Thursday night concerts – the last two weeks of July and the first two weeks in August. **Gerry Mahler** reported in detail about the upcoming library events. **Lorrie Van Ry** announced the date of our Christmas Luncheon to be held at the Regency with the same entertainer as previously.

Trip coordinator **Warren Sheps** passed around sign-up sheets for an August Paddle Boat Trip with a buffet luncheon aboard the River Belle in Point Pleasant. He also reminded that he also has a sign-up sheet for the "Oktoberfest" Trip in Pomona N.Y. They both sound like lot of fun!

President Bowersox advised members to look out for the recent letter informing Riverdale residents that the delivery portion of our J.C.P. & L. electricity will be handled by Morris Area Energy Cooperative. You are automatically enrolled unless you opt-out by July 30th by sending in the form enclosed or calling the number provided. One of our members raised her hand and complimented the president, saying that she learns more about what's going on in the community by coming to our meetings.

The meeting was closed, the raffle conducted and jokes told.

Don Anthony, a singer and guitarist entertained us with familiar songs, and audience participation. Refreshments were served and Bingo played.

The second meeting was held on July 13th, and conducted by **President Bowersox**, who was happy to see such a nice turnout on such a hot day. She also read a lovely poem. **Chaplain Elaine Peacock** read an appropriate piece titled "Summer Time", followed by the flag salute and club pledge. **Grace Chiesa** reported on ill members and asked that she be informed prior to the meetings of anyone that is ill, so that she can send them a card.

Secretary Jean McMichael read the minutes of the previous meeting. When asked, she told us that an up-dated address and telephone number list of members is ready to be printed. **Treasurer Laura La Rosa** delivered her report.

Dorothy reminded us again of the July 30th date to opt-out of the Morris Area Energy Cooperative delivery portion of our electric bill, and the meeting this week regarding the Quarry. She hopes that everyone will enjoy the special "huge" apple-crumble cake from the Packanack Bakery, which was purchased for this meeting. Also, sign-up sheets are being passed around for those attending our BBQ Picnic at our August 3rd meeting, and also for our Christmas Luncheon. Dorothy also mentioned that if anyone didn't receive the recent photo-size pictures of the members, she will get them for us. As we didn't sing our usual song at the opening of our meeting, because of the recent incidents in our country it was suggested that we sing "God Bless America".

Warren Sheps reminded that payment is due at the next meeting for the Paddleboat Trip, and sign-up sheets are available for both that and the "Oktoberfest" Trip. **Pat Lytle** informed us that the plaques with the names of the recently deceased members have been placed on the wall.

The meeting was closed, the raffle conducted, a few very funny jokes told, Bingo played, and we had time to socialize and enjoy the delicious cake.

*Respectfully submitted,
Kay Boucher*

Deliciously Mouth Watering Pork Chops and Red Potatoes

Ingredients:

- 4 bone-in pork chops
- Italian breadcrumbs
- 2 eggs
- Salt & Pepper
- 6 red potatoes
- Olive oil
- Italian seasoning
- Garlic powder
- ¼ Butter melted



Linda Vogel, Librarian

Directions:

Heat oven at 350. Add melted butter, ¼ olive oil, salt, pepper, garlic powder and Italian seasoning in a bowl. Clean potatoes and cut into wedges. Add potatoes to mixture and toss. Put into baking dish and cook for about 45 min. until potatoes are soft.

In a bowl mix eggs, salt and pepper together. Add breadcrumbs to another bowl. Take one pork chop and dip into egg mixture on both sides than into breadcrumbs on both sides. Continue with the other pork chops. Heat large skillet on stovetop with olive oil. Add pork chops and cook on both sides for 10 to 15 min. on both sides until pork in no longer pink or juices run clear.

FARMERS MARKET

EVERY TUESDAY

2:30 - 7pm

June - October

Glenburn

211 Hamburg Turnpike, Riverdale

 Riverdale Land Conservancy, Inc.



BY and LARGE

SEA & SAND

By Elaine Peacock



Of course the number one summer destination is the Jersey Shore. On the coldest winter day our day dreams always picture ourselves sinking our toes in the warm sand and feeling the ocean waves roll up over our feet. The sounds and smells of the Jersey Shore bring back childhood memories and create lots of new ones.

Hot dogs, cotton candy, snow cones and lemonade make a walk on the boardwalk even more special. The sounds of the games of chance and the thrill of winning that stuffed animal. Summer is the season to slow down and savor all that summer has to offer and spend quality time with family and friends the time that that gets lost in the busy lives we lead the rest of the year.

Enjoy your summer every one and remember, if you are in Wildwood to "watch the tram car please."

Oven Mitts for Your Car.

When it's time to retire your oven mitts because they're covered in stains and burn marks, don't throw them away. Save them for use with your car. Oven mitts are great to use when handling hot engine parts or even as a washing mitt.

Coffee Can Lids.

Instead of throwing away the lids to coffee cans, use them as a washable alternative to parchment paper. Place them between slabs of burgers in the freezer or use them to set things on in the microwave while you're heating them up.

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.**



NO PARKING RULES

December 1 begins the no parking on the borough streets from 12 midnight till 6 AM



No Parking on borough streets when snowing or when streets are snow covered.

Under state law **NO PARKING:**

- ◆ Within an intersection
- ◆ On a crosswalk
- ◆ In front of a driveway
- ◆ On a sidewalk
- ◆ Within 50 feet of a stop sign
- ◆ Within 25 feet of an intersection
- ◆ Within 10 feet of a fire hydrant

Riverdale Food Pantry

Thank you for your generous and continued support.

This Month's Shopping List

- ◆ Pasta and sauces
- ◆ Rice, Potato Flakes
- ◆ Children's Juices & Snacks
- ◆ Cheerios & Rice Krispies
- ◆ String Beans & Peas
- ◆ Peanut Butter & Jelly
- ◆ Pancake Mix and Syrup
- ◆ Canned meat and soup
- ◆ Paper towels-Tissues-Napkins
- ◆ Dish & Laundry Detergents.



Volunteers are always welcomed. Service is one to two hours per month at 10 am on Tuesday or 9 am Saturday. If interested, please call Linda Roetman at the Borough Hall (973) 835-4060.

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**.



Credit Card Payments

Welcome to Riverdale Borough's Pay On Line Service

- ◆ Property Taxes
- ◆ Water and Sewer Bills
- ◆ 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
- ◆ Exercise Classes
- ◆ Recreation Programs
- ◆ Community Center Rentals
- ◆ Glenburn Estate Rentals

Shower Curtain Liner. When it's finally time to replace your shower curtain liner, keep the old one and use it for a drop cloth while painting or doing art projects.



Movie Trivia

CADDYSHACK 1980

- ◆ The movie was inspired by writer and co-star Brian Doyle-Murray's memories working as a caddy at a golf club. His brother Bill Murray and director Harold Ramis also worked as caddies when they were teenagers.
- ◆ The famous scene that begins when Ty Webb's golf ball crashes into Carl Spackler's ramshackle house was not in the original script. It was added by director Harold Ramis after realizing that two of his biggest stars, Chevy Chase and Bill Murray (who did not get along due to a feud dating back to their days on Saturday Night Live (1975)), did not have a scene together. The three met for lunch and wrote the scene together. Although it has nothing to do with the plot, it is widely regarded as the funniest scene in the movie. This is the only time that Chase and Murray have appeared in the same scene together.
- ◆ Bill Murray improvised the scene with Peter Berkrot in which Carl holds a pitchfork to Angie's throat. According to Berkrot, he was genuinely nervous during that scene because the pitchfork was real.
- ◆ Harold Ramis wanted to use Pink Floyd to write music for the film, but couldn't get them. After an audition, Kenny Loggins came up with the famous theme song for the film, "I'm All Right" and played it for the producers and got the job. Johnny Mandel, who wrote the film's musical score, was also hired immediately afterward.
- ◆ Ted Knight's final movie.
- ◆ Carl Spackler was originally a silent character in the script inspired by Harpo Marx. But after Bill Murray was cast, Harold Ramis encouraged Murray to speak and improvise.
- ◆ In the scene where the Bishop (played by veteran actor Henry Wilcoxon) is having his best round of golf ever during a thunderstorm, he misses an easy putt, looks skyward and yells "rat farts!", and is immediately struck down by a bolt of lightning. The background music in this scene was from Cecil B. DeMille's classic The Ten Commandments (1956), in which Wilcoxon played the part of Pentaur.
- ◆ A big hill was built from scratch for the climactic 18th hole scene because the country club did not want their course blown up. They used too many explosives, which completely destroyed the hill and caused planes flying by to report the explosion as if a plane had crashed there.
- ◆ The rowdy, improvisational atmosphere around the filming, created by Harold Ramis, Bill Murray, Chevy Chase, and Rodney Dangerfield, didn't sit well with all the members of the cast. Ted Knight, widely regarded as a very nice man, got fed up with the constant shenanigans. Initially, Murray's, Chase's, and Dangerfield's roles were to be cameo appearances. But their deft improvising caused their roles to be expanded much to the chagrin of Scott Colomby and some of the other cast members whose roles were reduced as a result.
- ◆ An interviewer once jokingly asked the real Dalai Lama about Caddyshack. He denied seeing the movie, but then slyly muttered "gunga galunga."
- ◆ Bill Murray filmed all of his scenes, including the famous scene with Chevy Chase, in six days. (Many people expected them to have another confrontation as they had had during Chase's return to Saturday Night Live years before. They were professional and didn't show any signs of their alleged previous feud.)
- ◆ Don Rickles was originally considered for the part of Al Czervik.
- ◆ According to the original script and specials on the making of the movie, the character Maggie is an exchange student from Ireland. This explains her thick accent which goes unexplained in the final movie.
- ◆ The gopher sequences were written and filmed after most of the movie was shot. Originally, director Harold Ramis wanted to cast a live animal to play the gopher. When that did not work out, the animatronic gopher and its tunnels were built by John Dykstra.
- ◆ The noises that the Gopher makes are actually vocalized by a dolphin, and the dolphin sound effects used are the same ones that were used for Flipper (1964).
- ◆ While filming, there were a lot of planes flying overhead, which interfered with shooting the golf scenes and caused continuity errors in the dialog tracks that would require looping. John Murray, Bill's younger brother was the one on set everyday to alert director Harold Ramis and the shooting crew to stop filming while the planes flew by.
- ◆ Cindy Morgan took swimming lessons before filming. For the pool scene, Morgan couldn't wear her contact lenses and had to be assisted to go on the diving board, since she was legally blind without them.
- ◆ Rodney Dangerfield hired singer and golfer Don Cherry to teach him to golf for this film. Don was a regular headliner in Las Vegas and lived near Dangerfield. In addition to his singing, Don was a very well known-professional golfer.
- ◆ The song being played by the musical horn on Al Czervik's Rolls Royce is "We're In The Money"
- ◆ Dr. Dow in his only onscreen acting appearance as Mr. Wang, is actually a retired college professor in real life.
- ◆ Harold Ramis based the character of Carl Spackler on the first actor to be filmed in the role who was a shell-shocked war veteran. He couldn't remember his lines or act, so Murray replaced him.
- ◆ The second story of the clubhouse was fake. It was only added for the movie and was empty inside.
- ◆ As Carl Spackler is working on his plastic explosive animals, bags of Milorganite are seen stacked behind him. Milorganite is an actual fertilizer produced by the Milwaukee (WI) Sewerage Commission and consists of the dried microbes left after human waste and other sewage is processed. Contrary to popular belief, it does not contain any actual fecal matter. It is extremely popular among lawn-care professionals (such as golf course greenskeepers) and is produced and sold to this day.
- ◆ The character of Lou, played by the film's co-writer Brian Doyle-Murray, is the only one to actually say the word "caddyshack".
- ◆ Premiere voted this movie as one of "The 50 Greatest Comedies Of All Time" in 2006.
- ◆ After the filming ended and the rough-cut came in, it was too long, and over two hours had to be cut. This also included key parts of the main plot, and the film made no sense, so more money had to be spent on a mechanical gopher to add extra comic relief and to tie the picture together, and an ending had to be filmed (with an explosion!)
- ◆ While the movie was filmed in Ft Lauderdale, FL the country club was supposed to be located in Nebraska. In preparation for filming certain scenes they spent many days spraypainting the grass blue around the clubhouse.
- ◆ Sarah Holcomb retired from acting after this film.
- ◆ The song Rodney Dangerfield plays on the radio attached to his golf bag is "Any Way You Want It" by Journey.
- ◆ Ranked #7 on the American Film Institute's list of the 10 greatest films in the genre "Sports" in June 2008.

ENHANCE YOUR CHILD'S PERFORMANCE

Give your child every advantage, in the classroom and on the sports field.



All of your child's abilities, whether academic or physical, come through their nerve system.

Everything they learn is experienced through their nerve system.

- Your child's spinal cord is key.
- Your child may have Spinal Subluxations - spinal bones just slightly misaligned because of falls, twists, or sports activities, causing interference to the flow of nerve messages along their spinal cord.
- Spinal Subluxations often **DO NOT** hurt. Yet they impair spinal cord nerve message transmission.
- Correcting Spinal Subluxations can often enhance performance, reflexes, cognition, and attention span, while also raising resistance to colds, ear infections, and other childhood conditions.

Have your child checked **TODAY** for Spinal Subluxations.

Only chiropractors are specifically trained to detect and correct Spinal Subluxations.



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(regularly \$125 and up)

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and follow-up Report of Findings.**

Call Today!

*If necessary

Heat Stroke

Avoid Getting Burned

If the nice weather has you clamoring to go outside, be careful. Summer brings not only much-welcomed warmth but also the increased risk of heat stroke.

What is Heat Stroke? Heat stroke is the most severe form of heat injury. It's caused by prolonged exposure to high temperatures. Heat stroke is a medical emergency. Symptoms:

- Dizziness
- Rapid, shallow breathing
- Lack of sweat

Who's at Risk? Anyone exposed to a hot environments is at risk, as is anyone participating in physical activity. According to the Centers for Disease Control and Prevention, heat stroke is more likely to occur in people not used to high temperatures.

What Can You Do? To help prevent heat illnesses, do the following:

- Avoid restrictive clothing
- Drink water regularly
- Wear sunscreen



Skin Cancer: What You Should Know

As more people head to the beach or pool to cool off from the summer heat, it's important to stay mindful of sun protection. According to the Centers for Disease Control and Prevention, skin cancer is the most in the United States, and extensive sun exposure is a leading cause.

Take the following precautions to protect your skin. First, always use sunscreen if you plan to be outside for a while. The CDC recommends using a sunblock with at least an SPF of 15. Protective clothing like hats can be a big help, too.

Fortunately, skin cancer is easily detectable. Performing a self-exam regularly is critical to early detection. Look out for the following irregularities:

- New skin growths
- Changes in existing ones
- Open sores

Atlantichealth.org

Craft Show

Crafters & Vendors Wanted

August 9

9 am - 4 pm



Candles, Jewelry, Dog Crafts, Motorcycle Jackets, T-Shirts, Henna and so much more.

Glenburn

Still accepting applications for the Craft Fair. Please email Pam Sylvestri at lovinhome123@optonline.net for more information.

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Question

A man left \$100 to be divided between his two sons, Ben and Jerry. If 1/3 of Ben's legacy be taken from 1/4 of Ben's, the remainder would be \$11. What was the amount of each legacy?

Answer P. 21

Did You Know?

- ♦ The Hundred Years War lasted 116 years.
- ♦ Six people can feast on one scrambled ostrich egg for breakfast.
- ♦ Shirley Temple was the original choice to play Dorothy in *The Wizard of Oz* but the child wonder's studio, 20th Century Fox, wanted too much money so MGM decided to go with Judy Garland.
- ♦ Buddy Ebsen was selected to be the Tin Man in *The Wizard of Oz*, but had to turn down the role when he suffered a collapsed lung from inhaling metal dust in the costume.
- ♦ In 1911 a West Point applicant flunked his physical, so the military school granted admission to the next candidate - Dwight D. Eisenhower.
- ♦ The world's biggest clams weigh almost 500 pounds.



TODAY'S MINOR INJURY IS TOMORROW'S MAJOR INJURY WAITING TO HAPPEN.

Flexibility could be considered one of the main indicators of our health. At birth and in our youth we are extremely flexible. As we age we tend to gradually lose flexibility. Any loss of motion is also a loss of function and therefore results in a loss of health. These restrictions may occur on a very small level at first for example as a result of a minor strain or catching an elbow or knee in the meaty part of a muscle. Typically this small injury continues to spread and intensify, gradually adding up to further restriction of the joint. Additional injury frequently occurs when we are pushing the newly restricted limit of muscles, tendons, ligaments and joints. Suddenly we notice we can't do what we used to be able to do and we don't know how that happened.



These restrictions can be a result of repetitive motions done hundreds or even thousands of times a day like typing, kicking a ball, running or even walking—especially if we have fallen arches. The other most common method is traumatic injury like a deep muscle bruise or a strain of a joint. Typically a truly healthy joint does not have restrictions and as such can absorb some abnormal movement before becoming injured however most joint injuries occur to previously "tweaked" joints. A small, minor injury creates a minor malfunction and an environment that is susceptible to injury which in turn leads to a more vulnerable joint. In turn that joint becomes more likely to a more significant strain/sprain type of injury.

Dr. Hailey Coonrad, DC; Valley Natural Health; Paramus;
www.valleynaturalhealth.com

Who Knew?

- ◆ Always add a cup of salt to the washing machine when laundering new towels. The salt will set the colors so the towels won't fade as quickly.
- ◆ To clean a stained glass vase, fill it with water and drop in a fizzing antacid tablet.
- ◆ Need to wash your sheer curtains but hate the thought of ironing them afterwards? Simply dissolve a packet of clear gelatin in the final rinse when laundering, and hang them up damp afterwards. The gelatin removes almost all of the wrinkles.

Neighbors in Nature

by award-winning photographer and Riverdale resident, Don Pruden

This year our seasons and durations have been strange. Spring seemed to get held up and then we exploded into hot summer. Things matured suddenly and now some of my wild plants have formed seed pods that one usually did not see until late September.

I also had an unusual pest invade my Tiger Lilies. Occasionally I had noticed some interesting beetles on the plants and they were very photogenic, about half an inch long and a bright scarlet body and a small black head and black antennae and legs.



This type of lily reproduces by forming small shiny black bulblets right where the leaves attach to the plants main stem. In the fall, the bulblets drop to the ground and in the spring root and become new plants.

Then I noticed that some of the black bulblets seemed to move! In fact they did move and they were not bulblets, but a black goo covering a grub-like insect larva. I now believe the insect grub eventually emerged as that shiny scarlet beetle. I have yet to identify the larvae in the black goo, nor show that they mature as those shiny scarlet beetles, nor have a cure for the black gooey invaders.

In the fall when our Center for Lifelong Learning hiking group gathers, I'm sure I will be enlightened about my invaders.

Nature has numerous ways of protecting its creatures. I once noticed what appeared to be white bird droppings on some dogwood leaves. But some of these droppings were moving uphill. Inside was an insect larva and the white "bird dropping" was its disguise. It was a saw fly larva.

An evergreen tree by our community center was invaded by a "bag worm". This is a moth caterpillar that spins a silk bag around itself, attaches green needles from the tree to this surface and then crawl around in this bag eating the rest of the needles on the tree. One female bag worm can lay enough eggs on the tree that when hatched can destroy the entire tree. Thanks to our DPW experts, that tree was saved just in time!



Riverdale Recreation Swim Classes at Valley Spring Lake (currently The Grande).

Instructor:

Carol Weaver

Students:

Jennifer MacAteer

Brenda Mitchell

Beth Pellington

Valerie Sands

Sue Pennington

Mary Wisniewski

Elizabeth Graham

Laurie Fritz

Diane Grimm

Photo from 1966

Works on every stain I've tried it on !!!

The ultimate stain remover that actually works on a seriously set in stain! Never buy oxyclean again!

The mixture is:

- 1 tsp. Dawn dishwashing detergent
- 3-4 tablespoons of hydrogen peroxide
- couple tablespoons of baking soda.
- Scrub on with a scrubbing brush



Need to do some heavy duty floor cleaning? This is GREAT!

ONLY use this and it leaves floor spotless. (Heavy duty floor cleaner recipe:

- 1 cup white vinegar
- 1 tablespoon liquid dish soap
- 1 cup Super Washing Soda
- 2 gallons tap water, (very warm.)



It leaves everything smelling amazing.

NEVER BUY JEWELLERY CLEANER AGAIN!

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



Directions:

1. Heat water in the microwave for 1 or 2 minutes.
2. Cut a piece of aluminum foil that roughly covers the bottom of a small bowl (like a cereal bowl).
3. Pour hot water into bowl. Place salt, soda, and dish-washing liquid into 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.
4. According to wire-sculpture.com, "this works well for gold-filled, brass, German (nickel) silver, and sterling silver. I have even cleaned jewelry with freshwater pearls, shell cameos and mother of pearl with no problem."

Watermelon Lemonade

Ingredients:

- 4 cups watermelon, chopped
- 1 cup sugar or sugar substitute
- 1 1/2 cups fresh lemon juice
- 6 cups cold water



Directions:

Place watermelon in a blender; process until smooth and set aside. In a large pitcher, combine sugar and lemon juice; stir until sugar is dissolved. Stir in water. Add watermelon; mix well. Serve very cold; stir well before serving.



Homemade
Ice Cream

www.curlyoicecream.com
30 Route 23 North Riverdale~973-839-0198



Our Menu

- Homemade Ice Cream
- Nonfat Frozen Yogurt
- No Fat No Sugar Ice Cream
- Homemade Italian Ice
- Novelty Desserts

Ice Cream Cakes for Every Occasion

All menu items are always made fresh on the premises

Save \$2.00 Off Any Size Ice Cream Cake

One coupon per customer

Not valid with other offers

Expires 8/31/2015

Gift Certificates Available



Granpa's Old Fashioned Know How

MAKING PAPER AS SOFT AS CLOTH

You will need the following ingredients:

- 1 Pint of glycerin*
- 10 Parts of cool tap water*

Place the water in a glass container and stir well to dissolve the glycerin. Dip the paper in the solution, then remove it and let it dry. When dry, the paper will be as soft as a piece of cloth.



Fire Chief Dan Sturm



Millions of us enjoy warm weather every year by swimming in our backyard pools and relaxing in hot tubs. Tragically though, over 200 young children drown in backyard swimming pools each year. The American Red Cross suggests owners make pool safety their priority by following these guidelines:

- Secure your pool with appropriate barriers. Completely surround your pool with a 4-foot high fence or barrier with a self-closing, self-latching gate. Place a safety cover on the pool or hot tub when not in use and remove any ladders or steps used for access. Consider installing a pool alarm that goes off if anyone enters the pool.
- Keep children under active supervision at all times. Stay in arm's reach of young kids. Designate a responsible person to watch the water when people are in the pool—never allow anyone to swim alone. Have young or inexperienced swimmers wear a U.S. Coast Guard-approved life jacket.
- Ensure everyone in the home knows how to swim well by enrolling them in age-appropriate water orientation and learn-to-swim courses from the Red Cross.
- Keep your pool or hot tub water clean and clear. Maintain proper chemical levels, circulation and filtration. Regularly test and adjust the chemical levels to minimize the risk of earaches, rashes or more serious diseases.
- Establish and enforce rules and safe behaviors, such as “no diving,” “stay away from drain covers,” “swim with a buddy” and “walk please.”

Ensure everyone in the home knows how to respond to aquatic emergencies by having appropriate safety equipment and taking water safety, first aid and CPR courses from the Red Cross.

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- If so, you can help support our local library without it costing you a cent!
- When you go onto Amazon.com sign into “**Amazon Smile**” and under Search, type:
The Friends of the Riverdale Library, Inc.
- Save this charity and on all purchases the Friends will received 5% of your purchase!! This is a great way to help us provide programs and ‘wish list’ items for the library.
- If you wish to contact the **Friends of the Riverdale Library** we have a new e-mail address:
FriendsOfTheRiverdaleLibrary@gmail.com.

Technology Doesn't Just Work and Friendships Require Effort

We probably have all used a computer or some sort of electronic device during one part of our day or another but do we expect it to just work every time. Whether it's a computer, a push to cross button, smart push to start in our car, TV Remote, Smart Thermostat, proximity access card /fob or even the send/dial button on our phone we have absolute confidence it will elicit the desired result every single time. What if we pressed that button and the desired result didn't happen; would we press it again, would we wait for a while and try again later, would we believe that the button will never deliver the results we expect ever again. Buttons that cause technology to be delivered are conditional as well as friendships except the conditions required are not in software or hardware.

Whether it's a computer, smart phone or other technology device they all require five things for operation: 1) **A Power Source**: (ie a battery, solar, A/C) 2) **Input Device**: (something gathered to apply to a system: mouse, keyboard, touch screen, etc.) 3) **Output**: (result sent back from a system: i.e. display, printer, etc.) 4) **Program**: a sequence of instructions or algorithm sent to a processor to run. 5) **Processor**: Part of the computer required for performing logic operations and manipulating data from a program.

Should any one of these elements above be missing than the system will either not function or break down during program execution. If there is no power source; than the unit will not be able to turn on or function. Should there be no input then program will keep waiting as it has nothing to process. Thus if there is no output device the result will be prepared but never delivered. Should no program exist; than the system will just sit and do nothing as that's all it knows. In the event of a processor missing and error during program execution will occur since there will be no venue to calculate logic and or manipulate data and the program will end prematurely.

Friendship; a priceless, pleasurable gift that may appear unconditional on the surface but a few requirements must be met to keep this special exchange going one has to be: 1) **Trustworthy**: (when one believes the other is good, honest and has the other person's best interest in mind) 2) **Supportive**: (a true friend will help you through whatever challenges you are going through without being judgmental) 3) **Loyal**: (sticks by your side in the good times and bad) 4) **Respectful**: (treats you with value, importance, high regard) 5) **Good Communicator**: (he/she is good listener, makes sure you understand their words, if there is a misunderstanding it gets resolved as soon as its detected).

Just like with technology if anyone of the conditions or traits disappear from either friend than the friendship will fall apart quickly or slowly diminish. Should one stop being trustworthy than the other will doubt their intentions and cause ill feelings. If one doesn't have the time to be supportive or is judgmental the other will see them as someone they are now uncomfortable with. Often times some lose their loyalty because they find it too hard or requiring too much work and thus creating ill feelings. Respect, a trait that has to be present to build a deeper friendship or all efforts will be lost in the wind no matter how wonderful they seem.

If you have no power; you have no action; and if communication is not open than you have a dead end street to someone who will just use you for their convenience. Technology challenges can be fixed; however to reestablish solid bonds issues between human beings require much more time, energy, patience and dedication.

Thus the next time you pick up that remote control, push that button; take time to appreciate all the things that have to be present for your seemingly simple task to be completed. Now the next time you meet someone realize that friendships are the most magical and rewarding things on this earth if you just put a little effort into them and give them a chance.



Engineering Technology to Grow your Business!

Things That Never Actually Existed

ANTI-GRAVITY CHAMBER. Maybe some of the more science-savvy skeptics already knew this was made up, but most people still seem to believe anti-gravity chambers on Earth can and do exist.



Unfortunately, no such technology exists at this point that can neutralize the force of gravity. For the purposes of research, scientists are indeed working on ways to simulate the conditions of space including weightlessness. This is

extremely important for the advancement of technology that would allow astronauts to live in space without severe health issues.

The only current way to simulate weightlessness with Earth's atmosphere is by hitching a ride on a plane that uses very specific parabolic maneuvers. When the plane is facing downwards, the passengers are able to float for a mere few seconds.

BETTY CROCKER. When you bite into a deliciously moist piece of Betty Crocker fudge brownie, you can almost feel ol' Betty right beside you whipping up a fresh batch. The only problem is Betty Crocker was never a real person. The prominent image



of Betty Crocker was created by Marjorie Husted as a campaign for the Washburn Crosby Company. The first name was chosen because it sounds wholesome and American. Crocker derives from the name of one of the company's directors, William Crocker.

Betty Crocker became an icon across all major mediums from radio to television. Starting in the 1920s, Betty Crocker had radio programs that were voiced by Agnes White through the early 1950s, followed by television appearances played by Adelaide Hawley Cumming for years to come.

THE TROJAN WAR. We've all seen the movies and read the countless books and stories about the Trojan War. Many people assume the legendary tales to be a thing of historical fact, when in reality they are part of Greek mythology.

While it is not really known if the war happened in general, many scholars suggest there is almost no convincing evidence that the details were anything more than storytelling.



In the days of ancient Greece, stories were passed down the generations through poetry and verbal speeches. It is widely believed that most of Homer's poems about the Trojan War were constructed in a way that would make for good storytelling, and were exaggerated even more as the stories continued to spread.

While most scholars now seem to agree that there was most likely some foundation of truth regarding a general conflict, a majority of the rich detail is probably fiction — from the 1,186 ships entering Troy to the Trojan Horse.

Honey is the only food that will not rot. A jar of honey may remain edible for over 3,000 years.

David Avocado Wolfe source:unbelievable-facts.tumblr.com

Call Her "Tramp" If you weeks before she whelps; the find your pregnant dog vitamin makes the process searching the garbage for easier for her. Even though citrus peels, don't get upset; dogs (unlike humans) produce vitamin C, they tend to use Give your pet a vitamin C more than they can make supplement three to four during pregnancy.

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RIVERDALE SCHOOL NEWS

From the desk of Riverdale School Superintendent, Mrs. Vicki Pedo Summer vacation is in full swing right now; however, our school year for students begins the morning of Tuesday, September 8, 2015. Our staff will be reporting on September 1st! We look forward to seeing all of our students' bright faces eager to come back to the schedules we will have ready for them. It certainly has been busy for us during these summer months. We want to make sure everything is ready for each and every one of our students and staff! There will be many new faces to greet who will most likely be nervous about their first year in Riverdale. I have already told them that our students are very welcoming and will be excited to greet them all. I have no doubt that our newest staff members will be comfortable and in the Riverdale swing of things in no time at all!

As the final days of summer come to a close, we all know that the hustle and bustle of school is right around the corner. How exciting for all of us to have our quiet hallways transformed into what school is all about—educating the youth of our community! Thinking about my summer “to do” list both at school and at home, I am reminded all too often that I have not quite completed everything that I set out to accomplish; however, I have completed a considerable number of tasks, including reading, and there is still some time ahead. There are several positions to fill at this point of the summer; so many things that I had planned to do have been put on the back burner. Walking around the school, it is so nice to see all of the preparations happening to transform our school into an educational paradise!

As you are planning for the upcoming school year, please mark your calendars for our Back to School Nights on Tuesday, September 15th and Thursday, September 17th. We are anxious to see you! Remember, strong home-school connections are so much

a part of a successful school district. During this beautiful summer off from school, please keep practicing your reading skills - read, read, read. Again, please enjoy these last few weeks of summer vacation, and make sure to start your school preparations early (including bedtimes) to be ready for our September 8th start!

Since we are all a valuable part of the education of our children, I'll leave you this month with the quote from a *Great Teacher Quotes* website that I visit as one way to prepare for an exciting school year:

TEACHER IN-SERVICE DAYS	9/1/15. 9/2/15. 9/3/15	PER SCHEDULE
SCHOOL STARTS FOR STUDENTS	(Tues.) 9/8/15	PER SCHEDULE
SCHOOL BOARD MEETING	9/9/15	LIBRARY
PTA MEETING	9/10/15	CAFETERIA
TEACHER IN-SERVICE: SCHOOL CLOSED	9/14/15	ROSH HASHANAH
BACK TO SCHOOL NIGHT	9/15/15	PER SCHEDULE
BACK TO SCHOOL NIGHT	9/17/15	PER SCHEDULE
SCHOOL CLOSED	9/23/15	YOM KIPPUR
SCHOOL BOARD MEETING	9/23/15	LIBRARY

Lakedale Girl Scouts is hosting a....



FAMILY FUN DAY

Saturday, Sept 12th 12pm – 5pm
Lake Rickabear, Kinnelon, NJ

\$15/person

(3 years and younger free)



Free Admission to all registered** Lakedale Girl Scouts And (2) Registered** Leaders per Troop
(* **must be registered for the 2015-16 year**)

Grab your family and come join us for a day of FUN!

Swimming, boating, archery*, zip lining*, duckpin bowling, mini golf, trail hiking and a BBQ lunch!
(*Archery & Zip Lining available to certain age levels only)

Bring a friend! If she registers to join Lakedale, *she will receive a \$12 coupon towards her 2015-2016 registration fee and you will receive a FUN PATCH!*

(must register by 9/30 & not have been registered with Lakedale for 2014-2015)

All attendees must pre-register ----- No tickets will be sold day of event

Register no later than Tuesday, Sept 1st

To register please contact: Paulette Brauch at letuna1@hotmail.com

Showdown With The Midnight Garden Monster

Sometimes I'll sit in the garden if I have trouble sleeping, even if it's the middle of the night.

Our garden is a little fenced area adjacent to our house. We're currently growing corn and grapes. I'll position my lawn chair away from the glare of the floodlight, and sit with the grape vines and corn stalks rising above me. The garden is a very peaceful, private place at 1 a.m., even though the plants always seem a little shocked to see me there at that hour.

But there was a monster in our garden the other night.

I had just sat down in the lawn chair when I heard a loud rustling behind me, followed by banging against the wooden fence. I jumped up, spun around, and took a step back toward the house.

The floodlight was bright, but cast harsh shadows, and I couldn't see what was moving behind the rows of corn. There was a moment of still silence, and then the monster was suddenly moving again, ripping through the plants, making the tall stalks sway, thumping against the fence on the far side of the garden. It wanted out. It was as panicked as I.

Panic isn't good. People get hurt when they panic. What if it was a deer? (We have several deer in our neighborhood, and I suspect they are eating the hosta plants in our front beds.) A scared deer could be dangerous in a space this tight. Anything could.

Last year a badger in Evesham, Worcestershire went on an "unprecedented rampage" and attacked four people over a 48-hour period. Witnesses said it was "like something out of a horror movie." A kayaker in Lima, New York was attacked by a beaver, and earlier this summer a guy taking a selfie in Auburn, Maine was

attacked by a squirrel. Weird wildlife encounters happen.

Whatever lurked in our garden that night sounded big and angry. I had interrupted its meal.

I put my hand on the door handle, ready to run back inside, when the cornstalks rustled again, and the monster stepped into the light.

It was a furry, brown bunny. Not so big and angry.

"You nearly gave me a heart attack, Mr. Bunny," I said. "Stop eating my corn."

The bunny sat like a statue, waiting for me to leave. It wanted to get back to its midnight snack.

"Shoo, Bunny," I said. It didn't move.

"Well, don't eat too much, okay?"

Mr. Bunny made no promises. Consider taking your own advice, its black eyes said. And stop creeping around the garden in the middle of the night scaring everybody...including yourself. Go to bed, Farmer Fatso.

"You know, Mr. Bunny, a bowl of Rice Krispies might help me sleep," I said. The rabbit wasn't interested. It turned and hopped back into the dark behind the cornstalks.

Mmm. Maybe Corn Flakes instead ...



Riverdale resident **Rob Errera** is an award-winning syndicated columnist and the author of *Autism Dad: Adventures In Raising An Autistic Son*. He blogs at roberrera.com and Twitter/Tweets@haikubob.



Health Education

Falls Risk Lecture and Balance Screening

If you experience loss of balance, unsteadiness or frequent falls, be sure to join us for this falls risk and balance program. Screenings include a gait and balance assessment. Screenings are limited and require an appointment. Call **973-831-5367** to register.

Presenter: Chilton Medical Center physical therapist
11:00 AM, Wednesday, August 12
Wayne YMCA theater, 1 Pike Drive, Wayne.

Cholesterol: The Good, The Bad and the Ugly

Learn all about cholesterol, its function in the body, what the numbers mean and the risk factors of high cholesterol in cardiovascular health. Atrium Health and Senior Living will provide refreshments.

Presenter: Martin Tabaksblat, MD
2:00 PM, Wednesday, September 16
Chilton Medical Center, Collins Pavilion

Pompton Lakes Riverdale First Aid Squad



You can make your check out to the *Pompton Lakes-Riverdale First Aid Squad* and mail in your tax-deductible contribution to:

PLRFAS, 700 Ramapo Avenue, Pompton Lakes, NJ 07442

The Squad has been serving Riverdale for the past 79 years! They are always there when we need them. They depend on our donations. Let's not let them down!

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?



Where Are They Now? **Melissa Gilbert** *LITTLE HOUSE ON THE PRARIE* She won hearts as Laura Ingalls. A string of romances and struggles with substance abuse later made more news than her acting. Last year, she appeared on *Dancing with the Stars*. Now 49, she's married for a third time, to Emmy-winner Timothy Busfield.



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?*



To escape capture, the Continental Congress fled to Baltimore, leaving Robert Morris to manage affairs at home.

Morris had come to America from Liverpool at thirteen to join his father, who was exporting tobacco from the colonies. He was orphaned at fifteen, and began to learn the shipping trade which made him wealthy. Out of his thirty years of sound business experience, Morris developed the qualities that made him the tireless, resourceful financier of the Revolution.

During the debate in Congress over separation from Britain, he had felt that the colonies were not ready to wage a successful war. However, he did not want to go on record against Independence; so he was one of the Pennsylvania delegates who stayed away from the State House the day Lee's resolution was put to vote. But he signed the Declaration.

In the month between the vote and the Signing, the Pennsylvania representation in Congress experienced a shake-up. Delegates opposing Independence withdrew.

Elected to take their places were Dr. Rush, George Clymer, James Smith, George Taylor, and George Ross. All of them signed on August 2.

Clymer was a wealthy merchant. He was one of a committee left with Robert Morris in Philadelphia to conduct the business of Congress there. His home was in Chester County, directly in the path of the advancing enemy. After the Battle of Brandywine, the large Clymer family escaped to safer quarters. Their house was looted by British soldiers and all its furnishings destroyed.

Dr. Rush was one of the most distinguished of all the Signers. When his widowed mother started a grocery store to support her five children, there was little to suggest that her lively six-year-old Ben would become the most famous physician and professor of medicine in his time.

After earning his degree at the University of Edinburgh, he visited London and Benjamin Franklin, who was then abroad on diplomatic missions. Franklin gave Rush a

letter of credit for £200 to finance a trip to Paris. "This kindness," said Rush, "attached me to him for the remainder of his life."

The gifted, versatile physician returned to Philadelphia to begin a phenomenal career. The political articles he wrote, favoring the cause of Independence, were widely read. It was he who suggested the title, *Common Sense*, to Thomas Paine for his famous booklet.

When Congress moved to Baltimore, and Philadelphians took measures for protection, Dr. Rush escorted his wife, Julie Stockton Rush, to Maryland, where the first of their thirteen children was born. He moved some of his furniture to the home of a friend in Darby, Pennsylvania. Later, during the occupation, British Commander Howe made his headquarters in that house on one of his excursions from Philadelphia. Dr. Rush related years later, "...on one of my mahogany tea tables he wrote his dispatches to England....This table bears the marks of his ink to this day."

Dr. Rush joined the Philadelphia militia and cared for the wounded and dying. He barely escaped capture after the Battle of Brandywine.

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



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R. Lovett NJ Lic# D3520 and E. Mutz NJ Lic# 3050

HOURS

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

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!

Summer Saturday Hours 10-2**ADULT PROGRAMS**

Water Music: Use Fountains, Waterfalls and Ponds to Create an Oasis in Your Garden — Mon., Aug. 3, 7:00 p.m. We've all enjoyed the serenity of a rippling brook or waterfall while hiking or traveling, but where is that spot when we need it most? Master Gardener Barbara Katz will help you re-create those serene moments in your yard or add a new dimension to your garden.

Adult Summer Reading Finale — Wed., Aug. 19, 7:00 p.m. Join us for the conclusion of our Adult Summer Reading Program! We'll be holding the drawings for our summer reading prizes, sharing what we've read, and enjoying some refreshments. We'll also be sharing information about your most and least popular summer reads.

Movie Night - Chappie — Wed., Aug. 19, 7:00 p.m. Rated R, 120 min. In this look at the future, crime is dealt with by a mechanized police force, including a robot named Chappie who develops the ability to think and feel for himself.

ADULT COMPUTER PROGRAM

Microsoft Word — Wed., Aug. 5, 6:00-7:00 p.m. Learn to type text in Word, edit, spell-check, save, and print documents.

TEEN PROGRAMS — GRADES 6 AND UP

Summer Movie Night - Insurgent — Wed., Aug. 5, 5:45 p.m. Enjoy popcorn and part two of the *Divergent* series on our big screen. Plus, enter a raffle to win the book *Allegiant!* Rated PG-13, 119 min.

College Essay Writing — Wed., Sept. 30, 7:00-8:30 p.m. High School students know the importance of the college essay. Learn how to tackle the process of creating successful essays that reflect your best attributes and true passions with practical methods to help you master the writing process and convey the unique qualities you bring to any school!

INFANT & PRE-SCHOOL PROGRAMS

Programs run the week of June 15 through August 4.

CHILDREN'S PROGRAMS — GRADES K-5

Puppy Pals — Wed., Aug. 12, 4:00-5:00 p.m. A fun way to encourage reading skills over the summer, independent readers can choose a book to read to Liberty and Justice, certified therapy dogs from Creature Comfort, while younger children can "read" a story by discussing the pictures.

Summer Reading Program Finale — Thurs., Aug. 13, 4:00-5:00 p.m. or 7:00-8:00 p.m. We hope you had fun reading and earning prizes! To celebrate all your hard work, Summer Reading participants will receive certificates, an ice cream coupon, and enjoy fun and games at our make-your-own sundae party!

Lego Lab — Wed., Aug. 19, 4-5 p.m.
Sorry, program is full.

Family Movie - Annie — Thurs., Aug. 20, 3:30 p.m. "It's a Hard-Knock Life" for *Annie* in the modern-day version of the favorite musical! Rated PG, 118 min.

TWEEN PROGRAM — GRADES 4-6

Camp Half-Blood — Thurs., Aug. 6, 5:00-6:00 p.m. Are you a *half-blood*, descended from the great Greek gods? Prepare for a quest like Percy Jackson and test your knowledge of all things mythological!

On Exhibit: The Artwork of Leonid Gore

The artwork of award-winning artist, illustrator & author Leonid Gore will be on display in the Library gallery **Aug. 1-Sept. 30**. He has illustrated over thirty children's books, five of which he also wrote.

MONTHLY

Adult Book Discussion Group — Mon., Aug. 24, 6:30-8:00 p.m. Shakespeare Play Reading

Photo Club — Mon., Aug. 24, 6:30-8:00 p.m.

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

RIVERDALE



Thank You Riverdale Elementary School for visiting **Diamonds By Dawn** on July 21.

The children learned gemology, changed watch batteries, and even melted some precious metals.

Thank you, Dawn, for making your store available to the students for such an informative educational experience.



Thunderhill, the first band in our 2015 Summer Concerts in the Park.



New dormers on the Library roof.



New Chairman of the Riverdale Planning Board, Glenn Venza wishes outgoing Chairman Al Heimall good luck. Al is moving to his retirement home in Florida after serving on our Planning Board since 1999, the past six years as chairman. We thank him for all of his service to the community and wishing him and his family a well-deserved retirement.



2015 Riverdale Senior Citizen Club



RECREATION NEWS



"LIKE" us
at Riverdale Recreation

Krista Osborne, Director

In order to register for any of the programs below, to ask any questions or looking to volunteer for any of the programs, you may call **973-835-4060 x232** or email **RiverdaleRec@gmail.com**

KIDS OIL PAINTING CLASS

**Saturday August 1 or September 5 10:00am – 4:30pm
at Riverdale Community Center**

Children ages 7 – 14 years Beginner to Advanced

Cost: \$45.00 (includes all supplies)

To sign up email riverdalerec@gmail.com
or call 973-835-4060 x232.

PAPER MILL PLAYHOUSE

Discount Tickets

"The Bandstand"

Friday, November 6 at 8:00 PM

\$47.80, orchestra level seats

"A Christmas Story, the Musical"

Friday, November 4 at 7:00 PM

\$47.80, orchestra level seats

call 973-835-4060 x232

or email riverdalerec@gmail.com to purchase tickets

ADULT OIL PAINTING CLASS

Wednesday August 5

6:00 – 9:30pm

Cost: \$35.00 (includes all supplies)

Saturdays August 8 or August 15

11:00am – 5:00pm.

Cost: \$45.00 (includes all supplies)

All classes held at the Riverdale Community Center

Ages 15 years and up – all skill levels

To sign-up email riverdalerec@gmail.com

or call 973-835-4060 x232.

Yoga

\$10.00/class (1/2 goes back to the Glenburn House)

Thursdays 7:00-8:00pm at the Glenburn House

All levels welcome

For more info contact Sandra msscala@aol.com

ZUMBA

At the Riverdale Community Center

All classes are \$6 each – pay as you attend

Zumba Toning® Monday 7:30-8:30pm

Zumba Gold® Tuesday 10:00-11:00am

Zumba® Tuesday 7:30-8:30pm

Zumba® Thursday 7:00-8:00pm

Pee Wee & Me Playtime!

Children ages 2yrs – 5yrs and their parent
Riverdale School Kindergarten Playground

August 8 10:00 – 11:00 a.m.

*We'll meet 2nd Saturday of each month
August through October (9/12 and 10/10)
weather permitting.*

*Watch the Riverdale Recreation Facebook page
for inclement weather updates*

Come out make some new friends!



WICKED ON BROADWAY

Saturday, October 17 – 2:00 PM show

Cost: \$112.00 (mid-mezzanine level) – includes ticket, bus, taxes, tolls, tip. **Approx. 35 tickets left!**

Bus will depart from Riverdale in the morning (time TBD) and arrive in NYC approx. 2 hours before show time. Bus will depart NYC for Riverdale immediately home after the show.

call 973-835-4060 x232

or email riverdalerec@gmail.com to purchase tickets

Adult CoEd Softball

Thursdays starting June 25 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.



Riverdale Recreation is offering discounted tickets!!

Email Riverdalerec@gmail.com for information on how to purchase these tickets online.



**Riverdale Recreation is once again
offering discounted tickets**

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

Regular Admission: \$39.00 JR/SR Admission: \$31.00

Purchase tickets at your convenience!

Questions? email riverdalerec@gmail.com

Walking Club

In conjunction with Pompton Lakes Recreation.

Thursdays, May 7 thru August 20 7:00-8:00 pm

Hershfield Park in Pompton Lakes.

Beat that Migraine

What Helps?

- **Eating regularly.** Skipping meals can cause a drop in blood-sugar levels, which can trigger a headache. Be sure to include protein and fiber in each meal.
- **Stopping to smell the roses (and other essential oils).** Taking in the fragrance of essential oils can help to relax the mind and body and relieve stress.
- **Caffeine in moderation.** Caffeine has some pain-killing properties and, when used in low doses, may be helpful in treating headaches.
- **Hydration.** Make sure you're drinking enough water so that your urine is clear. Dehydration is a known trigger for headaches.
- **Healthy weight.** Obesity can make someone more susceptible to migraines.
- **Supplements.** In addition to herbs, CoQ10, magnesium and riboflavin may also help.

What Hurts?

- **Alcohol.** Alcohol, especially red wine, can cause a headache shortly after drinking due to its ability to dilate and constrict blood vessels. It also contains the migraine triggers tyramine, histamine and sulfites.

- **Too much caffeine.** When consumed in excess or on a regular basis, caffeine can trigger headaches. Sometimes two or three cups of coffee per day is too much.
- **Food additives.** Nitrates and MSG often trigger headaches because they dilate blood vessels in the brain. Yellow Dye No. 6 can cause an immunologic response that may also be a trigger.
- **Artificial sweeteners.** NutraSweet, Splenda and other artificial sweeteners may be a headache trigger due to active ingredients aspartame and sucralose.
- **Chocolate.** Medical researchers are unsure who the culprit is here: chocolate or an ingredient in chocolate called phenylethylamine.
- **Tyramine-containing foods.** Tyramine, which can make blood vessels in the brain constrict, is found in foods such as aged cheese, cured meats, smoked fish and beer.
- **Cured dairy products.** These include aged cheeses including blue, brie, cheddar, Parmesan and Swiss.
- **Legumes.** Certain beans, peas or lentils, or products of these foods (like peanut butter) contain tannins, which can trigger migraines.

By Deborah R. Huso



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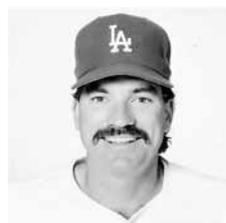
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Athletes Who Died Too Soon



Stanley Timothy Crews

(April 3, 1961 – March 23, 1993) was a Major League Baseball pitcher who pitched six seasons with the Los Angeles Dodgers – 1987 to 1992. He was granted free agency after the 1992 season and signed with the Cleveland Indians on January 22, 1993.

Crews never played a regular season game for his new team. During spring training for his seventh season, Crews was killed in a boating accident on Little Lake Nellie in Clermont, Florida. The accident also killed teammate and fellow reliever Steve Olin. Teammate Bob Ojeda was severely injured in the accident as well. The accident occurred about one hour after sunset when Crews drove the boat at high speed into an unlighted dock. Crews was later found to have had a blood alcohol level of 0.14.^[1] It was the first death of active major league players during a season since Thurman Munson in 1979.

In 281 games, almost all in relief, he was 11-13 with 83 games finished and 15 saves. For his career, Crews compiled a 3.44 earned run average in 423⅔ innings.

In response to the accident that took Steve Olin and Crews in 1993, the Indians wore a patch on the sleeves of their jerseys. It consisted of a baseball with their numbers on it. Olin's #31 is on the left with an arrow above. Crews' #52 is on the right with a star above it. The Dodgers also wore a patch with Crews' #52 for the 1993 season.

How COOKIES can make you depressed. Certain fats in baked goods make it harder to regulate moods. Experts said those with poor psychological health could cut out trans fat.

By MADLEN DAVIES FOR MAILONLINE

After a stressful day, most of us reach for a cookie believing it will make us feel better. But new research shows eating biscuits and cakes might actually mess with our emotions. US researchers found trans fatty acids – commonly found in baked goods and processed foods - can alter how we regulate our feelings. A study of 5,000 people found those who ate more of these fatty acids had less awareness and control over their emotions.



They were less aware of their feelings, less able to read emotions clearly, and less able to regulate their mood. When they consumed less trans fatty acids, researchers found people were better able to regulate their mood. The study's author, Megan Holt, a dietitian from San Diego State University, said she wanted to know more about the link between trans fatty acids and mental health, because the relationship is poorly understood.

She hopes her research will lead to more awareness on how diet affects our emotions. She told Yahoo Health: "We need to consider that poor nutrition also has implications in terms of psychological wellness. Striving to avoid or limit dietary sources of trans fatty acids would certainly be a good start." Trans fats can also be found naturally in some foods at low levels, such as those from animals, including meat and dairy products.

But artificial trans fats are formed when oil goes through a process called hydrogenation, which makes the oil more solid (known as hardening). This type of fat, known as hydrogenated fat, can be used for frying or as an ingredient in processed foods. Trans fatty acids are commonly found in processed foods such as biscuits and cakes, where they are sometimes used to help give products a longer shelf life.

Doctors have warned a diet high in this type of fat can lead to high cholesterol levels in the blood, which can cause health conditions such as heart disease, heart attacks and strokes. Previous research also found people who eat higher levels of the fats tend to be more aggressive.

Influential Women



Grace Murray Hopper

(December 9, 1906 – January 1, 1992) was an American computer scientist and United States Navy rear admiral. She was one of the first programmers of the Harvard Mark I computer in 1944, invented the first compiler for a computer

programming language, and was one of those who popularized the idea of machine-independent programming languages which led to the development of COBOL, one of the first high-level programming languages. She is credited with popularizing the term "debugging" for fixing computer glitches (in one instance, removing a moth from a computer). Owing to her accomplishments and her naval rank, she is sometimes referred to as "Amazing Grace". The U.S. Navy Arleigh Burke class guided-missile destroyer USS *Hopper* (DDG-70) is named for her, as was the Cray XE6 "Hopper" supercomputer at NERSC.

In 1943, during World War II, Hopper obtained a leave of absence from Vassar and was sworn into the United States Navy Reserve, one of many women to volunteer to serve in the WAVES. She had to get an exemption to enlist; she was 15 pounds below the Navy minimum weight of 120 pounds. She trained at the Naval Reserve Midshipmen's School at Smith College in Northampton, Massachusetts. Hopper graduated first in her class in 1944, and was assigned to the Bureau of Ships Computation Project at Harvard University as a lieutenant j.g. She served on the Mark I computer programming staff headed by Howard H. Aiken. Hopper and Aiken coauthored three papers on the Mark I, also known as the Automatic Sequence Controlled Calculator. Hopper's request to transfer to the regular Navy at the end of the war was declined due to her age (38). She continued to serve in the Navy Reserve. Hopper remained at the Harvard Computation Lab until 1949, turning down a full professorship at Vassar in favor of working as a research fellow under a Navy contract at Harvard.

In the spring of 1959, a two-day conference brought together computer experts from industry and government. Hopper served as a technical consultant to the committee, and many of her former employees served on the short-term committee that defined the new language COBOL (an acronym for **CO**mmun **B**usiness-**O**riented **L**anguage). Hopper's belief that programs should be written in a language that was close to English (rather than in machine code or in languages close to machine code, such as assembly languages) was captured in the new business language, and COBOL went on to be the most ubiquitous business language to date.

From 1967 to 1977, Hopper served as the director of the Navy Programming Languages Group in the Navy's Office of Information Systems Planning and was promoted to the rank of captain in 1973.

She was hired as a senior consultant to Digital Equipment Corporation, a position she retained until her death in 1992, aged 85. Her primary activity in this capacity was as a goodwill ambassador, lecturing widely on the early days of computers, her career, and on efforts that computer vendors could take to make life easier for their users. She visited a large fraction of Digital's engineering facilities, where she generally received a standing ovation at the conclusion of her remarks. Many people such as admirals and generals would ask her why satellite communication would take so long. So during many of her lectures, she illustrated a nanosecond using salvaged obsolete Bell System 25 pair telephone cable, cut it to 11.8 inch lengths, the distance that light travels in one nanosecond, and handed out the individual wires to her listeners. Although no longer a serving officer, she always wore her Navy full dress uniform to these lectures, which is allowed by US Navy uniform regulations.

She was interred with full military honors in Arlington National Cemetery.



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8	4	6	7	1	2	3	5	3
1	3	5	2	6	5	3	1	7
2	7	3	4	1	3	1	2	6
9	5	6	2	8	7	4	3	1
4	1	8	3	9	5	7	2	6
3	8	1	7	6	2	9	4	5
5	9	4	8	1	3	6	7	2
6	2	7	4	5	9	3	1	8

ANSWER to question on Page 7. The two legacies were \$24 and \$76, for a total of \$100. If 8 (one-fourth of 24) be taken from 19 (one-fourth of 76) the remainder will be 11.

DON'T KISS THE COOK. If you ever spy a restaurant cook with a cigarette, consider taking your business elsewhere. Saliva cross-contamination when smokers touch a cigarette, then food, is quite common.

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A Happy Tail: Cody's Story

Last October, Riverdale residents Lizzy Pful and Joseph Calabretta went to the annual Mike's Feed Farm Pet Adoption Festival looking to add a dog to their home. They didn't have many expectations or requirements; they wanted a big dog who would get along with their cat, Kitty. They knew this adoption event was one of the biggest in North Jersey, and they were looking forward to visiting 18 different

shelters and over 100 dogs who would be there.

When Lizzy walked onto the field, she didn't notice the DJ, food trucks or Halloween pet costume contest. She noticed a big brindle pit bull happily wagging his tail, waiting for someone special to come say hello. As Lizzy got closer, Cody noticed her. They locked eyes and the connection was sealed. Lizzy and Joe asked the shelter volunteers if he was good with cats, and when they confirmed he was, Lizzy scratched his head and they took him home. It was going to be happily ever after!

However, happily ever after didn't happen overnight. Cody wasn't responding to any of Lizzy or Joe's commands, and he was chasing Kitty through the apartment. At first, Lizzy panicked. She wondered if she made the wrong decision and if she was going to be

Amazing Animal Facts

Cougars are also known as large deer or elk. It stalks its pumas, panthers or mountain prey before bringing it down lions, and by many regional names, and they have the most widespread distribution of any American species. They live in nearly all habitats, from the mountainsides of the Canadian Rockies to the jungles of the Amazon and the swamps of Florida. The cougar is the largest of the small cats in America, males reaching over 6.5 long.



Cougars patrol large territories, moving during both day and night and taking shelter in caves and thickets. They live alone, and mark their territories with their scent and by scraping visual signals in the soil and on trees. One male may mate with several females, each of which usually gives birth to three or four kittens in each litter.

Foods: Deer, beavers, raccoons and hares. **Habitat:** Any terrain with enough cover. **Size:** 3.25 - 6.5 ft; 135-220 lbs.. **Maturity:** 3 years. **Breeding:** Litter of 3-4 cubs every 2 years. **Life span:** 20 years. **Distribution:** America from southern Canada to Cape Horn.

The cougar's preferred food is



stressing out her beloved Kitty. Sometimes new adopters get overwhelmed and return their pets to the shelter, but Lizzy did something different. She called Mike's Feed Farm for help.

Kelli Delia, the Manager at Mike's Feed Farm for 12 years, jumped on the case. She explained to Lizzy and Joe that their feelings of being overwhelmed were nothing to be ashamed about. It's natural to be anxious because change is difficult - for humans and for pets too. Kelli asked Lizzy and Joe to bring Cody to the store, and she quickly realized what they meant. She told Lizzy to bring Cody to the vet, and the vet confirmed what Kelli already suspected. Cody was deaf.

Although his training would be different, it wouldn't be impossible. Kelli helped Lizzy find treats and toys that were high value to Cody and would work effectively to train him. They bought him pig ears to keep him occupied and less interested in Kitty. "He takes them and puts his butt up into the air. He's like the spokesman for pig ears," says Joe. Within a few weeks, their alternative training methods worked. Cody is now a staple in their family, and if you find yourself driving down Hamburg Turnpike, chances are you will see Joe and Cody on one of their many daily walks.

Says Lizzy, "To someone who is about to adopt an animal, give it time. They have to get to know you, your house and your surroundings. Cody was in the shelter for a long time and needed a chance to get acclimated to our home and to Kitty. They are now the best of friends!"

The staff at Mike's Feed Farm were instrumental in helping Lizzy and Joe transition Cody into their home. "They're awesome! They are knowledgeable and are friendly faces. I couldn't have done it without them," says Lizzy. Cody now weighs in at a whopping 113 pounds, so they got that big dog they were looking for. They got something else that day, says Lizzy, "the best dog ever."

If you are thinking about bringing a new pet into your home, join us for the 2015 Multi-Agency Pet Adoption Festival on September 27th behind Slater's Mill. Take it from Lizzy: "It's the biggest one around here and Mike's Feed Farm does such a great job! It's where you will get your best dogs!"



How about a pallet bar that takes \$100 and an afternoon to make?!



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

ROSEMARY. During World War II, a mixture of Rosemary leaves and Juniper berries was burned in the hospitals of France to kill germs. The botanical name for Rosemary is from the Latin *ros* (dew) and *marinus* (of the sea), as the plant grows in great abundance near the seashore.



In ancient Greece, Rosemary was believed to strengthen the memory. Due to this memory enhancement belief, it became popular for students of the time to wear sprigs of Rosemary in their hair while they studied. Thus to Greeks, Rosemary became a symbol of remembrance.

Rosemary leaf is effectively used in Europe and distant China to treat headaches, stomach pains, as an analgesic, smooth muscle stimulant, and is anti-malarial.

In the Middle Ages, in Europe, Rosemary was used to clear vision, to sharpen the senses, to help weak memory and to alleviate nervous ailments. Rosemary tea is a long-standing folk remedy for nervous ailments. Rosemary stimulates capillary circulation bringing more blood to the cells, making Rosemary helpful in healing colds, sore throats and a sluggish liver.

Rosemary tea can be used as a mouthwash to freshen the mouth. When mixed with Myrrh, it is good for bleeding gums. Rosemary is used to calm and soothe irritated nerves, upset stomachs and calms strenuous anxiety.

It has been found to be effective for digestive problems, is specific in headache and tension relief formulas, counteracts depression, is

a specific nervine combination that eases neuralgia, neuritis, tendinitis and muscle pain.

Rosemary is used in hair rinses to darken and retain original hair color and in shampoos or oils to control premature balding or as part of a sleep pillow to alleviate insomnia and restless sleep. Bees are particularly fond of Rosemary. It is an anti-oxidant herb and a strong brain and memory stimulant. Rosemary has been found to be effective as a circulatory conditioning agent and nervine in stress, tension and depression.

- ◆ Hair loss caused by oil and acid attacking the hair follicles can be prevented by a Rosemary rinse used after washing.
- ◆ Rosemary has been in use for many years as a heart strengthener that helps reduce high blood pressure.
- ◆ Rosemary is a blood cleanser and an antiseptic.
- ◆ When taken as a tonic, Rosemary will help to soothe the nerves and strengthen the nervous system.
- ◆ Rosemary is good for sores around the mouth.
- ◆ Rosemary tea has been effective as a mouthwash and an eye wash to clean eyes that are sore due to allergic irritation.

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).

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facing challenges would contact her from other high schools and universities and she would respond to their questions with encouragement, assurance, and compassion.

Her family was fortunate enough to be there during all her treatments, during those precious moments when family was most needed. It was during those crucial moments they realized that many other children were not as fortunate to have someone be there during their own treatments. It became evident that the families that needed to be there were financially unable to do so. Time away from work was impossible in order to make ends meet with the ever growing and insurmountable hospital bills. It is this painful realization which brings us together to assist these families.

Jillian handled her ordeal with grace, humor, and perspective well beyond her years. Therefore we dedicate this foundation to Jillian's memory and promise to keep her wish alive: to help lessen the burden of another suffering child and family in need and enable young students to find the type of guidance and fulfillment so important to Jillian's short but meaningful life.

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1. To financially support parents with children who are suffering a life-threatening illness requiring critical care, and
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The Jillian Fund was founded in July 2013 by a group of very inspired, dedicated and caring individuals who set forth to fulfill a simple wish: Help families in need. Our inspiration comes directly from Jillian Lauren Gorman, who while living her story, impacted others by reaching out; and by example, gave strength and encouragement to the needs of young and adolescent teenagers even while confronting her own life-threatening illness. This fund is therefore dedicated to her beautiful and boundless spirit. We invite you to learn how You can make a significant difference in a child's life during their time of need.

The Jillian Fund is a 501(c)3 <http://www.thejillianfund.org/>

The Jillian Gorman Fund establish memory of his daughter by Riverdale resident Richard Gorman

16 year old Jillian Lauren Gorman was a normal teenager, independent in her ways. In September 2009, her family enrolled Jillian at Mary Help of Christian Academy in North Haledon, New Jersey for her freshman year. While reluctant at first, over time Jillian came to enjoy and profit from this academically challenging yet nurturing and family oriented environment. She became a responsible high school student, and life was very good.

Then everything changed. At just 16 years old, Jillian was diagnosed with aggressive Acute Myeloid Leukemia (AML,) a form of blood cancer; a condition with 5 year survival rates of less than 50% for children. The news, as well as the long road ahead, was devastating. Three and half years of grueling treatments – continuous rounds of chemotherapy, 3 bone marrow transplants, a kidney transplant, 2 full years of dialysis, hospital stays, bills, emotional roller coasters, and sleepless nights. Despite three hopeful periods of remission, Jillian eventually lost her valiant battle on March 3, 2013.

During her treatment Jillian managed to stay active and productive and became an inspiration to many others. While a student of Mary Help of Christian Academy, some of her activities included: "Gospel Roads" retreat in 2011 in Tampa, Florida, painting houses, clearing fields, and feeding the poor (while on Dialysis and awaiting her kidney transplant); Worked with disadvantaged children at a summer camp teaching and providing support and guidance; Gave witness talks to children and incoming high school students that would be attending gospel roads retreats. When hearing Jillian's story during her hospital stays, students



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7 Foods to Kick-Start Your Metabolism

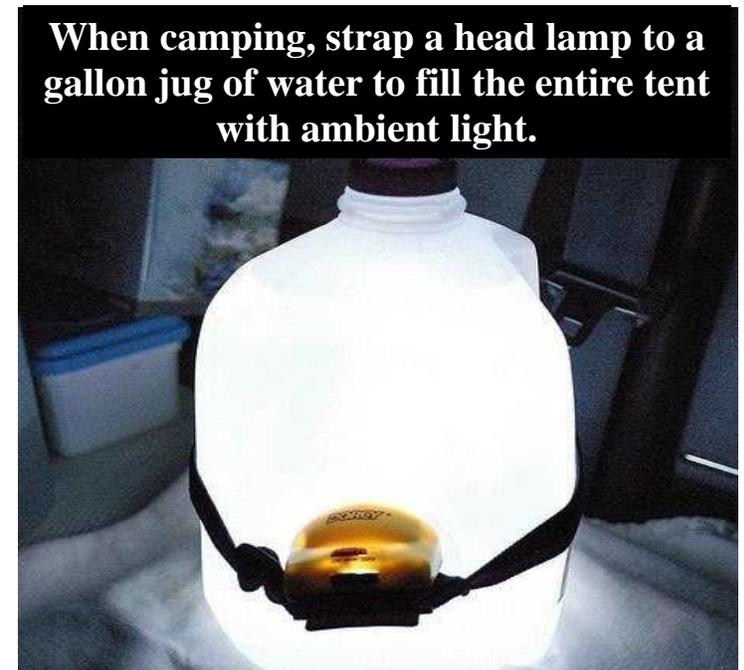
Celebrity nutritionist and chef Christine Avanti, author of *Skinny Chicks Eat Real Food*, has helped many to in shape with simple yet effective strategies. Here are her top seven foods to give your metabolism a serious boost.

- 1) **Artichokes:** They contain inulin, a type of carbohydrate that decreases the hunger hormone ghrelin.
- 2) **Cinnamon:** According to the USDA, consuming as little as one-quarter of a teaspoon of cinnamon with food speeds up the metabolism of sugar 20 times, lowering blood-sugar levels and promoting weight loss.
- 3) **Vinegar:** Added to any food, it slows down the absorption of starch and sugar, helping to keep blood-sugar levels in check, which reduces cravings and fat storage.
- 4) **Seaweed:** Brown seaweed contains a natural fiber called algininate (also called algin), which blocks the absorption of dietary fat.
- 5) **Tea:** The caffeine in tea stimulates thermogenesis, a biochemical process that uses stored fat to produce energy. Antioxidants in tea also help to burn fat.
- 6) **Cayenne Pepper:** It increases metabolism by heating up the body. Chili peppers are similar.
- 7) **Ginger:** It helps you feel full with less food.

Camping Life Hacks



Put 1 part tea tree oil to 2 parts water into a spray bottle. Spray into shoes, sock, and pat cuffs.





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