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E** **NEWS &
EVENTS**

News for and about the residents of Riverdale

July 2014

Volume 9 Number 7



July 2014

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In this Issue

<i>Librarian Recipe</i>	Page 2
<i>Seniors</i>	Page 3
<i>Elaine Peacock</i>	Page 4
<i>Movie Trivia</i>	Page 5
<i>Borough Information</i>	Page 6
<i>Don Pruden</i>	Page 8
<i>Announcements</i>	Page 9
<i>Bill Lango</i>	Page 11
<i>Indoor Gardening</i>	Page 12
<i>Riverdale Rant</i>	Page 13
<i>Fire Department</i>	Page 14
<i>Library</i>	Page 15
<i>Mike's Feed Farm</i>	Page 23
<i>Catherine Felegi</i>	Page 24
<i>Natural Health</i>	Page 25
<i>Community Center</i>	Page 26
<i>Glenburn</i>	Page 27
<i>Recreation</i>	Page 27

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

Welcome Home, Bobby Takacs!



Cindy and Bob would like to welcome home their son, **Bobby Takacs**, after serving four years in the United States Air Force!!!

Bobby, was stationed in Elgin Air Force Base, Florida, for two years. Spent six months in Kuwait, and his last year at Osan AFB, South Korea.

Caity, Boo, Grandpa and all your aunts and uncles, cousins, family and friends welcome you home too!! We are all so proud of you and blessed that you returned safely home. Good luck in your future!!!

Peroxide is great in the laundry! Here's how to take care of **yellow shirt stains**: Mix together 1 tbsp Dawn dish washing liquid, 2 tbsp hydrogen peroxide, and 2 tsp baking soda. Apply the mixture to the yellow area and scrub gently. Leave sit for two hours and launder as usual.



Tea bags can be used to absorb fridge odors!

Show the Beef London Broil

By Librarian Linda Vogel

Ingredients:

1 ½ lbs. of London Broil
4 cloves of garlic
1 Large onion (optional)
¼ cup of dry red wine
¼ beef broth
1tsp. of sea salt
1tsp. of pepper
1tbsp. soy sauce
1 gallon zip lock bag

**Direction:**

In bowl, mix red wine, beef broth, sea salt, pepper and soy sauce. After cleaning garlic add to mixer and chop, add to bowl. Mix well. Take bowl mixture and put into a zip lock bag. Let sit in refrigerator for 1 hour and then add London Broil to the mixture. Marinade for 4 to 5 hours. Meat should be at room temperature before cooking. Cook on grill for about 9 min on each side. Let sit for 10 min. before cutting the meat.

Slice meat very thin



Great idea for a treat: Peanut butter chocolate chip apple sandwiches!



Need to remember this for kids..Remove a splinter easily by applying a paste of baking soda and water, then waiting several minutes for the splinter to pop out of the skin. Gotta remember this!

The Seniors' Corner



The June 1st meeting was opened at 10:30 a.m. by **President Dorothy Bowersox**, who just returned from Florida, where she and her husband attended an outdoor wedding in 90 degree weather. **2nd Vice-President and Historian Jean Snyder** recently came back from a cruise with 25 of

her cousins. **Pat Lytle** celebrated her granddaughter's wedding in Punta Cana, Dominican Republic. The **Zajacs** returned from their winter home in Florida, and members **Madeline Rizzo** and **Bob Wolf** recovering from their respective injury and surgery. Welcome Back everyone!!

President Bowersox announced that the Senior Walking Group ends on June 17th and a breakfast buffet will be served. Also, two trees have been donated by the Shade Commission and planted on the back lawn of the Community Center, where we can watch them grow! She also informs of an upcoming tribute honoring Michelle Szwed, the music teacher, who had brought her students to entertain us throughout the years.

1st Vice-President Grace Chiesa gave us an update on ill members and cards that were sent. She acknowledged June Birthday celebrants, which totaled about a dozen, and members sang "Happy Birthday". **Chaplain Elaine Peacock**, as a tribute to Father's Day, read a lovely piece that she wrote entitled "Earthly Fathers", followed by the flag salute, singing of "God Bless America" and club pledge. Minutes of the last meeting were read and the treasurer's report given.

Warren Sheps of the **Trip Committee** announced two upcoming trips – a July Paddle-Board ride in Toms River, complete with a full-course lunch and a stop at "Delicious Orchards", a country food market in Colts Neck, and an Octoberfest celebration in Pennsylvania in October, naturally. Flyers and sig-up sheets were handed out. Thanks to Warren and his co-chairman Sandy Wolf for the wonderful day at the Brownstone Inn. The food and

drinks were great, as was the music, dancing, and entertainers. Even "Elvis" was in the house!! **Dave Desai** and **Vinnie Pellegrini**, candidates for the Riverdale Town Council spoke to members and asked us to rate the biggest concerns for Riverdale seniors in order, such as taxes, property values, services, etc. on a hand-out card. Refreshments were served and Bingo played.

THE SECOND MEETING of the month was held on June 16th. **President Dorothy Bowersox** greeted new member **Susanna Castro** and commented on our growing membership. **Chaplain Elaine Peacock** read an inspirational poem, "He Cares for You", followed by the flag salute and the singing of "God Bless America". **President Bowersox** reminded us that Saturday was Flag Day, and in honor of Father's day which was on Sunday, she read a poem, "Tribute to Fathers". The minutes from the previous meeting were read by **Jean McMichael** and the treasurer's report was given by **Laura LaRosa**. **Warren Sheps** updated us on the Paddle Riverboat Trip in July. He also informed us that he is waiting to hear from the town about the present and future monies allocated to the Senior Club for the transportation cost of trips.

We will be having a barbecue at our July 17th meeting. **President Bowersox** has some programs in mind for the august and September meetings, but would appreciate some other suggestions for entertaining events. She asked if anyone had some "Happy News" they wanted to share, and started it off with telling us about her high school-age grandson who is training hard as a swimmer, with aspirations of being a Junior Olympian. Another member was excited about learning that she is going to be a grandmother of twins. More details to follow upon arrival!

We were also informed that the library is offering help on the use of Kindle and E-Readers before they are purchased, and that we can contact the library for on-to-one computer assistance. As always, **Mary Gambino** entertained us with a joke and then conducted the raffle. The meeting was adjourned and Bingo was played – called by **John Moody**. *Presented by Kay Boucher*

Moldy Bread? You may know that you can usually just cut mold off of cheese, but the same does not hold true for bread. If you see the slightest sign of mold on baked goods, throw the item out. Mold often sends out "feelers" that can't be seen in most instances.

Consider keeping a clean **powder puff** in your flour container. It's a great way to dust flour onto rolling pins or pastry boards. And remember, always store your flour in the freezer to prevent any sort of bug infestation.

Bread Pan Pandering. It's never good to be dull...unless you're a bread pan. For the best results when baking, never use a shiny bread pan. A shiny pan reflects heat to such a degree that the bread may not bake evenly. However, a dark pan may cook the bread too quickly, resulting in burned bottoms. You're best be? A dull aluminum pan.

Perfectly Greased and Floured Pans. Recipes for baked goods often call for greased and floured pans, which usually involves oiling it down, then sprinkling flour inside

and shaking the pan until it's equally distributed. However, professional bakers don't often use this method, which can leave flour on your baked goods or make them cook unevenly. Instead, they mix up a batch of "baker's magic," and now you can too. Mix ½ cup room temperature vegetable shortening, ½ cup vegetable oil, and ½ cup all-purpose flour. Blend the mixture well and use it to grease pans. It can be stored in an airtight container in the refrigerator for up to six months.

PAGE 4 Easy Blueberry Jam

With this recipe, you are 2 ingredients away from homemade blueberry jam! No really, you are. Just 2 ingredients: fresh blueberries and sugar. No pectin, no fillers, no starches. SO easy. And it'll only take you about an hour! Plus, there's no need for fussing with having to seal the jars on this jam...it's a small batch so you can keep it in your fridge for up to 4 weeks, if it lasts that long!

Small Batch Recipe

This is a small batch of jam, making about 2½ cups.

Supplies:

- ♦ wide saucepan or skillet (I like to use a skillet)
- ♦ potato masher
- ♦ spatula or spoon
- ♦ hand blender

Ingredients:

- ♦ 2 lbs blueberries, about 6 heaping cups
- ♦ 1½ cups sugar

Notes: Because the batch of this jam is so small (2½ to 3 cups), and because this jam can be refrigerated for up to 4 weeks you don't really need to seal the jars. It's really just more of a hassle because 4 weeks is plenty of time to finish every last drop of this sweet goodness!

Instructions

1. Prepare your jars by boiling the lids, rings and jars in boiling water for 5 minutes.
2. In a wide saucepan or skillet on low-medium heat, add the blueberries and sugar.
3. Stir to combine.
4. Then use your potato masher to smash up the blueberries and release their juices.
5. Turn up the heat to medium, then cook the blueberry mixture until it is gently boiling.
6. Keep cooking, and stirring until the mixture thickens. You must, must stir constantly or your jam will burn. As well the constant stirring will help to prevent the jam from splattering out of the pan. You will likely need to cook the jam for 30 or more minutes.
7. You will know that the jam is ready when the mixture is thick enough to leave an open trail behind the spoon.
8. Remove from heat, and let cool completely before serving.
9. If this jam is too chunky for you, you can use your hand blender to puree it.
10. Enjoy!



BY and LARGE Memorial Memories June 6, 2014

By Elaine Peacock

When I was contacted to participate in the VFW Memorial Service I was overwhelmed with emotions that ran the gamut of what to say and to hope I could honor our veterans past and present with my words.

When Memorial Day arrives each year I think back to my childhood and how I would march so proudly with the Brownies then the Girl Scouts in the Riverdale Parade. At the ceremonies I would hear the names of Riverdale's honored dead their names were etched in my mind and I could recite them right along with the chaplain. My Dad, a WWII veteran would lead the firing squad I would sneak peeks at him from my position a short distance away standing so proud. My Dad was a dedicated veteran and he spent many hours of his life serving his fellow veterans with his American Legion Post; visiting the veteran's hospitals, their annual picnic where the disabled vets would get an afternoon of delicious food, hospitality and fun. Of course there was also the annual poppy sale, the job of selling poppies usually fell to me, a job I embraced with joy each year.

America has always had a special place in her heart for her veterans, but I do remember times when the parades were poorly attended and patriotism seemed to be at an all-time low. I would see our WWI, WWII, Korean and Vietnam vets passed by and not even a thank you would be uttered. Everyone seemed to have something better to do then to stop once a year and honor these wonderful men and women. Memorial Day became the "first official weekend of summer" a time to head to the shore, the mountains or a lake, forgetting it was these veterans that had laid their lives on the line and paid the ultimate sacrifice so we could enjoy trips and BBQs. All they ever asked from us is to be remembered and to honor their fallen comrades and buddies that at one time walked beside them.



We became complacent that was until Sept. 11, 2001 that is when complacency went out the window. We were shaken to our roots by a faceless enemy. All of a sudden it was only our military that stood between us and the terrorists that attacked us that day. Our veterans understood they had seen this before in the fox holes in France, the beaches of Normandy, bleak hills of Korea and the jungles of Vietnam. Each War we have fought the enemy has been some one that never quite understood or got what America is about and what it means to be an American. We are a melting pot of many nationalities, religions and backgrounds but out of this melting pot has come Americans oh I know we don't always agree with each other but when the chips are down we stand together and defend the weak, and the down trodden. Actually that is why all our enemies in every war we have fought from the Revolution to the War on Terror could never quite understand what freedom truly means to a veteran. Ask a Veteran or future Veteran what freedom means to them and you will get a100 different answers.

Today June 6, 2014 is the 70th Anniversary of the D Day invasion. Omaha Beach, Utah Beach, Juno Beach and the other beaches are quiet this day but to the Veterans that fought for every inch of beach that day the guns are never silent. They remember their buddies that were lost that day and they carry their memories in their hearts even today. Some of our WWII Veterans will be going back for the anniversary they may be silver haired and walk a bit slower but as they visit the beaches were they fought so many years ago and visit the resting place of their comrades they will stand tall as they salute and listen while taps are played.

As I end my part in this Memorial Service I would like to thank you for this wonderful opportunity and to all our veterans past, present and future thank you for your service and may GOD richly bless all of you always and let none of us forget "**Freedom is not Free.**"

Movie Trivia

FIELD OF DREAMS-1989



◆ Burt Lancaster was unaware that Timothy Busfield was part of the cast, and had him fetching water and chairs before realizing Busfield was going to be in the scene with him.

◆ After the movie was completed test audiences didn't like the name "Shoeless" Joe Jackson because they said it sounded like a movie about a bum or hobo. Universal called director-screenwriter Phil Alden Robinson to tell him that "Shoeless Joe" didn't work, and the studio changed the title of the film to "Field of Dreams". When Robinson heard the news of the change, he called W.P. Kinsella, the author of the book, and told him the "bad" news, but apparently he didn't care, saying that "Shoeless Joe" was the title the publishing company gave the book. Kinsella's original title was "Dream Field".

- ◆ The shot of the line-drive knocking over the bag of baseballs next to Kevin Costner was sheer luck off the bat of Ray Liotta.
- ◆ "The Final Shot" was a big community event, enlisting 1,500 volunteers to drive for the last scene. For only a brief time could the headlights and also the blue of the sky be shown in one shot. The first take was too bright. On the second shot the lighting was perfect, but the camera f-stop was messed up. Just before the third and final shot, the director realized that as with any heavy traffic, most of the cars weren't moving. They would just look like lights on posts. He relayed a quick instruction through the local radio station: flash your high beams on and off. Though the cars are not moving, this simulated the appearance of lights passing behind obstructions to perfect effect.
- ◆ The movie's line "If you build it, he will come." was voted as the #39 movie quote by the American Film Institute (out of 100).
- ◆ The studio built the baseball diamond on an actual farm in Dyersville, Iowa. After the filming was completed, the family owning the farm kept the field, and added a small hut where you could buy inexpensive souvenirs. As of 1990, visitors were free to come to the field and play baseball as they please.
- ◆ Tom Hanks was originally offered the role of Ray Kinsella but turned it down.
- ◆ Shortly before shooting began, the actor who played Ray Kinsella's father, Dwier Brown, was notified that his father unfortunately pass away. Immediately after the funeral, he traveled directly from the funeral to filming in Iowa for the scene. He stated that although the emotion was too fresh and painful, it had an effect on how he eventually played his scene with Kevin Costner.
- ◆ Then unknown, Ben Affleck and Matt Damon are among the thousands of extras in the Fenway Park scene, and are uncredited. Over a decade later, when Phil Alden Robinson welcomed Affleck to the set of The Sum of All Fears (2002), Affleck said, "Nice working with you again." Robinson asked, "What do you mean 'again'?" and Affleck explained the connection.
- ◆ In the novel, instead of seeking fictional author Terrance Mann, Ray Kinsella seeks real-life 60s author 'J.D. Salinger. In 1947, Salinger wrote a story called "A Young Girl In 1941 With No Waist At All" featuring a character named Ray Kinsella. And in his most famous work, the novel 'The Catcher in the Rye', one of Holden Caulfield's classmates is Richard Kinsella. (In the original

novel, Ray has a twin brother named Richard.)

- ◆ Thousands of pallets of green grass were brought in to make the baseball field, but due to the haste in planting because of the shooting schedule, the grass was not able to grow appropriately and died. In order to keep the grass green, the production crew painted the grass.
- ◆ Archibald "Moonlight" Wright Graham was a real baseball player. On 29 June 1905, with the New York Giants, he played one Major League Baseball game. Following that one game he continued playing professionally through the 1908 season, mostly in the New York State League, until retiring at the age of 30.
- ◆ "Shoeless" Joe Jackson remarks about Ty Cobb's desire to play at the Field of Dreams, "None us of could stand the son of a bitch when he was alive, so, we told him to stick it." In real life, both players were very close friends, towards the end of the real Shoeless Joe's life, Ty Cobb came into his liquor store in South Carolina and asked Jackson whether or not he knew him. Joe replied he did, he just wasn't sure if Ty wanted to know him since most of the old players didn't want to anymore.
- ◆ The famous line "If you build it, he will come" was featured in a Daily Telegraph (UK) article on the 10 most misquoted film phrases. It's often misquoted as "If you build it, they will come."
- ◆ During filming, Iowa was in the middle of a drought, and the cornfields surrounding the diamond had to be given lots of extra water in order to grow tall enough for the actors to disappear into the stalks. As a result, the corn grew too fast for the Costner shots. In the one scene where corn is above his shoulders, he is walking on an elevated plank.
- ◆ The Cracker Jack baseball cards shown in the beginning of the film are based on real baseball cards produced in 1914 and 1915. However, the actual set does not include cards of Babe Ruth or obviously Lou Gehrig. There is, however, a "Shoeless" Joe Jackson card very similar to the Jackson card shown in the film, which has become very popular with collectors since the film's release.
- ◆ During the "search for Terry" scene, Ray can be seen driving up Huntington Avenue in Boston, and in fact at one point, he's just a matter of a few blocks from the very site where the very first World Series was played between the Boston Red Sox and Pittsburgh Pirates in 1903, which were played on what they at that time referred to as the "Huntington Avenue Grounds."
- ◆ Anne Seymour's last film.
- ◆ The first day of shooting was the town hall scene. Amy Madigan was nervous about screaming in front of such a large group of people the first day.
- ◆ Although his character delivers the movie's signature speech praising baseball, James Earl Jones in real life actually hates baseball.
- ◆ Moonlight Graham's one-game baseball career is not as rare as might be suspected. In fact, there are nearly 1,500 players whose entire Major League career consisted of just one game.
- ◆ The line, "Hey, Dad, you wanna have a catch?" originally didn't include "Dad". Audiences were disappointed in the lack of acknowledgment of father and son, and the word "Dad" was looped in during post-production.
- ◆ According to an AFI top 100 quotes list, 'The Voice' is that of Ray Liotta. In a commentary author W.P. Kinsella shares that he was told the Voice is that of Ed Harris, Amy Madigan's husband.

Protect Your Hair From Beach Damage. Spending a windy summer day out on the beach? Strong winds on a sandy beach can cause as much damage to your hair as the sun, so to protect your locks run some leave-in conditioner

into your hair before you go. Choose one that contains vitamin B5, which will nourish and protect your hair.

Get Rid of Swimmer's Ear. If your children are prone to swimmer's ear, a bacterial infection

of the ear canal, take this precaution when they've been in the pool: Dab a solution of one part vinegar and five parts warm water into each ear three times a day. The vinegar will ward off bacteria and keep your kids' ears pain-free.

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
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- 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
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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!



Junior Police Academy

The Riverdale Police Department will be holding a Junior Police Academy for qualified boys and girls who will be entering the sixth, seventh, or eighth grade in September 2014.

There is a \$40.00 registration fee. Checks can be made out to: RIVERDALE PBA LOCAL 335, and submitted along with the application. This

weeklong program will be held during the week of August 4th thru 8th 2014 at the Riverdale Community Center.

This five day curriculum will include various presentations from guest law enforcement agencies, hands on practices, and physical training to give the students an idea of what training is involved in becoming a Police Officer. Our objective is to provide a week of education and fun through a Police Academy format.

The daily schedule is from 9 A.M. – 3:00 P.M. Students are to be dropped off at the Riverdale Community Center no later than 8:50 A.M. Transportation is the responsibility of the parent or guardian.

Please be prompt when dropping off and picking up your children.

It is required that each student bring his or her own lunch for the first 4 days. Please label all lunch containers with your Child's name.

Throughout the day, there will be several breaks between blocks of instruction, so several snacks/drinks are recommended.

A graduation ceremony will take place on Friday, August 8th, 2014 at the Riverdale Community Center. Each recruit will receive a certificate upon completion of the week-long academy.

Applications will be coming out in May 2014 and will be available for pick up at the Riverdale School, Riverdale Community Center and the Riverdale Police Department. If you have any questions regarding the program or need any additional information you can contact Lt. Macintosh or Ptl. Hollenstein at the Riverdale Police Department 973-835-0034.



Running low on laundry soap? Use plain ol' shampoo instead. It works especially well for delicate clothes. Less than half a cup will usually do a full load.

Do you have ring-around-the-collar? Rub a little plain shampoo into the fabric, and the stains will all come out in the wash.

Fresh out of dishwashing liquid? Reach for the non-conditioning shampoo, and wash the dishes with that. It will cut right through grease and oil.

9 Reasons to Eat More Vegetables!

- ◆ **Asparagus** contains many anti-inflammatory nutrients!
- ◆ **Beets** promote detoxification of the liver!
- ◆ **Broccoli** helps strengthen the immune system!
- ◆ **Carrots** can improve the appearance of skin, hair and nails!
- ◆ **Cucumbers** are ultra-hydrating and more nutritious than regular water!
- ◆ **Kale** contains more calcium per calorie than milk!
- ◆ **Lettuce** is high in fiber helping to clean the digestive tract!
- ◆ **Spinach** improves mental function by helping to prevent oxidation of the brain!
- ◆ **Tomatoes** lycopene content helps clear damaging free radicals in the body that can harm our cells.

Question. A man entered a store and spent one-half of the money that was in his pocket. When he came out he found that he had just as many cents as he had dollars when he went in and half as many dollars as he had cents when he went in. How much money did he have on him when he entered? *Answer on Page 21.*

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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.

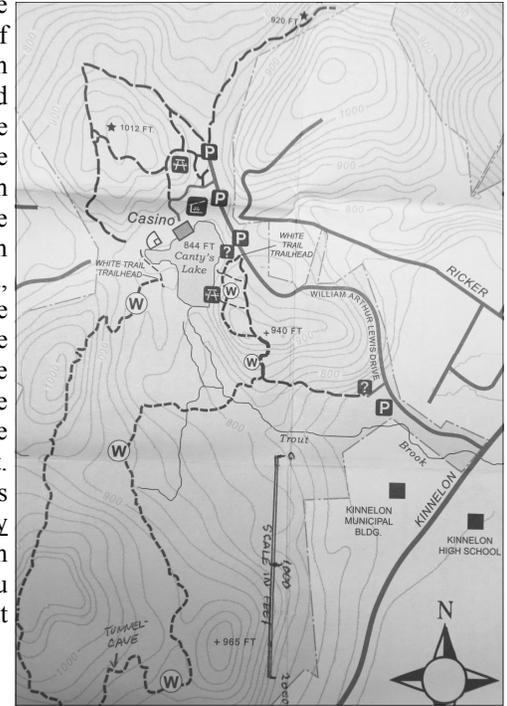
To get there one can go up Rt. 23, N to the Kinnelon Rd. jug handle. Once past the shopping center and movies you will pass through two traffic lights. One is at Maple Lake Rd. and the other at Ricker Rd. On your right about 0.1 miles past that light you will come to the entrance road to the park. If 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!



HAPPY TRAILS!



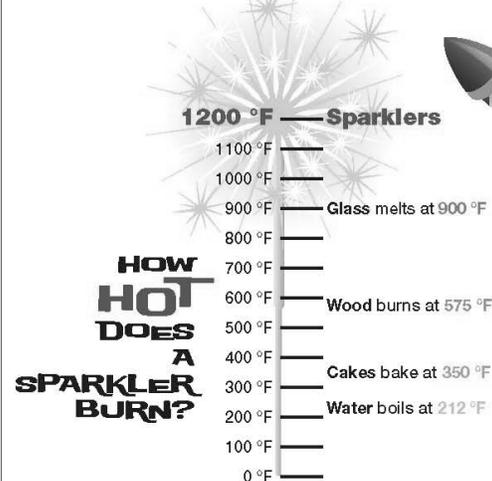
Fireworks are often used to mark special events and holidays. However, they are not safe in the hands of consumers. Fireworks cause thousands of burns and eye injuries each year. People can enjoy fireworks safely if they follow a few simple safety tips:

BE CAREFUL!

-))) Be safe. If you want to see fireworks, go to a public show put on by experts.
-))) Do not use consumer fireworks.
-))) Keep a close eye on children at events where fireworks are used.

CONSUMER FIREWORKS

NFPA is opposed to consumer use of fireworks. This includes sparklers and firecrackers. Even sparklers burn hot enough to cause third-degree burns.



FACTS

- ⚠ In 2011, almost 18,000 fires were caused by fireworks.
- ⚠ Sparklers cause 16% of fireworks injuries.



ROLLERCOASTERS

Much to the delight of thrill-seekers everywhere, the first rollercoaster made its debut at Coney Island in Brooklyn, New York on June 16, 1884. Known as a switchback railway, the rollercoaster that customers paid a nickel to ride on that day bore little resemblance to the coasters we're familiar with now.

The brainchild of LaMarcus Adna Thompson, the design was reportedly inspired by the switch-back gravity railway used by coal miners in Pennsylvania. The first version of the rollercoaster was actually two wooden "hills" parallel to one another. Riders would climb a tower and board a car - sitting sideways - to begin their journey down the track at a rip-roaring 6 mph!

How Tennis Balls Can Keep Your Pool Clean. Tennis balls can keep your pool clean, but not in the way you might think. Throw a few old tennis balls into the pool, and they'll absorb any oil that floats to the surface. In the summertime, that means plenty of sweat and sunscreen.



Announcements

The Szabo family and Ichinco family are proud to announce the engagement of **Nicole Szabo** and **Jason Ichinco**. They plan to be wed in August of 2015. Both families are excited and wish the couple a lifetime of happiness.



Happy 8th Birthday, **Kevin Budesheim**, on July 2. Love, Mom & Dad, Matthew, Nicholas, **J u l i a n a**, Grandparents, Great-Grandmothers, Aunts & Uncles, Cousins.



Happy 7th Birthday, **Jack Budesheim**, on July 8. Love, Mom & Dad, Emma, Sara, Alex, Grandparents, Great-Grandmothers, Uncles & Aunts, Cousins.



Happy July Police Birthday to **Ptl. Travis Roemmele** (5th).

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

In ancient Greece, women used olive oil to make eye shadow by mixing it with charcoal.

The average six-room house in the U.S. collects a whopping 40 pounds of dust each year.



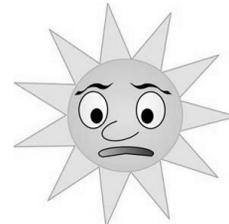
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We still have a special resident who is on a special diet. For medical reasons all he can use for nourishment is Ensure (vanilla or chocolate only). Can you please help?



After-Sun Soother. Lots of people swear by aloe lotion, but **green tea** is a cheaper option and just as effective for treating sunburns. Use a washcloth soaked in tea that has been cooled in the refrigerator as a compress on your tender skin. (Some people say topically applied green tea may even protect against skin cancer.) This is also a great way to ease a sunburned scalp. After washing and rinsing your hair as usual, pour the cooled tea over your scalp.



Sun-Lovers Take Note! Don't wait until you are out in the sun to apply a protective lotion to your skin. Sunscreen needs time to work, so smooth it on about 20 minutes before you go outside, and don't be stingy with it—use liberal amounts and reapply after doing any swimming.

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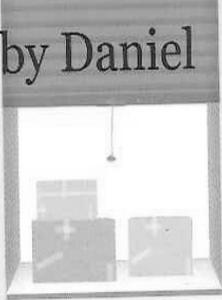
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Break It You Buy It? Not Necessarily

by Riverdale Resident and Columnist

Bill Lango

It's a simple fact of antique collecting that many items offered for sale in antique shops, antique shows, or flea markets are often placed in the most precarious of places, as merchants, with little thought to the potential for breakage, attempt to cram as much merchandise on their tables as possible.

By placing items on display, merchants and flea marketers alike are inviting potential customers to examine and handle their merchandise. To be sure, it's the dealer's responsibility to display items in a relative safe manner.

Antique shops, antique shows and flea markets are usually crowded, busy, places, and accidents do happen. That's why many merchants are insured, and many savvy show promoters insist their vendors carry insurance.

Have you ever noticed that some antique shop owners, or flea marketers place tent card signs near their merchandise with intimidating statements, such as, "Lovely to look at, Delightful to hold, But if you break it, Consider it SOLD!", or, "You break it, You own it"?

Signs of that sort truly turn off potential customers, who tend to be careful anyway. These signs may be a merchant's attempt to put you on notice, that if you break something in his shop or at a flea market, you'll have to pay for it. Well, that's not necessarily so.

In many states in the U.S. an antiques dealer may have no legal recourse if a customer accidentally breaks an item in their shop, at a show, or while attending a flea market.

According to a recent article in *Craft Report*, Washington D.C. lawyer Ann M. Garfinkle states, "If you break it, there is no law anywhere to say you have to pay for it."

Let's say you're at a crowded flea market and you ask to look at a fragile "Globe Trotter" Hummel figurine. The Hummel has a price tag of \$60. Someone bumps into you and you drop the Hummel, breaking it. Well, it was an accident. Something like this can be written off by the dealer without a huge impact on his profit.

For breakage of high ticket items, the merchant can file an insurance claim. When breakage occurs on merchandise valued below the merchant's insurance deductible, or is not covered by insurance, the broken merchandise can be legally written-off as a legitimate cost of doing business. However, the cost basis would be the wholesale cost or (the merchant's cost--not the retail price) of the broken item.

Some years ago, while participating at the Annual Rutherford, NJ, Labor Day Street Fair, a big gust of wind kicked up around 4 pm, just prior to the end of the show. The wind gust blew over one of our table top displays, crashing hundreds of dollars of merchandise to the street. The items were not covered by insurance, but we were able to go back into our inventory ledger and deduct the wholesale prices we paid for the merchandise from our profit and deducted their total costs as "breakage".

A merchant may attempt to shift financial responsibility for merchandise breakage to a customer, by asking the customer to pay only the dealer's actual wholesale cost. But taking such a case to court could be an expensive and lengthy process, and the courts are unlikely to rule in favor of the merchant.

So the next time you see those silly, "You Break it, You Own it" signs, keep in mind that if you accidentally break something while shopping, you have no obligation to pay. You can offer your sincere apologies, but keep your hand firmly on your pocketbook.

Antique Shopping Etiquette

Here are some suggestions to use in you in your quest for that special addition to your collection. Whether you shop at Antique Shows, Street Fairs, Flea Markets, Garage Sales, Tag Sales or Auctions, here's some solid advice for you.

1. Wear comfortable foot wear. Bring bottled water, a note book and a camera.
2. Always ask permission before you pick-up, handle or examine any fragile or breakable items.
3. Use caution when reaching for an item that's placed up high, or behind another.
4. Never handle merchandise while eating, or drinking coffee or soda.
5. Hold on to your children and impress on them not to touch. If they are youngsters with the "touchy feely" urge, have your spouse hold their hands while you look over the merchandise.
6. Don't be afraid to ask questions; however, don't disparage a dealer's merchandise or be argumentative. If a dealer acts rudely, don't you be a rude. Just walk away.
7. If you are interested in an item, but you think the price is a bit too high, or you are inclined to negotiate, ask the dealer if he "can do better." Many dealers leave a little room for bargaining in the price of their items.
8. Don't brow-beat a dealer to do better, then offer to pay with a check or credit card.
9. Bring cash. Cash is king at shows.
10. Unless you know what you are buying, purchase expensive items only from legitimate dealers that are known to have proven track records. Avoid the fly-by-night garage sale dealer.
11. Always be courteous in your negotiations. If you do have a disagreement with an antique show vendor or flea market vendor, ask the show promoter to intercede for you.
12. If you have questions while at a show, seek out the show promoter and ask for his help. While he may be busy, he'll take the time to answer your questions or steer you to a dealer who can help.
13. Be focused. Many new collectors make the mistake of buying everything that catches their eye, a year later, they regret many of their purchases, asking themselves, "why did I buy that?"
14. When you see something at a fast paced show, that you've been looking for, don't hesitate--buy it. If you say to yourself, "Oh well, I'll look around for more of these at a better price and If I can't find any, I'll come back and buy this one." Chances are when you return, you'll find it sold!
15. Ask for a written receipt.

The Importance Of A Receipt When Purchasing Antiques

The importance of obtaining receipts for your purchases cannot be emphasized enough. A receipt is a legal record of a sale. Without a receipt you may have no recourse if you later find the item is not as the dealer represented or described it.

In New Jersey you have a right to a written receipt. A receipt should indicate the selling date, price, condition approximate age and maker of the item with special reference to condition. Be sure to accurately include any flaws, or identifying marks.

Unless you are thoroughly knowledgeable about the items you are buying, avoid verbal descriptions. It's always good business to have the dealer put it in writing.

More importantly, your receipts can be used by you to value your items for estate and insurance purposes.

Opinions offered in this article are those of the author. Please consult your own legal advisor regarding your own personal circumstances.

Hydrangea

The hydrangea, with its rounded white, pink or blue flowers is an attractive and decorative plant in the greenhouse, window or terrace. Most people think of the hydrangea as a garden shrub, often planted in acid soils alongside Rhododendrons.

Take Cuttings in the Summer

1. **Cuttings.** Propagate the hydrangea by taking vegetative cuttings in June and July. Put them in water and they will very soon throw out roots. Plant them in a mixture of sphagnum and potting soil.

Color them blue...

Instead of buying a blue hydrangea, try experimenting. Take pink flower heads of the variety "Bouquet," and stick them in a pot of acidic soil with a pH of about 4.5-5.5 (the soil should be at least half sphagnum) and see what happens. That's right—blue flowers! This blue color can be strengthened by adding a teaspoon of aluminum sulphate every 14 days. Make a mark on your calendar—the timing must be exact.

2. **Pinch Them Out.** If more flowers are desired on the hydrangea you should pinch them out just above a well-developed pair of leaves. Continue doing this until the end of July.
3. **Keep Cool.** The plants should be watered daily until November when they should be moved to a cool but frost-free spot until January. Move the plants into a spot at room temperature.

The Potted hydrangeas are not winter-hardy. Don't forget that the type of forced hydrangea bought as a potted plant is not winter-hardy. If placing plants outside, wait until there is no danger of night frost.

Buying Tips. Look for bushy plants with large dark green leaves and stiff stalks. Thin weedy stalks will not be able to hold up the flower heads.

IN BRIEF

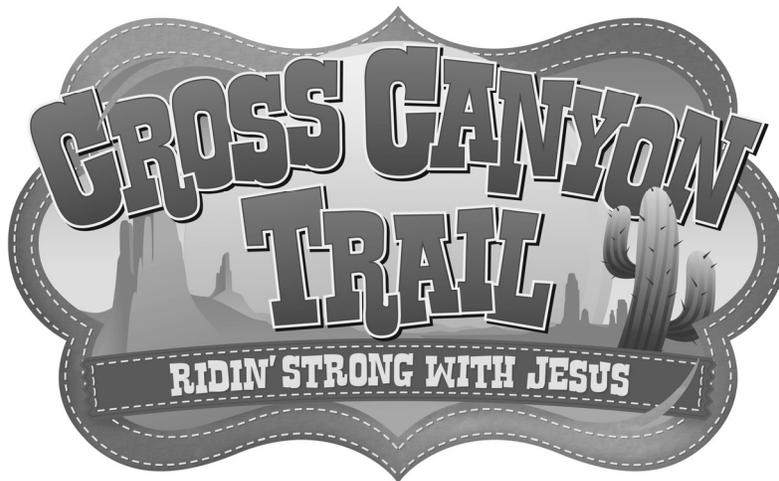
- ◆ Forced hydrangeas are brought into bloom in April and stay in flower until September. Overwintered plants will not bloom until the summer. The flowers have a fresh but not very strong scent.
- ◆ A cool spot with plenty of light is best (try an east or west-facing window). You can also choose a shady spot on your patio and put your hydrangea in the shade of other, taller plants. Rest your hydrangea in the winter at a temperature of about 40°F. The temperature should not be much over 68°F in the summer.
- ◆ Give only enough water to keep the plant from drying out in the fall and winter, but water daily after the first flower buds have appeared. Add 2 grams of sulphate of ammonia per quart of water until it has finished flowering. Water twice a day if very hot.
- ◆ The hydrangea thrives best in a mixture of potting soil and sphagnum, which should be well-drained and with a pH of less than 7. Repot in January. Cut back when repotting.
- ◆ Propagate with vegetative cuttings in June and July.
- ◆ A very attractive decorative plant
- ◆ A very attractive decorative plant which gives a luxuriant appearance to any window. Three or four plants together make a lovely sight when placed in clay pots on the patio or sunporch. All water loving plants are basically sociable and grown best when they are together with their friends.



Taken from *Success With House*

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JULY
7-11,
6-8 PM



AGES
4-12

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Zumba Class Transforms From The Inside Out

When my wife gets into something, she really gets into it.

Her latest obsession is Zumba, and this dance fitness class is changing her, both inside and out. And — by the power of holy matrimony — it's changing me, too.

My wife had a stroke in 2011, and we've tried living a healthier lifestyle ever since. I joined a gym. My wife cut out sweets, and dropped 25 pounds. Both of us quit smoking, relapsed, and quit again.

But I was hesitant when my wife said she wanted to try Zumba class. Her stroke recovery is amazing, but she's still unsteady on her feet. I worried a fast-paced workout would overwhelm her.

Zumba is essentially aerobics class with loud Latin music. In fact, Zumba was created in the mid-'90s when aerobics instructor Alberto "Beto" Perez forget his standard music, and had to improvise a workout class on the fly using the salsa and merengue tapes he had in his backpack. His students loved moving to the high-energy Latin beats, and the "Zumba Fitness Party" was born.

My wife went to a Zumba class at the Riverdale Community Center "just to observe," and was immediately hooked. She joined the fitness party that night, and came home smiling, breathless, and sweaty.

"It was so much fun!" she said. "It wasn't like exercise. It's like dancing!"

Her enthusiasm was infectious, so I agreed to go to a Zumba class with her. One class.

My wife's Zumba instructor, the amazing Mindy Gansley, teaches a Zumba Gold class for senior citizens and others who may have mobility issues. This will be a breeze, I thought. I do 45 minutes on the elliptical machine at the gym. I can shuffle around with a bunch of geezers for an hour. No problem.

Yes problem. Zumba kicked my ass. I was a hot sweaty mess after two songs. I flailed about, trying to "keep my core tight," but feeling very jiggly. I'm a musician—why couldn't I keep the beat or find the rhythm? I felt like an uncoordinated dork, and I'm sure I looked the part. I think the senior citizens in class were laughing behind my back.

"I should've brought my sweat towel," I told my wife after class. I always bring one to the gym, but didn't think I'd need it for Zumba Gold. Silly me. I was drippy and gross.

"Next time?" she asked, a bit of hope in her voice.

I'm a lousy dancer. There's a big difference between playing music and moving to it. And salsa and merengue isn't my favorite style either. (Heavy Metal Zumba? Anybody with me?) But despite all this, I knew I'd be back for another class.

Why? Because watching my wife move to the music, smiling from ear to ear, and beaming like a schoolgirl, was a sight to behold. It was like traveling back to a less troubled time, before she dated a pudgy musician with two left feet, back when she would cut loose and really dance.

My wife looked as graceful as before her stroke, as carefree as before we had kids, happy in a way I hadn't seen her look in far too long. Her beauty stole my breath, and got my heart racing more than any cardio workout ever could.

I don't care what effect Zumba has on my wife's body. I thought she looked great 25 pounds heavier (the weight went to all the right places, and her curves were kickin'!)

But I like the effect Zumba has on my wife's inner self, like it's reawakened some dormant spirit, re-nourished her soul.

"Absolutely! I'll Zumba with you again, my love," I said. "I'll dance with you anytime. Always. Forever."

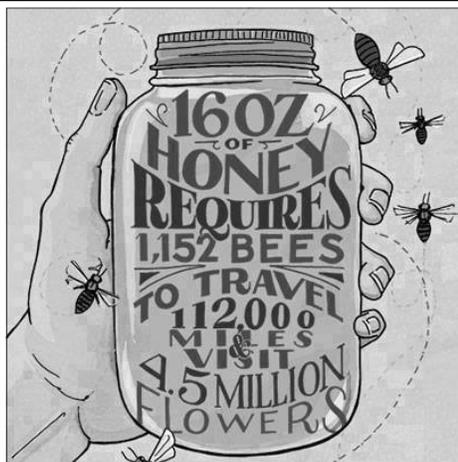


Riverdale resident **Rob Errera** is an award-winning syndicated columnist and the author of *Autism Dad: Adventures In Raising An Autistic Son*. He blogs at roberrera.com and Twitter/Tweets@haikubob.

Washington Tidal Basin Beauty Contest August 5, 1922.



Misses Eva Fridell, 17, and Anna Niebel.



Glazing Over. Before you put rolls in the oven, make a delicious glaze for their tops that your guests are sure to appreciate. Lightly beat an egg white with a tablespoon of milk and brush on each roll. You'll love it!

FLUORIDE DID YOU KNOW???



In 1955, Crest became the first fluoride toothpaste.



Fluoride calcifies the pineal gland, otherwise known as your 3rd eye which literally has rods and cones, just like your other eyes!



Fluoride is so toxic that it considered Hazardous Waste by the EPA.



Fluoride is the same ingredient in rat poison and Prozac



According to Dr. Bill Osmunson, there's the same equivalence of fluoride in an 8 ounce glass of fluoridated tap water as there is in a "pea sized" amount needed to call the Poison Control Center, as recommended on the back of any fluoridated toothpaste.

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?

Francis Hopkinson

The fifth New Jersey Signer was a composer of popular songs! He was Francis Hopkinson, an animated little man, witty and versatile, who wrote the music for "My Days Have Been So Wondrous Free." He liked to doodle his pencil when bored by long Congressional debates. He loved the pigeons he raised, and had a pet mouse - which he fed at the table!

This engaging fellow was a lawyer, statesman, churchman, writer, and inventor. He won great popularity with verse that satirized

the British. In "The Battle of the Kegs," he ridiculed the alarm of the redcoats when the Americans floated kegs of gunpowder down the Delaware River to annoy enemy ships.

The artistic Hopkinson is said to have helped design the American flag. It was his father, a prominent Philadelphia lawyer, who introduced Benjamin Franklin to the study of electricity.

Francis married Ann Borden (whose wealthy father founded Bordentown, New Jersey) and thus became the brother-in-law of Signer Thomas McKean, who married Ann's sister Mary.

The British ransacked the Hopkinson home at Bordentown.



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

Outdoor Electrical Safety



Lighting to improve the look and safety of our homes, electric tools to make our outdoor work easier, and power lines to our home, all need to be handled with care.

Outside Electrical Work

- Have a qualified electrician do all electrical work.
- To prevent an electrical shock, make sure all your outside electrical receptacles are GFCI (ground-fault circuit interrupter) protected.

Equipment Safety

- Use lighting and power tools that have the label of an independent test laboratory and make sure they are made for outdoor use.
- Store your electrical tools indoors.
- Keep electric tools away from children.
- Keep the area around your electric meter and other electrical equipment clear.
- Check lighting and extension cords for damage before using. Replace any damaged cords right away.
- Use extension cords that have the label of an independent testing laboratory and are marked for outdoor use.
- Extension cords are not meant for long-term use.

Power Lines

Have a professional tree cutting service trim branches that might fall on electric wiring. Use a wooden or fiberglass ladder outside. Keep the ladder at least 10 feet away from power lines. Never touch anyone or anything in contact with a downed wire. Power lines may be live, stay a safe distance away. Report downed wires to authorities right away.

IMPORTANT REMINDER

Call "Before You Dig" (8-1-1) before any digging on your property. They will mark where your underground utilities are located. It's a free service!

A Hiking Must-Have! Before you start out on your hiking trip, tape your pant legs to your boots with duct tape. This will ensure you'll get no bites from ticks, flies and mosquitoes.

Camper's Aid. Always pack duct tape when you're going camping. It's a must-have to repair rips or holes in tents and air mattresses, and can be used to string up food so it's out of bears' reach.

Did You Know?

- ◆ In colonial times, a plumber was called a *plumbum* worker.
- ◆ Eli Whitney didn't profit much from his cotton gin, but did make a lot of money as a gun manufacturer.
- ◆ An average pair of feet will sweat about one-half of a pint of perspiration a day.
- ◆ Queen Elizabeth was an 18 year old mechanic in the English military.
- ◆ There are eleven time zones in Russia.
- ◆ Most snakes can go without eating for a whole year.
- ◆ Kilts originated in France, not Scotland.
- ◆ Teddy Roosevelt had four sons. Three of them were killed serving their country during wartime.
- ◆ 0 degrees longitude, 0 degrees latitude is in the Atlantic Ocean.
- ◆ A baby whale is a "calf".

SUMMER HOURS

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

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

E-Books for Riverdale Patrons!

We recently purchased three more e-books, **exclusively** for Riverdale Library patrons! *Takedown Twenty* by Janet Evanovich, *The Fault In Our Stars* by John Green, and *The Husband's Secret* by Liane Moriarty. Log into DigitalLibraryNJ (there's a shortcut on our website) with your library card and download e-books for free!

ADULT PROGRAMS

Friday Matinee — Fri., July 11, 1 p.m. Set in a mythical version of New York City, *Winter's Tale* is the story of a romance spanning more than a century between a thief and a dying heiress. Rated PG-13, 120 minutes.

COMPUTER WORKSHOPS

Intro to Excel — Sat., July 12, 11 a.m.-12:30 p.m.

ON EXHIBIT THROUGH JULY 26

Artist **Leah K. Tomaino's** work has been widely exhibited throughout the country, has won national awards, and is in many private and public collections. **Meet the artist reception on Sat., July 26, 11 a.m.-1 pm**

TEEN PROGRAMS

Minecraft Drop-In — Thurs., July 17, 3-5 p.m. Love playing Minecraft? Stop by anytime to challenge your friends and treat yourself to Creeper cookies! Then enter our raffle to win a gift card to Five Below!

INFANT & PRE-SCHOOL PROGRAMS

Programs run from the week of June 16 to Aug. 5.

Baby Time : Up to 2 years w/caregiver. Mon, 11:00 – 11:30 a.m.

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

Preschool Pals : Ages 3-5, Tues, 10:15 – 11:00 a.m. or 1:30 – 2:15 p.m.

Music Together — Fri., July 11, 11 a.m. - noon

Returning for another fun time of singing, dancing, instruments, parachute play and more! For infants to age 6.

TWEEN PROGRAMS — GRADES 4-6

Tween Book Club — Wed., July 16, 6-7 p.m. Be a “readologist” this summer! Tween book club offers a chance to hang out with friends and discuss awesome books over pizza! The book for July is *Splendors & Grooms* by Laura Amy Schlitz. Pick up your free copy at the circulation desk.

Tween Origami — Thurs., July 3, 4-5 p.m.

Children entering grades 4-6 will learn the ancient Japanese art of paper folding and go home with fun creations.

CHILDREN'S PROGRAMS

Puppy Pals — Wed., July 9, 4-5 p.m. A fun way to encourage reading skills over the summer! Grade school-age kids can choose a book to read to Justice, a certified therapy dog from Creature Comforts Pet Therapy.

Robots Rule! — Thurs., July 10, 4-5 p.m. Using bottle caps, washers, metal coils and more, children entering grades K-5 can construct cool cyborgs and androids.

Breakfast Book Club — Sat., July 19, 10:15-11:30 a.m. Talk about the book of the month (*Timmy Failure: Mistakes Were Made* by Stephan Pastis) and make a cool craft! Pick up your free copy at the circulation desk.

Lego Lab — Wed., July 23, 4-5 p.m. Can you build a rocket ship, a city, a robot? Children entering grades K-5 can become engineers this summer: bring your imagination and we'll supply the LEGOs.

Super Science Day — Thurs., July 31, 4-5 p.m. Full STEM ahead! Children entering grades 2-5 can use science, technology, engineering and math to work on projects like a popsicle stick catapult.

Family Movie — Fri., July 24, 1 p.m. *The LEGO Movie*. Rated PG, 100 minutes.

MONTHLY

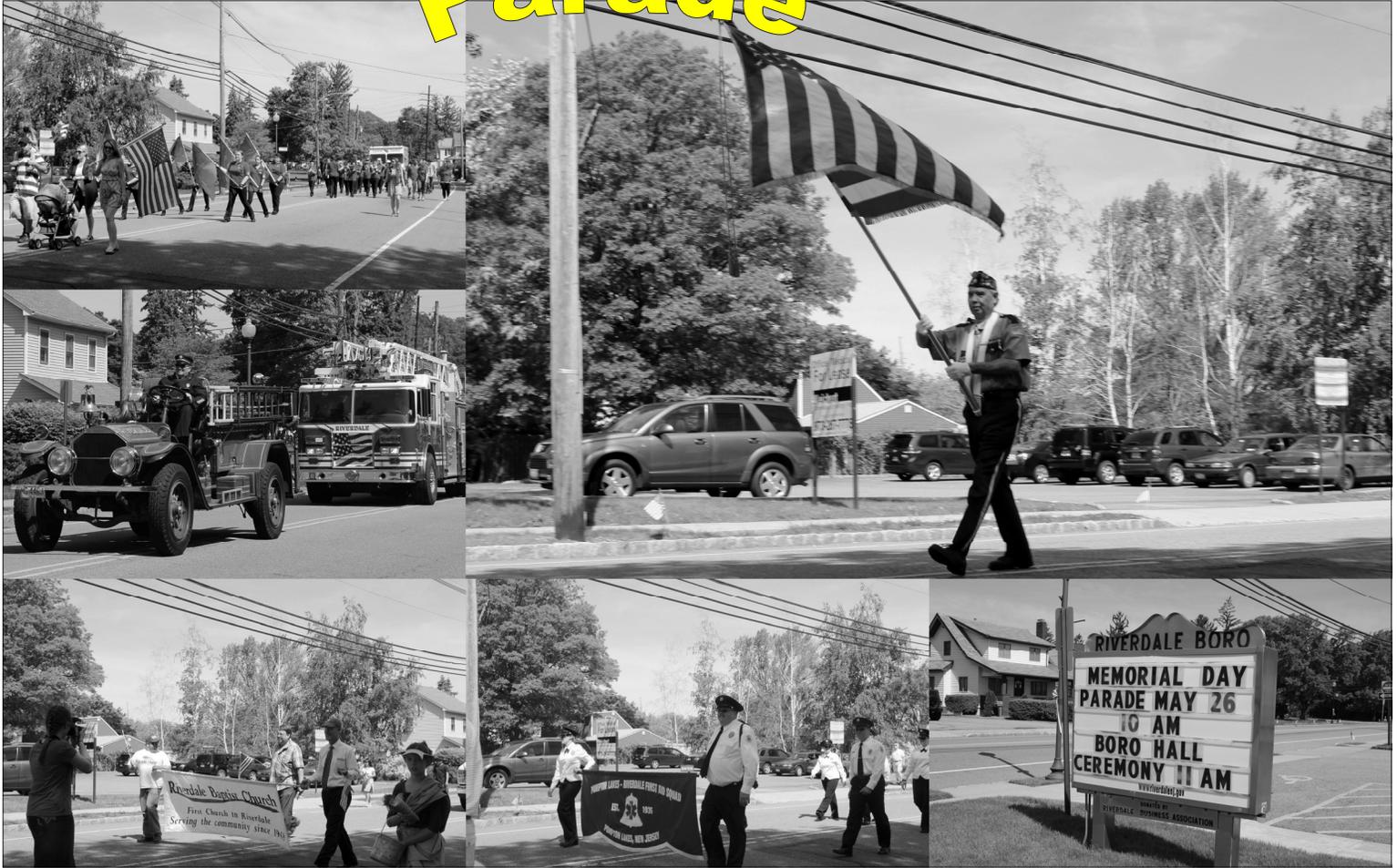
Photo Club — Mon., July 28, 7:00-8:00 p.m. All photographers welcome to learn and share!

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

Adult Book Discussion Group — Mon., July 28, 6:30-8:00 p.m. We'll discuss *The Casual Vacancy* by J.K. Rowling.

RIVERDALE

Parade



Memorial Day Parade & Ceremony

Grand Marshall
Russ Maria



DAILY NEWS

Riverdale School Graduation 2014





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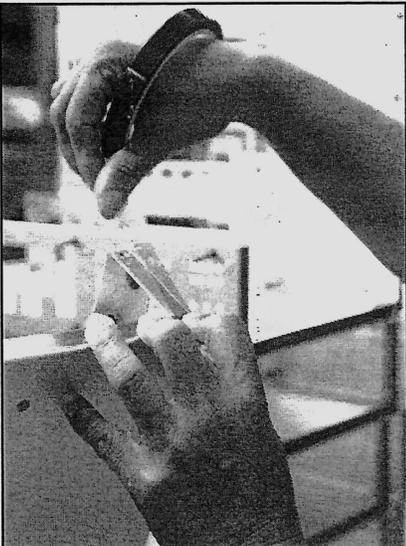


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July 1

- ◆ The first adhesive postage stamp was offered for sale, 1847.
- ◆ The Battle of Gettysburg began 1863.
- ◆ United States Post Office started 5-digit zip codes, 1963.
- ◆ Medicare federal insurance program went into effect, 1966.

Be aware that certain drugs & cosmetics can increase the sun's ravages on skin. If you notice a sensitivity to the sun, check your cosmetics, deodorants, deodorant soaps, detergents and perfumes. Antibiotics (tetracycline in particular), diuretics, tranquilizers, oral contraceptives and retinoic acid may also cause skin sensitivity.



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Club open to all, residents and non-residents.

AUGUST edition of Riverdale News & Events will be published on or about Saturday, Aug. 2. Copy, photos, articles, announcements are due **Friday, July 25.**

Influential Women

Pocahontas, born Matoaka, was the daughter of a Powhatan Indian chief and was born around the year 1595 in Werowocomoco, Virginia. When English colonists settled in Jamestown in 1607, Pocahontas befriended them. She played with some of the children of the colonists, and the parents grew fond of her as well; on a whole, the situation between the Powhatans and the colonists was tenuous.



Tensions continued between the colonists and the Powhatan Indians. In 1608, the leader of the colony, Captain John Smith, was captured by Powhatan's men. Smith claims that Pocahontas pleaded for them to spare Smith's life and they did, and by doing so, she saved the colony of Jamestown. Despite this salvation of Smith, relations between other Englishmen and the Native Americans remained tense.

In 1613, Pocahontas was taken hostage by an English ship captain, Samuel Argall. Argall wished to exchange Pocahontas for several Englishmen who were being held by the Powhatans and for numerous supplies, including tools, that the Native Americans had stolen from them. Pocahontas was taken to Jamestown, where the governor, Sir Thomas Dale, impressed by her manners and her intelligence, treated her kindly. She was instructed in Christianity and baptized, given the Christian name Rebecca.

One of the colonists, John Rolfe, became enamored with Pocahontas and asked Sir Thomas Dale if he could marry her. Dale agreed, as did her father, and the two were married. The marriage between the two helped bring a period of peace between the colonists and the Natives. In 1616, Pocahontas was invited to England, where she met the King and Queen. During her visit, she contracted small pox. In 1617, while still in England, Pocahontas died from her illness.

Athletes that Died While Playing

Mike Coolbaugh 6/5/72 - 7/22/07



On July 22, 2007, Coolbaugh was killed during the ninth inning of a game against the Arkansas Travelers in North Little Rock, Arkansas, when a line drive hit by Drillers catcher

Tino Sanchez struck him in the neck while he was standing in the first base coach's box. The impact pulverized Coolbaugh's left vertebral artery, which severed the brain from the spinal cord. The result, according to Pulaski County Coroner Mark Malcolm, was a severe brain hemorrhage that essentially killed Coolbaugh on impact. Travelers general manager Pete Laven was among the first to reach Coolbaugh, along with Travelers team doctor James Bryan, team athletic trainer Brian Reinker and Gene France, a local doctor who was sitting near the first base dugout with his daughter and a family friend, both of whom are also physicians. France watched as Bryan administered a "deep pain" maneuver, applying pressure to various areas of Coolbaugh's body, all with no response. CPR was administered to Coolbaugh on the field and he was breathing until the ambulance reached the hospital.

Coolbaugh was pronounced dead at 9:47 pm CDT, less than an hour after being struck with the line drive. The game, which the Travelers had been leading 7-3, was suspended. The next day, Texas League president Tom Kayser declared that the game would be considered a complete game. The Drillers and Travelers both postponed their game scheduled the following night.

After clinching the National League Wild Card playoff berth during the 2007 Major League Baseball season, the Colorado Rockies announced that the players voted to award Coolbaugh's widow, Amanda, a full share of their playoff winnings. Rockies general manager Dan O'Dowd said, "when I heard about what the players did, I almost cried." As the Rockies made it to the World Series, her share ended up being \$233,505.18.

On November 8, 2007, MLB general managers decided that base coaches would wear helmets starting in the 2008 season

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Why science teachers should not be given playground duty.

Heat Cramps: Loss of body fluids and electrolytes (such as sodium and potassium) from excessive sweating can result in muscle twitching or painful cramping, usually beginning in the legs and moving up to the abdominal muscles. Although body temperature may rise as high as 103° F, the condition is usually not life-threatening if treated immediately. Resting in a cool, shaded place and drinking fluids will bring rapid relief. Massaging muscles probably won't help the cramping, though it may force blood containing toxic metabolic products, such as lactic acid, away from your extremities.

Heat Exhaustion: Heavy sweating over a long period of time could result in a condition termed heat exhaustion. Headache, fatigue, irritability, dizziness and cramping signal heat exhaustion. The victim will appear pale and shaky and feel cool and clammy to the touch. If you have these symptoms, immediately cease activity and rest in a cool place. Drink water or a weak saline solution—this is extremely important. If rectal temperatures are high (between 101° and 104°F) sponge your body with cold water to help lower the temperature. It is prudent to see a physician because heat exhaustion has the potential to develop into the more serious heat stroke.

Heatstroke is a life-threatening illness that must be treated immediately. Body temperature will rise above 104°F—high enough to damage sensitive internal issues. The body's heat regulatory system will shut down at these high temperatures; the result is that sweating will greatly decrease or stop. The skin becomes red, dry and warm. The victim may become dizzy and nauseated. Irrational, even psychotic behavior, is not uncommon. If the body is not cooled within an hour, seizures and coma will follow. Medical help is essential for survival, but the sooner a victim is cooled via a cold-water bath or ice packs, the better her or his chances for recovery. Dehydration may not be as severe as in heat exhaustion, so fluid replacement should proceed at a moderate rate. Once hospitalized, the victim will probably receive intravenous fluids.



PIC TIPS Get up early, stay out late.



Photography is all about painting with light. Light is what gives your pictures contrast, shape and texture, and often the best light is that which appears at either end of the day when the sun is lower in the sky. At these times of day it casts longer, more extreme shadows, which in turn pick out small details, bumps and texture.

By shooting early in the morning and late in the afternoon, you'll achieve far more interesting results than you would at

high noon when you'll spend more time controlling the light coming into your lens than you will manipulating your subjects to best exploit the shadows.

Embrace the grey day

Don't let an overcast day put you off heading out with your camera. The softer light you get on an overcast day is perfect for shooting plants, flowers and foliage as it dampens the contrasts we were championing in our previous step. This allows the camera to achieve a more balanced exposure and really bring out the colors in petals.

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ANSWER to question on Page 7. The man must have entered the store with \$99.98 in his pocket.

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Natural Homemade Sunscreen

- ◆ 1 oz. coconut oil
- ◆ 0.8 oz. shea butter
- ◆ 0.1 oz. jojoba, sesame, or sunflower oil
- ◆ 0.1 oz. Vitamin E oil
- ◆ 30 drops essential oils, *optional* - I use 15 lavender, 10 eucalyptus, 5 peppermint.
- ◆ Zinc oxide powder
 - ◆ For SPF 2—5: Use 5% zinc oxide
 - ◆ For SPF 6—11: Use 10% zinc oxide
 - ◆ For SPF 12—19: Use 15% zinc oxide
 - ◆ For SPF >20: Use 20% zinc oxide

Directions:

Add coconut oil, shea butter, and jojoba/sesame/sunflower oil to a make-shift double boiler. (To make your own double boiler, place a Pyrex measuring cup containing ingredients inside a small pot filled with a few inches of water). Heat gently until shea butter is just melted. Remove from double boiler and allow to cool a little. Put on a mask that covers your nose and mouth (to avoid breathing in the fine particles of zinc oxide powder), and measure out your zinc oxide. Add zinc oxide, Vitamin E oil, and optional essential oils to the other ingredients. Stir well to combine. Store in a dark jar in the refrigerator.

Use:

Apply liberally to exposed skin. Reapply every few hours, or more often if swimming or sweating. This homemade sunscreen has about a six month shelf life, and should be refrigerated when not being used. The oils it contains are photosensitive, so do not leave your homemade sunscreen sitting out in direct sunlight. Keeping it in a cooler will prevent it from melting in high temperatures when taking it to the pool or beach.

If you prefer to add zinc oxide to another homemade lotion you like, simply weigh a desired amount of lotion and add enough zinc oxide to achieve the preferred SPF, mixing thoroughly.



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Keeping Your Pets Cool in the Summer Heat



Warm, sunny summer weather allows us to spend more time outdoors with our pets, but when the temperatures skyrocket, the heat can become very dangerous for our furry friends. Some of the common afflictions humans endure as a result of overheating can translate to pets: heart difficulties, heat stroke, breathing issues and more.

One way to keep your pets safe is to monitor their outdoor playtime in the summer heat. For those of us with high energy dogs, that's much easier said than done! However, on hot days, adjust intensity and duration of exercise in accordance with the temperature. If Fido has lots of energy and acts like Cujo without his daily dose of exercise, try some fun indoor games like playing with a tug toy. Freeze water and kibble into a Kong, and your pooch will stay occupied licking through the ice to get to his treat. Mike's Feed Farm sells marrow bones by the pound, and they can keep your pup occupied in thwhen the heat index surpasses a safe play environment.

When walking, be conscious of how hot the streets can get and that they can burn the paws of your pup. If you are hiking in the mountains or walking along trails, always carry water with you to keep your dog from dehydrating. Mike's Feed Farm carries the Handy Drink Instant Dog Drinker, a water bottle that turns into a dog dish when you travel. This makes for an easy and efficient way for humans and canines to keep hydrated in the blistering sun.

While indoors, always provide cool and comfortable living space for your pets. For the kitties (if possible) allow them access to your basement, suggests Karen Commings, author of *The Cat Lover's Survival Guide*. This could particularly benefit older cats, which may not be as mobile, to locate a cool spot for themselves. Also consider keeping your cat in the bathroom during the day. Cats sometimes like to lie on the cool tiles, in the bathtub or in the sink.

Don't ignore signs of heat stroke! Dr. Stephanie Janeczko, Senior Director, Community Outreach Shelter Medicine Programs at the ASPCA says, "Early signs of heat stroke include restlessness, excessive panting or drooling, and elevated heart and respiratory rates. When the body temperature remains elevated the animal's condition will worsen and internal organ damage, sometimes irreversible and fatal, may occur. Symptoms of more advanced heat stroke include vomiting or diarrhea, trouble breathing, increasingly severe depression and weakness, and seizures. Early examination and treatment by a veterinarian is critical, even if the animal doesn't seem too severely affected."

Adoptables.

SNICKERS is a beautiful 2 1/2 yr old Tortie packed with personality. She needs a cat savvy owner who doesn't mind her quirky habits like wrapping her arms around your legs when she wants you to stay! Snickers is a leg weaver so you have to be steady on your feet. She is very vocal, and loves attention!!!!

FRASSA & TETLEY are the sweetest bonded siblings you could ask for. They will celebrate their first birthday on July 29! Tetley is a perfect little sweetheart and is the braver of the two, but Frassa is a typical boy at heart when it comes to playtime.

REESES PIECES is double special as she has two rarities. Orange female AND classic swirl markings. She is an active 2 year old little Diva with a pint size attitude. Reese will cuddle on her terms. She plays with all her feline fosters siblings and adores her foster Beagle.

Please contact Mary Linn from Only Kindness is you are interested in learning more about these sweet kitties!okindness@aol.com

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Instilling a Love of Tea, One Sip at a Time Cooling Down With A Hot Drink

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/>.

Last month, we honored the wonderfully refreshing iced tea. The cool *clink* of the ice cubes gently bumping in a glass seeks to naturally coincide with the summer months.

However, NPR came out with an article in 2012 that argues that maybe, instead of a cool glass, maybe people should be reaching for a warm mug during the scorching July month. Why?

Well, according to University of Cambridge neuroscientist Peter McNaughton, the nerves in our tongues and mouths have special molecules, called receptors, which tell the brain to turn on our sweat mechanism.

Translated? That means that the body senses it is hot and cools us down through our normal cooling system - sweat.

Dr. Christopher Gordon, an expert in human thermoregulation (or keeping the body at a proper temperature) at the University of Sydney weighs in, "Sweating will start, or increase, if the person is already hot... Whilst people often feel hot during the consumption of the hot drink they will feel cooler once they are sweating."

The same theory applies to chili peppers and why the spicy vegetable might be so popular in hotter countries.

The reason why scientists like McNaughton recommend tea, however, is because it does not have other effects, such as a large level of caffeine. Thus, it might be friendlier to the body to do this at 5:00 PM as opposed to, say, a piping hot cup of coffee.

It is also much friendlier to people whose knees start to quake when they hear even the prospect of dipping a piece of bread in a chili sauce.

But why not just reach for a cold drink, as is typical in America?

Science has the answer for this as well.

Gordon explains that, while we might want to reach for that ice cream or iced tea, we could actually be causing our blood vessels to tighten due to the extreme cold, thus making us feel even hotter rather than cooling us down.

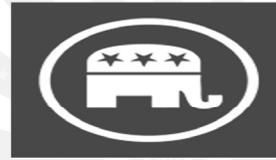
The reason why the cold drinks work in the short term is because the volume of the drink is small when compared to your body. Therefore, the cooling effect gets diluted quickly.

So, as contrary as the thought may be, though it is nice to sip away on a cup of iced tea, maybe instead during the 80-degree weather that July is sure to bring, you should instead start putting your tea kettle on so that you can cool off for the day.

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Fourth of July Facts



- ◆ The average age of the Signers of the Declaration of Independence was 45.
- ◆ The youngest was Thomas Lynch, Jr (27) of South Carolina. The oldest delegate was Benjamin Franklin (70) of Pennsylvania.
- ◆ The lead author of The Declaration, Thomas Jefferson, was 33.
- ◆ 1 out of 8 signers of the signers were educated at Harvard (7 total).
- ◆ Four each at William & Mary, Yale, and Princeton.
- ◆ George Wythe was a professor at William & Mary and one of his students was Thomas Jefferson.
- ◆ Congress revised the Declaration for final approval on July 4, 1776.
- ◆ The only two signers of the Declaration of Independence who later served as President of the United States were John Adams and Thomas Jefferson.
- ◆ Both John Adams and Thomas Jefferson (bitter rivals) died on the same day, July 4, 1826, the 50th anniversary of the Declaration.
- ◆ Congress made Independence Day an official unpaid holiday for federal employees in 1870. (In 1938, Congress changed Independence Day to a paid federal holiday)
- ◆ There were an estimated 2.5 million people living in the newly independent nation in 1776. Total U.S. population in 2014 is 317 million.
- ◆ Every 4th of July the Liberty Bell in Philadelphia is tapped (not actually rung) 13 times in honor of the original thirteen colonies.
- ◆ A salute of one gun for each state in the United States, called a "salute to the union," is fired on Independence Day at noon by any capable military base.



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

GINGER. It was the Spaniards who introduced the Americans to the Ginger plant in the early part of the 16th century. Ginger became so popular among Europeans that in 1884, Great Britain imported over 5 million pounds of the root.



Research conducted at Cornell University Medical College has found that Ginger may help prevent strokes and hardening of the arteries. This active ingredient of Ginger, gingerol, is proven effective in preventing occurrences of so-called "little strokes". It is believed that this substance, gingerol, inhibits an enzyme that causes cells to clot.

Aspirin has currently been lauded medically for its blood thinning properties which help prevent heart problems. What has not been addressed however, is the fact that the aspirin has serious side effects, such as causing stomach and intestinal ulcers, which often hemorrhage causing death. Also it is said that aspirin blocks Ginger's action to prevent the clotting that prevents strokes; it also prevents Ginger from naturally doing a better job of preventing harmful problems.

Ginger thins the blood and lowers blood cholesterol. It is known to work to reduce fevers. It can be used to relieve vomiting and to soothe the stomach and spleen in the process.

Ginger is a warm blood vascular stimulant and body cleansing herb and is used in respiratory and lung/chest clearing combinations. It is system alkalizer and a stimulant of the digestive system. It is a catalyst in nervine and sedative formulas. It has a variety of uses such as in a gargle preparation and a part of sore throat syrups. It is used as a diaphoretic encouraging profuse sweating helping in the removal of toxic waste. It is a kidney stimulant to increase kidney filtration.

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Ginger is a warm blood vascular stimulant and body cleansing herb and is used in respiratory and lung/chest clearing combinations. It is system alkalizer and a stimulant of the digestive

Ginger has a reducing effect on migraine headaches without the side effects found with drugs. Ginger has been found effective in combating nausea caused by motion sickness.

- ◆ Ginger is most often used as a carminative, usually mixed with a variety of other herbs, because of its great ability to stop griping and cramping especially in the abdominal and intestinal area.
- ◆ Ginger has long been recommended by herbalists as a regulator of blood cholesterol to improve blood circulation, especially to the extremities (hands and feet).
- ◆ In China, Ginger is used in the first stage of the common cold.

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

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

Freedom Park
7:30 - 9:00 pm
Wednesdays

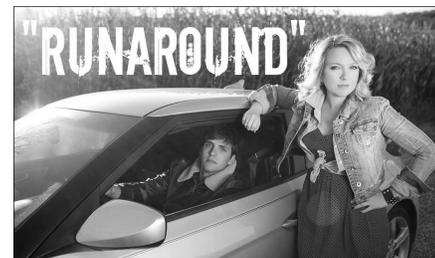
Summer Concerts

Coney Island Pizza
50/50
Free Shuttle



July 9. Re-United
(oldies)

July 16. Leanne Weiss
(country)



July 23. Bloomingdale Cornet Band
(patriotic, standard, sing-a-long).



July 30. Carnaby Street
(60's 70's English invasion)



- ◆ Weekly 50/50.
- ◆ Food available from Coney Island Brick Oven Pizza.
- ◆ Call borough hall AFTER 3pm on day of concert in case of inclement weather.
- ◆ Free Shuttle available courtesy of Jordan Transportation.
- ◆ Please park at Borough Hall or Riverdale School. Limited parking at Freedom Park.

EXERCISE...EXERCISE...EXERCISE

Walk-In!

<u>MONDAYS</u>	Zumba Toning, 7:30pm Hula Hoop, 6:30pm
<u>TUESDAYS</u>	Zumba Gold, 10:00am Zumba, 7:30pm
<u>WEDNESDAYS</u>	Hula Hoop Fitness, 7pm
<u>THURSDAYS</u>	Zumba, 7:00pm
<u>SUNDAYS</u>	KettleBell Fitness, 9am

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

QUESTIONS OR COMMENTS:

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Ages 7-9 (5:45-6:30)

Ages 10-13 (6:45-7:30)

This outdoor class will include running drills to build endurance/speed and body weight exercises help build strength. Classes will also include all inclusive active group games to keep kids moving.

PRE-REGISTRATION REQUIRED
CONTACT JENNIFER AT
busybodiesRfit@gmail.com

KIDS CARDIO BOXING

Grades 3-8

THURSDAYS

4:00-5:00 pm

8 Sessions—\$48

Instructor-Jennifer

busybodiesRfit@gmail.com



Office: 973-706-6471

Socks of Love

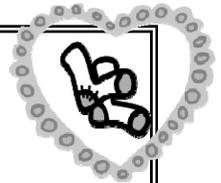
My name is Amanda Gosson. I am a Girl Scout in town and I am working on my Silver Award. My project is called "Socks of Love" which are tube socks filled with personal care items. I am asking for your help with donations. Here are some of the things I need:

*Tube socks * Travel size soaps * Travel size lotion * Travel size deodorant * Travel size hand sanitizer * Chapstick * Band-aids * Emergency blankets * Small ponchos **

*Small nail care items * Combs * Non perishable foods such as single pack crackers, cookies, etc.*

I have set up drop boxes at the Riverdale and Pompton Lakes libraries and municipal buildings, and the Riverdale Community Center. Any donations are greatly appreciated. Thank you for your generosity.

Amanda Gosson, Troop 323





GLENBURN HOUSE
YOGA
THURSDAYS 7:30 pm
 Classes all Summer—
 Walk-ins Welcome!

FARMER'S MARKET
EVERY TUESDAY
2:30—7:30pm
At Glenburn
Gravel Parking Lot

GLENBURN HOUSE, 211 HAMBURG TPK, RIVERDALE

NEW

TOTS TOUR OF 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. There is a new multi-cultural experience in every class. 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?

RECREATION NEWS



Follow us @Riverdale Rec

riverdalerec@gmail.com



"LIKE" us at Riverdale Recreation

Dorney Park & Wildwater Kingdom

River- dale

Recreation is once again offering discounted tickets

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

Prices

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



SUMMER TUTORING
AT THE COMMUNITY CENTER
READING

June 30-July 31, 3:15-4:15pm
 Mon/Wed for students entering K-4th grade in Fall '14
 and Tue/Thurs for students entering 5th-8th in Fall '14.

MATH

June 30-July 31, 4:30-5:30pm
 Mon/Wed for students entering K-4th grade in Fall '14
 and Tue/Thurs for students entering 5th-6th in Fall '14.

Cost: \$40.00 per child per week (two sessions a week).

To sign up or for more information email riverdalerec@gmail.com.



ADULT COED SOFTBALL

Thursdays starting June 26 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 News & Events
91 Newark Pompton Turnpike
Riverdale, New Jersey 07457

Recycling Pick-up
Thursday
July 3
No pick-up on July 4

Postal Patron Local
ECR WSS
Riverdale, NJ 07457

PRESET STD
U.S. POSTAGE
PAID
PERMIT NO. 1261
Paterson, NJ 07510

ADVANCED
973.616.4555

**Sports Medicine &
Physical Therapy
Center**

Your Communities' Healthcare Specialists

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

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

Sincerely,
Dr.'s. Glenn & Christine Foss

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

YOU CAN LIVE PAIN FREE WITHOUT SURGERY!

Our State -OF -The Art Facility Specializes In:

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

**Call For A
FREE
Consultation
973.616.4555**

18 Newark Pompton TPK. Riverdale, NJ 07457