

**R
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E** **NEWS &
EVENTS**

News for and about the residents of Riverdale

July 2015

Volume 10 Number 7

**Happy
4th of
July**



July 2015

Volume 10 Number 7

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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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

Mayor William Budesheim's



BEHIND THE SCENES Report

From Wrecking Ball to Gem

Greco. Van Ness. Ryerson.

Over the years it has been known by different names. Today it is Glenburn, a property with a history going back more than three hundred years. And to think we almost lost it.

Just two days after I became Mayor in September 2003, the wheels were set in motion that ultimately saved Glenburn from the wrecking ball.

I was driving to the intersection of Mathews Avenue and Hamburg Turnpike with a Morris County engineer to discuss the possibility of installing a traffic light there. As we passed Glenburn, I casually commented that I couldn't believe that the County approved a traffic light at Ryerson Avenue at the request of the developer of the Greco Property. He said that the County would only go along with it if the town asked for it.

A few days later, I get a call from the attorney representing the developer inquiring of my intentions regarding the traffic light on Ryerson Avenue. I asked that the developer wait until the shopping center is built to see if it is needed. They said that they wouldn't build without the traffic light. We arrived at an impasse.

The utilities were shut off and the demolition permits were obtained—the wrecking ball was on the way.

Fortunately, within a few months the developer graciously agreed to sell it to the borough. Riverdale applied to the Morris County Open Space Committee for a grant to purchase the site. We were denied. The public outcry was overwhelming. Every newspaper editor who wrote about this denial took the County to task.

The following year we applied again to the County, resulting in an approval for 40% of the purchase price.

Because of Mayor Dedio's pressure on the Planning Board to approve this project the value of the property went from \$900,000 to \$2.6 million.

In the meantime, the voters of Riverdale approved a one cent municipal open space tax authorizing the purchase of open space and historical properties. This made us eligible for an additional 50% grant from the State Green Acres Program.

In addition to many residents, we were guided and assisted by the Pequannock and Passaic River Coalitions. This became a regional cause. In March 2006 we took ownership of Glenburn.

Mrs. Teri Meier, who grew up in the house in the 1940s, has been a frequent visitor to the house. She has assisted us with its restoration, and all the while filling us in on its storied past.

Mrs. Edna Joy Dana, who is the great-great-granddaughter of George Linen, the builder of the house much as we see it today, has also been here numerous times.

Riverdale has received more than \$800,000 in the ensuing years towards the restoration of the buildings from Morris County Historic Preservation.

We first restored the barn (adding two new handicap accessible bathrooms), then the house and now we are far along in the restoration of the "country store".

A few years ago a 1200 square foot pavilion was constructed enhancing the outdoor use of Glenburn.

Loehmann's used Glenburn as the backdrop for a fall catalogue. The Discovery Channel filmed some episodes, which are currently being aired.

We have had art festivals, rock swaps and the annual Farmers' Market run by the Riverdale Land Conservancy in support of Glenburn.

Today it has become a favorite for those planning weddings, family reunions, company picnics, showers, birthday parties and more.

The Girl Scouts have had campouts and other events, utilizing the nearly six acres of lawn and woods.

Riverdale Recreation moved the annual Fright Night to Glenburn.

Can you imagine if we didn't save Glenburn? There would be a 45,000 square foot strip shopping center with 200 parking spaces, more traffic than Hamburg Turnpike could handle, the loss of 6 acres of precious open space, and a State and Federal designated historical landmark.

I am proud that I was given the opportunity to play a pivotal role in preserving this piece of Riverdale history and conserving open space.



William Budesheim

The Seniors' Corner



The June 1st meeting was conducted by **President Dorothy Bowersox** who welcomed back the **Zajacs** from their winter in Florida. **Chaplain Elaine Peacock** read a lovely poem, "Gifts of a Very Best Friend." This was followed by the flag salute, club pledge and singing of "God Bless America." Elaine also acknowledged the June birthdays, and those members stood and received a birthday song.

The Secretary and Treasurer reports were given. **Gloria Carelli** reported on the Food Pantry, which serves 14 residents of Riverdale. Dorothy asked if anyone had any good news to share, she told us that her husband **Bill Bowersox** was honored for his 50 years of service to the Riverdale Fire Department. **Tom Naiman** reminded us to "Get Out and Vote" tomorrow. Also, Dorothy announced that our annual barbecue will be held in August this year.

Mayor Budesheim stopped by and gave the club a large framed picture of the senior group which he took last month, and each of us were given a small photo. As his opponents did during the last meeting, he addressed the seniors. He spoke to us about his accomplishments during the past years, and took questions from the audience. We were brought up-to-date on both present and future matters of concern to Riverdale residents.

The meeting was closed, and the raffle was conducted by **Antoinette Kajor**. We then enjoyed a presentation by both the Riverdale School Chorus and the Band. Our thanks to the musical director and band leader for bringing the children to entertain us! Refreshments were then served.

The second meeting was opened on June 15 by **President Dorothy Bowersox**. She welcomed back **Rose Claudio** who had

been absent due to the illness and passing of her husband. **Chaplain Elaine Peacock** read a lovely piece as a tribute to Father's Day, "Earthly Fathers." Dorothy commended Elaine on her position as a chaplain, and also **Lorraine Moody** who is coordinator of the telephone crew. **1st Vice-President Grace Chiesa** reported on ill members. Secretary and Treasurer Reports were then given. She again thanked the Mayor for the framed picture of the members and said that we are awaiting the plaque that accompanies it.

Our next meeting will be on Monday, July 6th and we will have a singer for entertainment. The annual barbeque will be held in August. **Warren Sheps**, of the Trip Committee reported on a future "Oktoberfest" trip to the Platzl Brau House in Pomona, N.Y. and passed around a sign-up sheet. Sounds great! He is still working on efforts to obtain monies to subsidize the senior trips.

The meeting was closed: **Mary Gambino** ran the raffle and read a funny joke (as only she can do) and **John Moody** conducted a Bingo game. Refreshments were served and we had time to socialize.

Presented by Kay Boucher

Fit After 50

The combination of light drinking and regular exercise may be the key to healthy vision in seniors. A study published in the journal *Ophthalmology* found that people who exercised three or more times a week are 58 percent less likely to suffer vision loss. And those who drank a serving of alcohol a week had almost half the vision problems of those who didn't drink at all.

If you are middle-aged and out of shape, it's not too late to get fit and reduce your risk of heart failure in the future. Researchers at the U. of Texas Southwestern Medical Center gave middle-aged men and women two fitness tests eight years apart, and followed them for 18 years. "People who weren't fit at the start of the study were at higher risk for heart failure after age 65," said Dr. Ambarish Pandey. Those who exercise had dramatic rewards: A 40-year-old who went from jogging 12 minutes per mile to running 10 minutes per mile reduced heart failure risk by 40 percent.



Ann Turner Cook, the original "Gerber Baby" is an 88-year-old Great-Grandmother now and still looks as cute as ever.

FARMERS MARKET

EVERY TUESDAY

2:30 - 7pm

June - October

Glenburn

211 Hamburg Turnpike, Riverdale

 Riverdale Land Conservancy, Inc.



Ease Wasp Stings.

Stung by a wasp? Apply apple cider vinegar to the area with a cotton ball and the sting will subside.

Picnic Pleaser

When going on a picnic, bring a roll of duct tape. Use the tape to tape the sides of the tablecloth to the picnic table, and you won't have to worry about it blowing away.

BY and LARGE

STARS-STRIPES FOREVER

By Elaine Peacock



Well it is that time again summer, we just got finished honoring all the Dads and Grads so we are officially in summer mode. We start summer off literally with a bang. Fireworks displays abound as everyone gets into the spirit of America's birthday. I like to think about our forefathers and how they suffered in those starched clothes

and powdered wigs so many years ago to hammer out the Declaration of Independence. Can you imagine Ben Franklin in cut-offs and flip flops?

As we settle into summer let us remember America's birthday on July 4th came with a price and because of a few brave men with vision and trust in GOD this upstart nation came up against one of the strongest countries of the time and won the dream of independence.

HAPPY 239th BIRTHDAY AMERICA!!

Lots of Thanks, Love and Hugs to the Mayor, Borough Hall Workers, and everyone who helps us with Ensure and coupons.

Peter & Kristina Bankuti

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

Shower Curtain Saver. If your shower curtain has become more disgusting than you'd like to admit thanks to mildew, first wash it in hot, soapy water. Then rub a wedge of lemon on the stains and leave the curtain out in the sun. Stains will be gone once it dries.

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

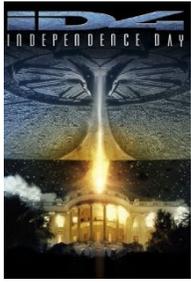
There will be a convenience fee for this service that you will review before you submit your payment. You will also be able to pay more than one bill at the same time.

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

Odor Eliminator. To remove the fragrance of bleach (and other cleaning materials) from your hands, pour lemon juice over them and rinse. Bleach is alkaline and lemon is acidic. Together they cancel each other out and balance out the pH of your skin.



Movie Trivia

INDEPENDENCE DAY 1996

- ◆ Producer Dean Devlin said that well over half of the dialogue in the scenes Jeff Goldblum shared with Judd Hirsch and Will Smith was improvised.
- ◆ According to producer/co-writer Dean Devlin, the US military had agreed to support the film by allowing the crew to film at military bases, consulting the actors who have military roles, etc.

However, after learning of the Area 51 references in the script, they withdrew their support.

- ◆ The scene in which Will Smith drags the unconscious alien across the desert was filmed on the salt flats near Great Salt Lake in Utah. Smith's line, "And what the hell is that *smell*?" was unscripted. Great Salt Lake is home to tiny crustaceans called brine shrimp. When they die, the bodies sink to the bottom of the lake (which isn't very deep) and decompose. When the wind kicks up just right, the bottom mud is disturbed and the smell of millions of decaying brine shrimp can be very very bad. Apparently, nobody warned Will.
- ◆ The President's speech was filmed on 6 August 1995 in front of an old airplane hangar. The hangar once housed the Enola Gay, which dropped the atomic bomb on Hiroshima exactly 50 years earlier on 6 August 1945.
- ◆ In the briefing room scene at Area 51 behind Hiller and Grey there is a night vision pan of the base. What you are seeing are actual shots of the real Area 51 taken by a conspiracy theorist from a place called "Freedom Ridge". The ridge was commandeered by the U.S. government in the late 90's and is no longer accessible to the public.
- ◆ Production designer Patrick Tatopoulos presented director Roland Emmerich with two concepts for the aliens. Emmerich liked both designs so much, he came up with the idea to use one design as the actual alien and the other to be a bio-mechanical suit the aliens could wear. Both of his concepts appear in the film.
- ◆ Holds the record for most miniature model work to appear in one film. Model shop supervisor Michael Joyce estimated that more miniatures were used for this film than in any other two films combined. Due to the advances in digital technology since this film's release, most experts believe this record may stand forever.
- ◆ On the Bonneville Salt Flats, cast and crew wearing long pants still managed to get sunburns on their legs; the white salty surface reflected the sunlight up their pant legs.
- ◆ The White House which exploded was built at 1/12 scale, just to be blown up (although it was also used in one other shot, when David and Julius stop the car in front of the White House). Nine cameras filmed the explosion at various speeds, one of which was 12 times faster than normal, then played back at normal speed to make the explosion seem larger and slower on film.
- ◆ Over 70 mock news broadcasts were created for the film.
- ◆ The White House interiors were originally built for The American President (1995), and were subsequently used for Mars Attacks! (1996).
- ◆ Except for the bi-plane during the crop-dusting scene, any airplane seen in the air in this film is either a model or computer-generated effect.
- ◆ When Will Smith enters the squadron locker room, the extras (pilots) watching television are real pilots from VMFAT-101, the Marine Corps FA-18 Training Squadron.
- ◆ Shot in 72 days, an unusually short period of time for such a big blockbuster.
- ◆ The highest-grossing movie of 1996.
- ◆ The alien spacecraft in Area 51 was a full-scale model measuring 65 feet wide.
- ◆ The character of President Whitmore was originally intended to be a Richard Nixon-like figure. The role was originally written for Kevin Spacey, co-writer Dean Devlin's friend from high school. An executive at Fox refused to cast Spacey, insisting he didn't have the potential to be a big star. The part was re-written and Bill Pullman was then cast in the role.
- ◆ Filming at the Los Angeles International Airport was delayed several days due to a threat from the Unabomber.
- ◆ Dean Devlin and Roland Emmerich penned the script in four weeks. It was sent out on a Thursday, and they started fielding offers the next day. By Monday, they were in pre-production.
- ◆ The "futuristic" looking computer in the control center at Area 51 are components of an IBM AN/FSQ-7 Combat Direction Central, built in 1954 to protect the US from Soviet bomber attack. It was the largest and heaviest computer system ever built, the full system weighing 6000 tons and taking up an entire floor of a bomb-proof blockhouse. Components of decommissioned systems were sold for scrap and bought by film and television production companies who wanted futuristic looking computers, despite the fact they were built in the 1950s. The components used in this film were previously used in The Time Tunnel (1966) and The Towering Inferno (1974) amongst many others.
- ◆ On the DVD commentary, visual effects supervisor Volker Engel reveals that the fire engine seen tumbling through the air was simply a model purchased at a toy store.
- ◆ Producer Dean Devlin, who served as the second unit director and directed the close-up shots of actors in F-18 cockpits, let Harry Connick Jr. improvise several takes while doing impressions of various celebrities. His impression of Rev. Jesse Jackson is included in the film.
- ◆ Matthew Perry was originally offered the role of Captain Jimmy "Raven" Wilder but pulled out at the last minute. His father John Bennett Perry plays a secret serviceman in the movie.
- ◆ To achieve the look of Houston as seen from the air at night, the crew simply poked holes in a sheet of black construction paper, placed the paper in front of a bright light in a smoke-filled room, and photographed it using special lighting to get the effect.
- ◆ To achieve the effect of flames traveling along the street, the crew placed a downward-facing high-speed camera above a miniature model of a street tilted at roughly 90 degrees. When explosives were set off on the ground, the flames would rise toward the camera while engulfing the model. When the film was then played at normal speed, it gave the illusion that the flames were traveling laterally at the speed seen in the film.
- ◆ Footage of fiery debris was captured on film after a pyrotechnics malfunction occurred on set. The footage was used as the falling wreckage of the "Welcome Wagon" helicopters.
- ◆ The smoky effects of the alien spacecraft as it moves into position above New York City (starts about 22 minutes 44 seconds into the movie) was created by a double exposure on the film. The effect comes from recording water in a tank turning murky after a clod of dirt was dropped into it.
- ◆ During the aliens' initial attack, the shots of cars landing on other cars was achieved by using cranes that released actual hollowed-out cars onto cars loaded with explosives.
- ◆ Just prior to the "atmospheric phenomenon" appearing above northern Iraq, the nomads seen standing still in the background are mannequins.
- ◆ The visual effect of the giant alien ray gun exploding is simply the same footage of the Empire State building exploding turned upside down.

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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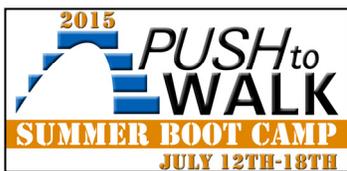
(regularly \$125 and up)

Includes:

**Infrared Thermal Scan, X-Rays*,
and follow-up Report of Findings.**

Call Today!

**If necessary*



Push to Walk's Annual Summer Boot Camp includes several activities that are open to the public. Please join us for the following events. Everyone is invited!!

Sunday, July 12th, 4-6 PM
Ice Cream Social with Speaker, David Schumer and Comedian, Damon Rozier
 Riverdale Senior Community Center, 57 Loy Ave.

Monday, July 13th, 5:30-7:30 PM
Seated Yoga
 Riverdale Senior Community Center, 57 Loy Ave.

Tuesday, July 14th, 6-9-PM
Wheelchair Rugby
 Wayne YMCA, 1 Pike Drive, Wayne, NJ 07470

Saturday, July 18th, 1:15-2 PM
SWIM Inc. Swim Aerobics Class
 Wayne YMCA, 1 Pike Drive, Wayne, NJ 07470

For the full list of events and to observe or participate, please call 862-200-5848 or email slajam@pushtowalknj.org.

CALL TODAY!

Did You Know?

- ◆ What King became President of the United States? Leslie King. When his parents divorced, he was adopted by his stepfather and given a new name, Gerald Ford.
- ◆ An alligator can supposedly wolf down and eight pound chicken in one gulp.
- ◆ The U.S. president to hold a Ph.D. was Woodrow Wilson.
- ◆ The male mosquito does not bite—only the female does.
- ◆ Donkeys aren't the only jackasses. A variety of penguins are called jackasses too.
- ◆ Peter Minuit may have gotten a bargain when he bought New York from Native Americans for \$24 in 1626, but he got more than he bargained for twelve years later when he drowned after a terrible storm struck his crew on a trading expedition to the West Indies.
- ◆ Thomas Jefferson was the first man defeated in a presidential election. He lost to John Adams—George Washington ran unopposed.
- ◆ An ant's smell is comparable to a dog's.

Protect your grill. Make sure squirrels, mice, and other critters don't chew through the rubber pipeline that connects your propane tank to your grill—reinforce the entire thing with duct tape. This is a good idea for anything in your yard made out of rubber, as this is a favorite chew toy of rodents!

Splinter Removal. If you get a splinter, a little duct tape does the trick to get it out. Cut off a piece and gently press it to the affected area.

Craft Show

Crafters & Vendors Wanted



July 19
 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
 If a bus goes at the rate of nine miles an hour and a man walks at the rate of three miles and hour, how far can he ride the bus so that he may be back in eight hours?
Answer P. 21

Bye Bye Pests. Hanging small rotten eggs is not one of their favorite aromas and is sure to repel them from the areas that you want to keep pest-free.

Keeping deer and other pesky animals away from your garden and trees is a breeze with eggs that have gone bad. Just break them open (outside of the house) around the area that you want to keep the critters away from. The smell of hydrogen sulfide from Moles, squirrels, gophers, and mice hate the aroma of peppermint. If you plant mint around your home chances are you will never see one of these pests for any length of time. Soak a cotton ball with peppermint oil and drop it down a gopher hole. You will never see the varmint again.



Do you want to be naturally comfortable or stay artificially propped-up?

Jeff came in today and was sharing a story with me about one of his friends. Jeff was telling his friend how good his feet feel since we removed the arch supports from his shoes. Jeff's friend had been wearing orthotics for years and while his feet still hurt, he was defending how important his orthotics are, meanwhile wondering why his knees hurt.

The story sounded way too familiar. I have heard similar reports hundreds, if not thousands, of times before. We humans are so committed to habitually doing things the way we have always done them that we overlook the fact that what we are doing doesn't really work! The idea of changing our habits is such a huge deal for many that we live our lives doing several things each day reflexively, because it is easy or because we've always done it that way. It doesn't matter whether it is effective or not.

Blindly following the doctor's recommendations without getting the desired result is a great example. Continuing to take medication for headaches that recur daily or antacids for acid reflux without recognizing that if it were really working you wouldn't need to continue taking the medication. Einstein is quoted as saying that "the definition of insanity is doing the same thing over and over again and expecting a different result." To my way of thinking, staying stuck in the medical world of treating symptoms without ever asking what causes these symptoms is exactly what Einstein was referring to.

In chiropractic we talk about treating the cause not the effect. A person may come into the office complaining of acid reflux. We probably would find a sub-clinical hiatal hernia that might require localized treatment, but we would also look at the spine to see if the nerve supply to the stomach is intact. We do this because the nerve

supply is what connects the stomach to the brain so the brain can direct the stomach how to operate throughout the day. This is true for all organ function- the nerve supply must be complete for any organ to work properly. Chiropractors locate spinal bones that are out of place causing interference with the nerve network working effectively. The same is true for the headaches. If your medical doctor has ruled out any pathology, it is a good possibility that recurrent headaches may be caused by chronic head forward posture. Head forward posture is the most common postural distortion that we see. It occurs gradually from poor posture, whiplash-type injuries, sports injuries or even slips on ice or down the stairs. The next time you are out observe those around you. You will see that many people carry themselves with rounded shoulders and heads forward of their torso. This posture not only looks horrible but also can cause or contribute to conditions like headaches, neck pain, numbness in the arms, chest compression with difficulty breathing, like exercise induced asthma, and heart issues like arrhythmias, hypertension and congestive heart failure.



We have thousands of pictures of our patients whose spines "pop-up" after just one visit, showing dramatic before and after effects of spinal adjustment. Invariably our patients comment on how they feel more balanced and can breathe more deeply than they did just five minutes prior to getting adjusted.

You can feel better! It is possible to get your body working much better than it has in years, however, you can't continue to do the same things over and over- you must change what you are doing to change how you are feeling!

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

Wedding Bells



Congratulations to **Victoria & Shawn Salge** on their April 11 wedding. Victoria is the daughter of Steve and Jean Revis. The couple reside in Midland Park.

Adam Budesheim named to New Jersey Law Journal 2015 "New Leaders of the Bar"

Adam Budesheim, a partner with McCarter & English, was named to the New Jersey Law Journal's 2015 "New Leaders of the Bar," a list of the 50 most impressive young lawyers in the state. The winners will be profiled in a magazine special section scheduled for publication in July.

The winners were chosen based on nominations from the New Jersey legal community and judged by a seven-member judging panel composed of evaluators from all corners of the legal profession and the state.



**Itchy
Dog
Spray**

Apple Cider Vinegar Tea Body Rinse

Introducing the yeast-smashing homemade spray for your dog! After Dogs Naturally Magazine broke the Internet with this post last spring, Pet Nutrition.

This body rinse can be useful to restore skin pH, soothe itchy skin, calm rashes and welts, and has some added benefits for keeping biting flies, fleas and gnats at bay.

Mix the following ingredients together in a bottle/jar with cap and shake well before use:

- ✓ Apple Cider Vinegar: 1/2 cup
- ✓ Brewed Green Tea (cooled): 1/2 cup
- ✓ Distilled Water: 1 cup
- ✓ Apply to clean skin and coat, massage, rinse, and pat dry.

Science Weighs in on High-Heels

By Gretchen Reynolds

What we wear on our feet affects how our bodies move. People who run barefoot, for instance, are more likely to land near the front of the foot with each stride than people wearing typical running shoes, who more commonly land on their heels.

But few other shoes affect the shape and functioning of the foot as dramatically as high heels do. According to a recent review of the available research about the footwear, walking in heels can "alter the natural position of the foot-ankle complex, and thereby produce a chain reaction of effects that travel up the lower limb at least as far as the spine."

But while it's clear that the feet and ankles of women who wear heels over a long period of time are different from those of women who usually wear flats, the progression of these changes has not been well understood.

Researchers invited 10 young women from each class at Hanseo University to the lab and tested their balance with a wobbly board and the strength of their ankle muscles using computerized exercise machines.

The results were interesting. Compared with the freshmen, who were generally new to wearing heels, the sophomores and juniors displayed greater strength in some of the muscles around their ankles, particularly those on the inside and outside of the joint.

This difference between new and experienced heel wearers suggests that "wearing high heeled shoes may at first lead to adaptation and increased strength," as the ankle responds to the stresses placed upon it by the unfamiliar shoes, says Jee Yong-Seok, a professor of exercise physiology, who led the study.

But the senior women, who had been wearing heels the longest, showed weakening of those same muscles, compared even with the freshmen, as well as much weaker muscles along the front and back of the ankle and dramatically worse balance.

In fact, all of the upper class

women had worse balance than the freshmen, even as some of their muscles were strengthening.

What seems to have been happening, Dr. Yong-Seok says, is that the ratio of strength between the muscles on the sides of the ankles and those at the front and back became increasingly unbalanced over years of wearing heels, contributing to ankle instability and balance problems and eventually to a decline in the strength even of those muscles that had been stronger for awhile.

Strength imbalances in the muscles around a joint, says Neil Cronin, a biology professor at Finland's Jyväskylä University, particularly those around the ankle, "are known to increase injury risk in other muscle groups," such as those in the hamstrings or upper leg.

Dr. Yong-Seok does recommend that people who often wear heels strengthen their ankles whenever possible with simple heel lifts, for which you stand barefoot and then rise onto your toes repeatedly; and heel drops, during which you stand on the edge of a stair and slowly lower your heel over the edge.

Dr. Cronin also suggests slipping off heels while sitting at your desk, since wearing the shoes, even when not moving "can alter the resting length of the muscles and tendons around the ankle," which could destabilize the joint and increase the risk of injury.

He also strongly advises against running in heels. The impact forces created "would be concentrated over a small region of the foot in high heels, creating regions of very high pressure," he said, meaning foot pain. Plus balance and biomechanics are compromised, making running in heels "a very inefficient way to move."

The lesson for fans of "Jurassic World" is: Don't do what she did. "When attempting to run from a fast-moving, deadly animal," Dr. Cronin said, "high heels are perhaps the worst choice of footwear possible. Running shoes would get my vote."



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Enough warm water to bathe your animal

Place all the ingredients into a medium bowl and mix very gently. If you mix too violently, the shampoo will foam up. Pour the mixture into the bath water and place a clothespin on your nose, then wash the poor pet.





RIVERDALE WOMAN'S CLUB

The Riverdale woman's Club held their June meeting at Stefano's Restaurant in Pompton Plains. Following a delightful dinner outgoing president Dolores Farrelly presented Vilma Waclawski with a certificate that she had received from the New Jersey State Federation of Women's Clubs as a result of our club placing her on the State's Honor Roll. Being placed on the honor Roll is the highest honor a New Jersey club woman can receive and it is bestowed upon a member who shows a commitment to the club and its principals.

The Order of the Lily, which is presented to a woman who has previously been placed on the honor roll and who continues to be an integral part of her club, was presented to Treasurer Joan Zulauf.

Dolores thanked the club for their support over the past two years.

The following officers were installed by **Jean Revis**, a member of the Riverdale Club and the New Jersey State Federation of Women's Club President-elect: **Joan Zulauf, Treasurer; Annette Lucente, Recording Secretary; Kathy Olsen, Vice President** and **Nancy Bird, President**. Dolores then presented Nancy with the club's President Pin and gavel turning the meeting over to her.

Jean Revis read a letter of congratulations on her 50 years as a Federated Club Woman from New Jersey State Federation of Women's Clubs President, Jill Passaretti to a very surprised Veronica Patricia (Ronnie) Bird and presented her with her gold 50 year pin from the General Federation of Woman's Clubs headquartered in Washington DC.

The club held its last general meeting of the year on June 10th and although some departments will meet over the summer, the first general meeting of the year will be a "Welcome Back Breakfast" to be held on September 5, 2015 at the Community Center. Any woman interested in learning more about the club and its various activities is invited to attend the breakfast. Please contact Kathy Olsen at 973-839-3109 if you are planning to attend on September 5th.

For membership information please contact Jean Revis at 973-835-3269

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- 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.

Did you know your iPhone can Keep you Healthy

By John Morley

Many of us use our iPhone's for far more than phone calls, browsing the web, checking emails, finding out the weather, knowing the current traffic conditions, buying movie tickets, filing claims, texting, snapping funny pictures or capturing those precious video moments. Some even use it to update social media as to their whereabouts and to learn where all the latest fun is happening. Now the level of involvement with social media is anywhere from the person that posts once a day to one that needs to send/receive social media almost as if its air or another form of a life supply.



All of this may seem a little trivial to some but what if your phone could do more to insure you a better quality of life. You all remember **The Secret** and I quote from the Genie "Your wish is my command".

Genie: I wish my iPhone could help improve the quality of my health. He immediately answers me; "Your wish is my command", The iPhone now has a built in app called health that will actually show you the number of steps /flights you climb in a day/week/month and year. On the low end we should be taking at least 10,000 steps per day as part of a good health regimen.

Recently do to an unforeseen situation I learned that the iPhone can not only link to other devices to store and capture medical data but also take your blood pressure all by itself. Now this may seem crazy but it can; with only the purchase of an application that was less than 6.00 I can now quickly and easily take my blood pressure almost anywhere. First I downloaded several apps but the free one's didn't really give me an accurate reading all the time. Then I found one called Instant BP; which is quite amazing as it actually is able to read one's blood pressure quite easily. This application was so easy to use that I was able to take my own blood pressure even at side of a pool all by myself.

First you go to to the Apple Store and download the Instant BP Application and then you are prompted to enter in your age, weight, height and then just follow the prompts. Next you are asked to remove any cell phone jacket as well as any outer jacket you may be wearing. You then place your index finger over the camera light while holding the phone front against your heart area until the light of the camera goes out. Just make sure your phone is fully charged as this uses a lot of battery power.

Thus if we learn how to harness technology as tools they will inevitably improve the quality of our lives and others.



Engineering Technology to Grow your Business!

Is Well Water Making You Dumb? If your drinking water comes from a private well, it may contain arsenic, a mineral that even at very low levels can lower intelligence, say scientists.

Arsenic is found naturally in ground water, and a study of Maine children found that those who had been exposed to arsenic levels in water as low as 5 parts per billion had their IQs lowered as much as six points. Certain filtration methods can be used to remove arsenic.

A Tale of Two Garage Sales

by Riverdale Resident and Columnist

Bill Lango

During a neighboring town's recently held "Town Wide Garage Sale," I couldn't help but focus on two very similarly laid out garage sales. In fact, the style of the homes and the size and layout of their properties were very similar in size. These two specific garage sales even offered similar items, but that's where their similarities ended. I'll refer to them as Sale A and Sale B.

At sale A, only very few of the items were priced. If you were interested in an item, you'd have to hold it up and ask the homeowner for a price, and most of the items that were priced, in my opinion, were priced too high. Some examples were: men's suits priced at \$20 apiece; dress shirts \$5 ea. woman's and men's shoes \$5 ea. assorted small used appliances were priced very high; hardcover books at \$5 ea., and soft cover books at \$3.; a huge assortment of coffee cups and mugs \$3 ea. Fairly new inexpensive toys were offered at almost their original selling prices.

During the brief time that I spent at Sale A, I noticed very few purchases. Instead, most garage sale bargain hunters inquired on prices and returned to their vehicles without making a purchase.

Around the corner, the folks who ran Sale B had all their items priced with an easy to understand color coded price chart. One dollar items were affixed with a yellow circle label. Two dollar

items were adorned with a blue label. Five dollar items a red label and so on.

Additionally, the folks who ran Sale B appeared to be seriously determined to sell their items and therefore, priced their items at more realistic prices. They priced their hardcover books at \$1 ea.; soft-cover books three for a dollar; men's jackets and suits \$5; shirts \$1; coffee cups and mugs three for a dollar, and four spiral bound note books for \$1. I could go on and on.

Sales were very brisk at Sale B. I even purchased \$8 worth of items during my stop.

Being a curious fellow, around 3:30 pm I cruised back to revisit sales A and B. Well, at sale A, the folks were beginning to pack things up and carry their unsold items back into their garage. It was apparent that not much sold. The sale appeared to still be chock full of unsold items, as it did when I first visited it around 10 a.m.

Returning to Sale B, I could clearly see that only a few items were left in their driveway. As I opened my car door, I asked the owners how the sale went for them. Obviously tired, they happily replied: "Great, we sold just about everything."

Now, there is a lesson to be learned from the two sales. If you consider having a garage or yard sale, your goal should be getting rid of the things you no longer need. So price your items to sell. Heck, you may even make a little extra unanticipated money. You're probably not going to be putting down a down payment on a car with the money you make from your garage sale, but a little extra money in your pocket is always a good thing.



• The 4th of July has been a federal holiday

in the United States since 1941.

- In America, during the pre-Revolutionary years, colonists would hold annual celebration in honor of the king's birthday. In contrast, after 1776, colonist would celebrate independence by holding mock funerals for King George III, to symbolize the end of the monarchy's hold on America's liberty. Early Independence day festivities also included: concerts, bonfire, parades, and firing of cannons.
- Philadelphia held the first annual commemoration of independence on July 4, 1777, while Congress was still occupied with the ongoing war.
- George Washington issued double rations of rum to all his soldiers to mark the anniversary of independence in 1778.
- In 1781, several months before the key American victory at Yorktown, Massachusetts became the first state to make July 4th an official state holiday.
- Independence Day acquired its

unofficial theme song on July 4, 1897, at the Manhattan Beach Music Hall on the eastern end of Coney Island. On that Sunday afternoon, sometime after 4 p.m., John Philip Sousa lifted his baton and cued his band to launch into their latest hit, "The Stars and Stripes Forever." Sousa had not composed it specifically for the holiday, but it has been a marching-band staple on every Fourth of July since 1897.

- Why fireworks on the Fourth of July? Fireworks have been used to celebrate special occasions for sometime, even before the American Revolution. Our founding father's even believed in celebrating our independence with fireworks. In a famous letter John Adams wrote to his wife, he states how the holiday deserves to be celebrated with "illuminations" or fireworks. "The day will be most memorable in the history of America. I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival. It ought to be solemnized with pomp and parade, bonfires and illuminations (fireworks) from one end of this continent to the other, from this time forward forever more."

If your dog has been out in the rain and smells like, um, a dog, just wash him down with a dryer sheet. Hell smell springtime fresh!

If your cat is troubled with hairballs, simply apply a drop of petroleum jelly to his nose. When he licks it off, it will eliminate any future hairballs.

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RIVERDALE SCHOOL NEWS

From the desk of Riverdale School Superintendent,
Mrs. Vicki Pede

Summer vacation has finally arrived for the students at Riverdale School! However, these lazy, hazy, crazy days of summer (as the song goes) should be filled with lots and lots of reading to keep all of our brains active. I would encourage that from everyone for sure! Next to my bed, which happens to be the place that I often read, is a huge pile of books that I am hoping to get to this summer. There are books in my professional field, my own leisure reading, and of course many young adult novels and children's picture books. See, you are never too old to learn and so much learning is accomplished through reading. This truly is a philosophy that I happen to embrace!

I stated in my yearbook words to our eighth grade graduates that they "...will soon be embarking on a new journey in their educational life as they leave our small Riverdale School and head onward to the next phase of their educational success story! When doing that, [I asked them to] please remember your roots are here in Riverdale. [They should] look forward to this new phase with anticipation and excitement as our school and staff have helped to prepare you to meet the challenges in front of you and to overcome any obstacles you may face along the way..." What is ahead for our eighth graders is unknown; however, they have the tools to continue successfully along the educational path. We certainly wish them all of the best that life can bring!

Walking among trees makes us more relaxed, nicer people.



It should come as no surprise by now that walking among trees has health benefits. *Shinrin-yoku* or "forest bathing" is a practice in Japan, where people are encouraged to visit and spend time in a forest to improve their health.

"Studies have confirmed that spending time within a forest

setting can reduce psychological stress, depressive symptoms, and hostility, while at the same time improving sleep and increasing both vigor and a feeling of liveliness," reports Mother Earth News. "These subjective changes match up nicely with objective results reported in nearly a dozen studies involving 24 forests—lower levels of cortisol and lower blood pressure and pulse rate."

I ended my message to our eighth graders with a great quote that states the following: "The tragedy in life doesn't lie in not reaching your goal. The tragedy lies in having no goal to reach." Let's think about our goals and just how important they are. We can surely have personal goals, as well as goals for a particular organization of which we are a part of. As a matter of fact, at the June 17th Board of Education meeting, the School Board adopted both Board and District goals for the upcoming school year. These goals include areas such as increased community participation, enhancement of technology, maintaining a fiscally responsible budget, and continuing to provide a supportive environment for the administrative team. Upon reviewing the goals and reflecting on that quote, it is important to understand that as a Board goals have been set; the standards have been raised. We do have goals for which to strive and that is very important. In order to accomplish these goals, we need you. Please consider what you can do to be an active part of the school community. Riverdale is a very caring community, and working together, we can work together to meet and exceed our goals. We hope we can count on you!

Enjoy these summer months through the cherished family time no matter where you venture! Continue to read and grow as much as you can. Any of our students are certainly welcome to write to me at school this summer about something read or consider sending a postcard from a place that has been visited. It will be great to hear from you! Everyone at Riverdale School anxiously awaits your return to school in September. Until then, make sure you travel as much as you can through the pages of the many great books out there! We can compare reading lists and talk about one of my favorite topics-books!

Just the smell of trees has health benefits. "Chemicals secreted by trees, known as phytoncides, have been linked with improved immune defense as well as a reduction in anxiety and increase in pain threshold," reports Slate in an article on the health benefits of nature. Studies have also shown that children with ADHD who play in a green outdoor environment, rather than an indoor or constructed environment, show a decrease in their symptoms. Even just living around more trees means a healthier overall mental state. A recent study showed that Londoners who live near trees take fewer antidepressants.

Of course, being in a forest also means there's a certain amount of exercise going on. Exercise is a proven solution for many ailments including fatigue, depression, anxiety and of course obesity. Combining the benefits of movement with the benefits of a forest setting is an extra-strong prescription for many health issues.

If there is one good thing you're going to do for yourself today, perhaps it should be heading out the door to go take a walk in a forest or a tree-lined park.

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? Butch Patrick *THE MUNSTERS* Patrick was an 11-year-old novice when was cast as Eddie, the werewolf son of Herman and Lily Munster. He went on to a recurring role on *My Three Sons*. In 2010, he entered drug rehab. Now 60, he was diagnosed with prostate cancer in 2011.



Project Personality—Zen and the Art of Zooming

Modern computer devices are designed to be “intuitive,” to think like we do, and, as a result, our lives reflect the computer-centric world we live in.

Life is like the photo editing software Photoshop. Projects are built in layers, like an onion. One layer is the original image, another is a photo effect, another is a color correction, another is a block of text, etc. When you're done, you need to flatten the image, squeeze all the layers together to get the snapshot you're looking for. But what you're actually seeing is the product of many complex layers interacting with one another.

In humans, this multi-layered project is called “a personality.”

One of the best examples of software-reflecting-life is the art of zooming. If you've ever worked with photos or video on a computer, you know about zooming in and zooming out. If you have a smartphone or tablet computer, zooming is as easy as snapping your fingers.



The Kids in the Hall did a comedy bit back in the '80s called, “I'm crushing your head!” The “crusher” stood several feet away from the “crushee,” closed one eye, and lined the crushee up between his thumb and index finger. Then he'd shout, “I'm crushing your head!” while repeatedly pinching his fingers together—much to the annoyance of the crushee.

The joke (not a particularly funny one) is about perspective. No one actually gets his or her head crushed. But the crusher achieves an all-powerful, omnipotent perspective by limiting his view of the world to a slim slice seen between the tips of his thumb and forefinger.

I'm reminded of the “I'm crushing your head!” bit every time I expand or shrink a document or photo on my iPhone. It's the same pinch/zoom, pinch/shrink (“I'm crushing your head!”) gesture.

Humans inherently understand the head-crushing concept of zooming, because it reflects how our minds work. All day long you zoom in, focus on a specific task, and zoom out to plan what's next. You zoom in on the next item on your to-do list, zoom out when finished, and zoom in again until the list is complete (or you pass out, whichever comes first).

If you're lucky, you'll have a chance at the end of the day to zoom way out, and view today relative to the days, months, and years preceding it. Try to get a sense of how today fits into the overall journey of your life. Experience Zen.

It's not easy. It's a constant balancing act, something that needs to move fluidly, like a trumpet player's arm, or a photographer's telescopic lens. Stay zoomed in for too long, and you can get lost in every little component and lose sight of the Big Picture. Zoom out for any length of time, and you risk becoming detached, and missing those all-important details.

The old saying claims “the devil is in the details,” but I think God is in there, too. Look at the brushstrokes on the Mona Lisa's chin. Hear the subtle note phrasing during Vivaldi's “The Four Seasons,” or John Coltrane's “A Love Supreme.” Consider the mind-boggling technology needed to operate a Mars Rover, or a particle collider. These things approach perfection, approach godliness.

Tiny details make the Big Picture worth watching. But don't get mired down in them, and lose focus of the overall project—you!



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.



Clever!

PINKY PUNCH

Ingredients:

- 2 liter bottle and 1 liter bottle of 7up
- 2 half gallon of sherbet (rainbow)



Directions:

Freeze the 1 liter of 7up in a plastic container that can be easily taken out when frozen. After its frozen add the ice of frozen 7up, 2 liter bottle of 7up and sherbet to punch bowl.



Linda Vogel, Librarian

Fit After 50 Fact. Many seniors older adults with extra-depth have debilitating foot pain, but shoes, the type often switching to shoes with extra recommended for diabetics, depth can alleviate pain, found that their pain decreased according to an Australian study. and walking ability increased Age causes changes in the foot, within four months. They also and shoes usually are built too had fewer corns and calluses. shallow and narrow for older feet. Extra-depth shoes are available from Dr. Comfort, Orthofeet, and Apis brands. afflicted with soft tissue stiffness, and reduced range of motion. But a study that fitted

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?*



By December 1776 the future of the thirteen United States looked grim indeed. When General Washington moved his ragged, outnumbered forces across the Delaware River into Pennsylvania to protect Philadelphia from attack, many influential citizens took sides with Britain. They believed the American cause was lost.

With the country's credit practically nonexistent, Congress struggled to meet the demands of the military, but Washington's troops were unpaid and all but destitute of supply. The commander in chief appealed to Robert Morris, merchant prince of Philadelphia, who raised funds that prevented the collapse of the Revolutionary effort at this crucial stage.

Morris was a wizard in money matters. Besides his own vast business and fleet of ships, he had influential friends and wide credit. He had to use this personal credit time and again to obtain funds for his country's needs. Once, when Morris was

bond.

Robert Morris lost about 159 of his own ships during the war, most of them uninsured; but through some genius of management, he was always able to meet General Washington's urgent appeals.

While Committees of Safety gathered lead water spouts and clock and window weights to melt into bullets, men like Morris and Benjamin Franklin (whose delicate diplomacy won the aid of the French) were laying long-range plans for provisioning Washington's forces. So stupendous was their task that it took almost two years to supply American generals with enough weapons and ammunition to complete a major engagement.

European courts took care to prevent the export of arms and munitions to America. But Morris held rendezvous at night on the outskirts of Philadelphia with sympathetic contacts from foreign powers. His deals with these secret agents brought arms to the patriot troops.

It was funds Morris raised that enabled Washington and selected troops to

recross the Delaware above Trenton on Christmas night. They startled and captured one thousand Hessians while Britain's General Howe celebrated the Yuletide in New York City.'

Dr. Benjamin Rush visited General Washington at his quarters just before the crossing. The commander in chief kept scribbling on several small pieces of paper. One accidentally fell at Rush's feet. He couldn't help but wonder at the words he say—"Victory or Death."

Rush discovered later that "in my interview with General Washington, he had been meditating upon his attack upon the Hessians at their posts on the Jersey side of the Delaware, for I found that the countersign of his troops at the surprise of Trenton was 'Victory or Death.'"

It was victory this time for Washington. His successes at Trenton and Princeton made Philadelphians breathe easier, for they thought their city was saved from invasion. But the British sailed around to Chesapeake Bay and marched on the capital from the south. They defeated the Americans at the Battles of Brandywine and Germantown. On September 27, 1777, they took over Philadelphia and occupied it for the winter.

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



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ADULT PROGRAMS

***Paradise Gardens for Pollinators and Wildlife* — Wed., July 8, 7:00 p.m.** Create a mini paradise in your back yard! Master Gardener Gail Di Domenico joins us to discuss how to attract butterflies, bees, dragonflies, hummingbirds and other wildlife to your garden, including plants that attract pollinators and what those plants require to be successful in your garden.

***Movie Night - McFarland USA* — Wed., July 15, 7:00 p.m.** Rated PG, 129 min. In this inspiring Disney sports drama based on actual events, Kevin Costner plays a high school football coach who ends up leading a cross-country track team made up of lower-class Latino students to a state championship.

***Looking Super* — Thurs., July 23, 7:00 p.m.** Allison Smith, ShopRite of Lincoln Park's registered dietitian, and beauty advisor Allison Demaio will be here with advice and samples to help us look super this summer and beyond! You'll leave this workshop with tips for eating to look great and tricks to help keep your hair and skin looking flawless.

ADULT COMPUTER PROGRAMS

***Excel* — Sat., July 11, 11:00-12:30 p.m.** Learn how to create a simple worksheet. You will input data, create simple formulas and use basic formatting techniques.

***iPad and Tablet Users Group* — Fri., July 17, 1:00-2:00 p.m.** New to using a tablet or iPad? Bring your device and learn the basics in this monthly workshop for tablet users looking to increase their skills and share knowledge and experience.

***Getting Started with Ancestry Library* — Wed., July 29, 6:30-7:30 p.m.** Through the generosity of the Friends of the Riverdale Library, Ancestry Library is now available for you to use in exploring your family's past. Want some help in getting started? Attend this presentation and get tips on searching, record-keeping and printing. Then use your knowledge on our computers or a device you've brought. Limited to 8 people.

TWEEN PROGRAMS — GRADES 4-6

***3-D Comics* — Thurs., July 9, 7:00-8:00 p.m.** Are you a fan of graphic novels and manga? Do you love to draw? Learn how to create your very own 3-D comic book. 3-D glasses provided!

CHILDREN'S PROGRAMS — GRADES K-5

***Red, White & You!* — Wed., July 1, 4:00-5:00 p.m.** Make a special patriotic craft, play 50 States trivia, and enjoy a red, white, and blue dessert!

***Puppy Pals* — Wed., July 8, 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.

***Superhero Academy* — Wed., July 15, 4:00-5:00 p.m.** Are you faster than a speeding bullet? Able to leap tall buildings at a single bound? Then you're ready for Superhero Academy! We'll test your skills and make cool masks to stop any villain's X-ray vision!

***Breakfast Book Club* — Sat., July 18, 10:15-11:30 a.m.** Enjoy bagels and juice, talk about the book of the month, and make a fun project! Pick up your free copy of *Mr. Cooper is Super* by Dan Gutman at the Circulation Desk.

***Lego Lab* — Wed., July 22, 4-5 p.m.** We'll celebrate our local heroes and community helpers with inspiring stories and fun building challenges!

***Family Movie* — Thurs., July 23, 3:30 p.m.** Check out the big-screen adaptation of the classic picture book *Alexander and the Terrible, Horrible, No Good, Very Bad Day!* Rated PG, 81 min.

***Turtle Power!* — July 29, 4:00-5:00 p.m.** Celebrate your favorite heroes in a half-shell: Michaelangelo, Leonardo, Donatello, and Raphael! Make your own awesome Ninja Turtle mask and shell, and play pin the Pepperoni on the Pizza! Cowabunga, dudes!

INFANT & PRE-SCHOOL PROGRAMS

Programs run the week of June 15 through August 4.

Baby Time: Up to 2 years w/caregiver. Mon., 11-11:30 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 10, 10:30-11:30 a.m.** Music Together is back for another merry morning of singing, dancing, instruments, parachute play, and more!

MONTHLY

Adult Book Discussion Group — Mon., July 27, 6:30-8:00 p.m. *The Catcher in the Rye* by J.D. Salinger.

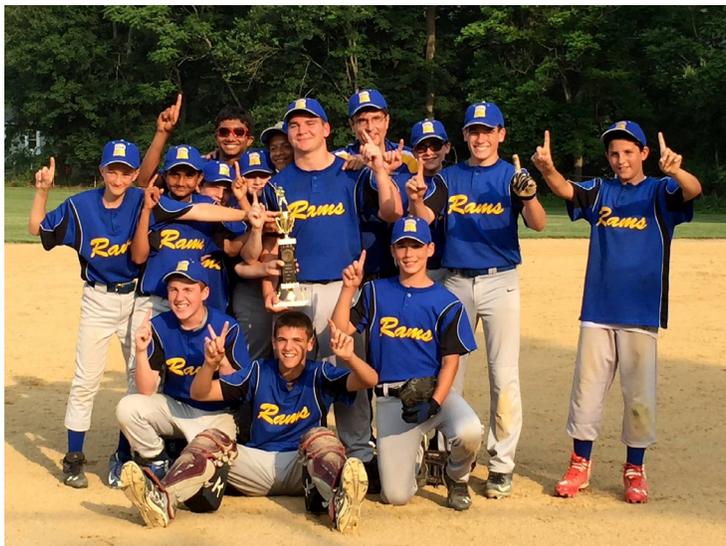
Photo Club — Mon., July 27, 6:30-8:00 p.m.

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

RIVERDALE



The Pompton Lakes Elks asked the Riverdale and Pomp. Lks Girl Scouts to come out and help them during their FLAG DAY ceremony. The girls carried each flag into the lodge where the Elks' Members had a great/educational ceremony for the community.



Pee Wee & Me Playtime!

Children ages 2yrs – 5yrs and their parent
Riverdale School Kindergarten Playground
Starts: July 11, 10:00 – 11:00 a.m.

DAILY NEWS



Lakedale Girl Scouts marched in the Memorial Day Parade.



Steve and Ann Frast show off the plaque presented to them by the Mayor at a Council meeting with the new leaders of the Friends of the Riverdale Library, Melissa and Dennis Harsley.



Riverdale Daisy Troop 96474 honor Veterans in their First Memorial Day Parade



Dawn Gosson shown holding a framed copy of the Mayor's letter nominating her as Citizen of the Year presented by the Lakeland Hills YMCA. This was presented to Dawn at a Council meeting.



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 July 11 or August 1 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.

OPEN REC NIGHT

7:00 – 9:00 PM

Community Center Basement

\$5.00 / session (includes snacks and drinks)

*Come hang out and play ping pong, air hockey
and lots more!*

GRADES 3/4/5

FRIDAYS, JULY 3 & JULY 17

GRADES 6/7/8

FRIDAYS, JULY 10 & JULY 24

ADULT OIL PAINTING CLASS

Wednesdays July 8 or July 15

6:00 – 9:30pm

Cost: 35.00 includes all supplies.

Saturdays July 18 or July 25

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® 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

Starts: July 11, 10:00 – 11:00 a.m.

*We'll meet 2nd Saturday of each month
July through October (7/11, 8/8, 9/12 and 10/10)
weather permitting.*

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

Come out make some new friends!



COMING SOON!

Discount Tickets to Papermill Playhouse for
"The Bandstand"

& "A Christmas Story, the Musical"

call 973-835-4060 x232

or email riverdalerec@gmail.com for more information.

NYC Broadway Show Trip to *Wicked* in October

call 973-835-4060 x232

or email riverdalerec@gmail.com for more information
on this upcoming trip.

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.

Dorney Park & Wildwater Kingdom

**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.

How Important are Fire Extinguishers?



The recent fire in Edgewater that destroyed the apartment homes of over 500 people brings to mind the importance of fire safety training and reinforcement. The devastating impact of this fire may have been virtually eliminated by following basic fire safety rules.

1. In the event of a fire, the first and foremost thing that should come to mind is to **notify the fire department**. Time is the most important factor fire fighters cite for improving their chances of controlling a fire. Fires grow exponentially, so every minute counts. In this case, the fire department was not called. The fire had already begun to spread rapidly before an alarm was received by the fire department. It was a fire sprinkler water flow alarm that had been activated on the floor below the fire in the attic. (There were no fire sprinklers in the attic.)

2. **Alert others** at risk in the facility or area. **Evacuate all** personnel and residents from the building. Although the Edgewater building had a fire alarm that activated, residents still did not totally evacuate of their own accord. There were numerous calls that had been made to 911 by residents from their apartment asking about why the alarm was going off in their building. It is important to know that many people may not know what to do or be capable of evacuating due to physical or other limitations. It is important to provide education to everyone so that they know what to do in the event of an emergency.

3. Be aware of the location of the nearest fire extinguisher. In a case **where the use of an open flame is present, a fire extinguisher should be at your side**. As in the case of the Edgewater fire, it was reported that there was no fire extinguisher in the vicinity of the fire origin.

These fire safety rules are neither costly nor difficult to achieve, but they will not teach themselves.



Healthy Pepper Patch. This advice definitely sounds like an urban legend, but it's such an easy way to grow fantastic sweet peppers that you have to try it. A matchbook buried with each pepper plant will transmit sulfur, a great fertilizer for them. To give these nutrient-seeking plants the magnesium they also need, add 2 tablespoons Epsom salts to ½ gallon water and soak the plants with the mixture when you see the first blossoms of the year.

You Say Tomato, I Say Grow Faster! If the end of growing season is nigh and you'd like your tomatoes to ripen on the vine more quickly, there are a few things you can try. Removed damaged, dead, or diseased leaves, and cut off all new flowers. Keep a daily eye on the tomatoes and pick them as soon as they're ripe, so the plant can devote its effort to developing new fruit. Harvest the tomatoes when they're red, but still firm. Believe it or not, watering the plants less will ripen the tomatoes more quickly!





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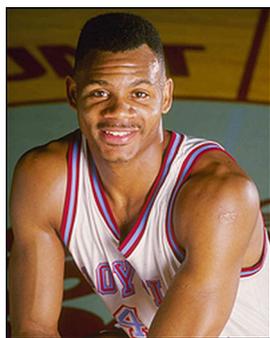
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Lawn Mower
Tune-up Time



Athletes Who Died Too Soon



Hank Gathers AGE: 23 (February 11, 1967 – March 4, 1990)
CAUSE OF DEATH: Heart muscle disorder; hypertrophic cardiomyopathy
COMPLEX SAYS: Which two stats decide the vast majority of basketball games at the college and pro level? Boards and points, son. Gathers was only the second player in NCAA history to lead collegiate ballers in both categories in one season. His domination in the paint gave Loyola Maymount hope to make a deep run in the 1990 NCAA tournament. Those hopes came to a tragic end during the quarterfinal of that year's WCC tournament, when Gathers collapsed after an alley-oop. Gathers died on the court from a heart condition known as hypertrophic cardiomyopathy, a condition which has taken the lives of a number of athletes over the last few decades. LMU would make a run to the Elite Eight of that year's NCAA tournament, and Gathers's teammate, Bo Kimble, would give one of the most well-known dedications in sports history.

Ask Well: Catching Disease From a Toilet Seat

By Donald G. McNeil Jr.



People really do fear toilet seats. But what diseases can you really get? In theory, lots. Realistically, toilet seats are relatively low risk compared to many other surfaces.

The first thing to stop worrying about is sexually transmitted diseases. There is no medical evidence that anyone has ever picked up a venereal disease from a toilet seat.

While it's true that lice can travel on towels and clothes, they find cold hard surfaces difficult to survive on. Lice need human warmth, and their claw-like feet do not attach to smooth plastic, wood or porcelain.

On the other hand, hard surfaces can hold other bacteria and viruses, sometimes for days.

Studies — some done in hospital bathrooms — have found dangerous strains on toilet seats, including antibiotic-resistant staphylococcus ("flesh-eating bacteria"), norovirus ("cruise ship bug"), E. coli, shigella and streptococcus. In theory, even Ebola could be picked up from a toilet.

What's more worrisome is that modern tank-less toilets can flush violently with gurgling that creates a

spray of barely visible droplets that can fly several feet.

Antiseptic wipes — easily purchased in pocket-sized packets — have been shown to reduce germs on toilet seats by 50-fold.

Even so, the danger is minimal unless the germs get into an open cut or are carried by a hand to the mouth, nose or eyes.

Intact skin is an effective germ barrier, and the skin of the buttocks and legs is relatively thick. It is also less likely to be cracked than the skin of the hands or face because it is normally sheltered from sunlight, dishwashing detergent, tools and other assaults.

Careful hand washing with soap and water is the best defense. But swab studies have shown that many bathroom surfaces — flush handles, door latches, faucet handles, towel dispenser handles, and so on — are as dirty as, or dirtier, than the seats.

The fastidious may want to keep an antiseptic wipe in their hands, or press on the towel dispenser with an elbow or any part of a hand that won't fit into an eye or nose, and then use the paper towel to touch other surfaces — including the exit door.

However, many other places far from toilets are colonized by microbes. The usual suspects include kitchen sponges, playground equipment, gym mats, remote controls and the keyboards of shared computers.

Never throw out another overripe banana! Rather, mash and freeze it, and you can use it for baking later.

Don't wash strawberries until you're ready to use them. They keep better dry.

Influential Women

Pearl S. Buck



From the Yangtze river in China to Danby, Vermont, Pearl S. Buck enlightened the lives of many people through her teachings, literature, and her quest to assure every child the right to be adopted.

Born on June 26, 1892, in Hillsboro, West Virginia, Pearl Comfort Sydenstricker was the fourth of seven children born to Absalom and Caroline Sydenstricker. The Sydenstrickers, Presbyterian missionaries stationed in China, were on furlough in the United States when Pearl was born. Three months after her birth, the Sydenstrickers returned to their home in Chinkiang, China.

Pearl's father was away often, searching for Christian converts, while her mother ministered to Chinese women. In 1900, while her husband was away, Caroline and the children were forced to flee to Shanghai in an attempt to avoid rebels of the Boxer Rebellion. When the rebellion ended, the family was reunited in Chinkiang and shortly returned to the United States for another furlough.

While living in China, Pearl was educated at home by her mother, and a Chinese tutor who taught her to speak both English and Chinese. During their furloughs in the United States, Pearl attended public schools. In 1907, she was sent to a boarding school in Shanghai, called the Jewell School, to finish her education.

After returning to the United States in 1910, Pearl enrolled at the Randolph-Macon Woman's College in Lynchburg, Virginia, where she studied psychology. Upon her graduation in 1914, she returned to China to teach at the Presbyterian Board of Missions, and take care of her mother, who had become ill.

In 1915, Pearl met John Buck, a Cornell graduate and agricultural economist. They were married in 1917 and moved to Nanhshou. In 1921, the Bucks relocated to Nanking where they both secured teaching positions at Nanking University. Later that year their daughter, Carol, was born.

In 1924, Buck returned to the United States in search of medical attention for her daughter. Carol was not developing normally, and after visiting several specialists and psychiatrists, she was diagnosed with phenylketonuria (PKU), a body chemistry disorder that causes severe mental retardation. Buck was urged to place her daughter in an institution, but she refused. During that time, Buck returned to college and in 1926, earned a master's degree in literature from Cornell University. She also adopted a child.

Once again, Buck returned to China, and in 1930 completed her first novel, *Winds of Heaven*. The manuscript was submitted to the John Day Company and published under the title *East Wind, West Wind*. Her second book, *The Good Earth*, was published in 1931, became a best seller for two years in a row, and later won her the Nobel Prize in Literature.

In 1949, when adoption agencies refused to aid in the adoption process of American-Asian children, Buck founded Welcome House. As the first international adoption agency for interracial children, Welcome House has since helped to place more than 5,000 children into families.

Buck also established and funded the Pearl S. Buck Foundation in 1966. Like the Welcome House, the foundation provided support for adoption of Amerasian children. The foundation provides funding and sponsorship for children from Asian countries.

Pearl S. Buck died in Danby, Vermont, on March 6, 1973, and is buried at Green Hills Farm.

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Orange Creamsicle Cocktail Recipe

By Ann

If you liked Orange Creamsicles as a kid, try this Orange Creamsicle for adults! Easy to make, this creamy and smooth cocktail is simply delicious.



Orange Creamsicle Cocktail Recipe

Ingredients:

- 3 oz Orange Soda Pop
- 1 oz Whipped Cream (Optional Flavored Vodka)
- 1 TBSP Sweetened Condensed Milk
- Whipped Cream
- Sprinkles

Directions:

- Add ice to a low-ball style cocktail glass.
- Add orange soda pop, whipped cream flavored vodka, and sweetened condensed milk
- Stir gently. Do not over-stir or you will lose the carbonated bubbles
- Top with whipped cream.
- Garnish with sprinkles.

Makes 1 Orange Creamsicle Cocktail



USES FOR GINGER

Ginger truly does top the list of effective natural home remedies. Being used throughout history by different cultures around the world, ginger harnesses an incredible healing power proven for a host of ailments.

- | | | |
|-------------------|------------------------|------------------------|
| morning sickness | cold and flu | heartburn |
| anti-inflammatory | upset stomach | indigestion |
| ovarian cancer | colon cancer | Cough |
| bowel cancer | obesity, | Sore Throat |
| arthritis | diabetes | Stuffy Nose/Congestion |
| pain relief | Alzheimer's | Toothache |
| migraines | cardiovascular disease | Swelling |

ANSWER to question on Page 7. He can ride three times as fast as he can walk, therefore three-quarters of his time must have been spent in walking, and only a quarter in riding. Therefore he rode for 2 hours, going 18 miles, and walked back in 6 hours, thus exactly filling his eight hours.

LEVEL 4 - PUZZLE 18

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

Who Knew? Spray a little white vinegar on your trash cans and bags to keep squirrels, raccoons, and other pests away. Most of our four-legged friends hate its funky smell.

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Protect those paws!

Most people know that the road salt we use in the winter can irritate our dog's paws, but did you know that bare pavement in the summer can be tough on their tootsies too? When the temperature outside is measured at 77 degrees, asphalt can reach up to 125 degrees, and when the temps jump to 87 degrees, asphalt has been measured to be anywhere from 135 to 143 degrees. Ouch!



As a basic 'rule of paw' is if the pavement feels too hot for your bare foot, it is too hot for Fido's. Do this test: press your own bare hands or feet on sunny pavement for at least 7-8 seconds to assess the heat level. If it is uncomfortable for you, then it is too hot for your dog. But don't fret – there is no need to stay indoors when the pavement is sizzling because there are ways to protect those paws.

Dog booties aren't just for the winter, they can be worn in the summer too. Mike's Feed Farm has a trendy summer collection available for your furry friends, so head to the store and ask any of the staff for help.

If dog booties aren't your style, another way to keep your pup's paws safe is by using Musher's Secret. Made from a blend of several food-grade waxes, Musher's Secret is a safe, non-toxic way to protect your dog's paws. The semi-permeable wax is absorbed into their paws, allowing perspiration to escape through their toes. To use it,

simply spread a light coating on their pads and rub it in. Mike's Feed Farm carries Musher's Secret, so stop in and talk to any of our staff to learn more about it.

Accidents can happen, so if you are out with your dog it is important to recognize the signs of burned pads:

- limping or refusing to walk
- licking or chewing at the feet
- pads darker in color
- missing part of pad
- blisters or redness

Summer is meant to be fun, and the warm weather provides us endless opportunities to play with our pups. Be smart and stay safe to maximize optimal pooch time!

Adopt the Chi-Pekinese!

Little Misty and Lady Shakes came to New Jersey from the Los Angeles County Animal Shelter. They were transported here by two employees from the ASPCA because their chances of adoption on the East Coast are far greater than they would be in California. Unfortunately, small Chihuahua looking breeds fill the shelters in LA and this breed is at the greatest risk of euthanasia. For more information about these snuggle bugs, contact Erin Earley-Hamilton at erin.mistymountainhop@gmail.com



Amazing Animal Facts

American Black Bears are the smallest bears in North America. They live in the conifer forests of Canada and a few wilderness areas as far south as Mexico. They share the forests with grizzly bears and can be eaten by them. Their defense is to climb trees out of the reach of the less agile grizzly.

the mother's winter den. American black bears vary in coloration from black to dark or reddish-brown and pale tan. They vary in size according to the quality of food available. Three-quarters of their diet is plant matter, with insects and other small animals, such as fish and rodents, making up the rest. They are also very fond of honey. Although black bears generally forage for food alone, they will congregate around a large source of food.



Black bears are most active at night. They semi-hibernate through the winter in dens under fallen trees or in burrows. Although they sleep heavily, they often emerge during breaks in the severe weather. In general they stay away from each other, especially unknown bears. Males and females come together for short periods in midsummer and the cubs are born at the end of the winter, in

Foods: Fruits, nuts, grass, roots, insects, fish, rodents and carrion.
Size: 4.25 - 6 ft; 220-594 lbs..
Maturity: 6 years. **Breeding:** 1-5 every 2 years. **Life span:** 25 years.
Distribution: Alaska, Canada, patchily in parts of the USA and northern Mexico.

Secret Key. Duct tape a spare key to the undercarriage of your car or in a wheel well and you'll never get locked out again. Make sure you do it in a location other than near the driver's side door, where thieves may check.

Energy-saving compact fluorescent lights can interfere with the signals from remote controls that are used to operate TVs, VCRs and stereos. *If you seem to have a problem:* Move the lamps away from where you use the remote...replace the remote's batteries so its signal is stronger.

Store food in shallow containers, not deep ones, to prevent food-borne illness. Food in the center of a deep container may not cool down quickly enough to prevent bacterial growth. *Self-defense:* Divide large items, such as a big pot of soup, into several small containers, and refrigerate within two hours of cooking.

Rid microwave ovens of unpleasant odors by wiping the interior with a solution of four tablespoons of baking soda to one quart of warm water. *Warning:* Never use a commercial oven cleaner in a microwave.

Feel frozen food. You should be able to feel the individual peas or the shape of the broccoli stalks through the package. If the package feels like a brick, it probably thawed and was refrozen—an that can destroy vitamins and minerals.

Reorganize cupboards every six months. Get rid of boxed foods that are past their expiration dates...throw out boxed foods that taste stale or soapy (a sign of rancid fats.)

To remove excess fat from stews,

soups or gravy, drop in several ice cubes, wait for the fat to congeal to them and remove...or wrap ice cubes in a paper towel and draw it slowly over the surface, allowing the fat to solidify and stick to the towel...or place a paper towel or a lettuce leaf lightly on the surface and allow it to absorb fat.

Freezers run most efficiently when they've three-quarters—or more—full. When your provisions drop, fill milk cartons or jugs with water and put them in the freezer to take up empty space.

Bacteria thrive in even the cleanest of kitchens. *Self-defense:* Clean cutting boards thoroughly after each use with hot soapy water...sanitize sponges by running them through the washing machine frequently—and replace them every few weeks...wash manual can openers after each use...wipe counters and appliances often with a sanitizing solution of one quart water and one teaspoon chlorine bleach.

Houseplants can serve as natural air filters, removing indoor air pollutants such as carbon monoxide and formaldehyde. *Best:* Aloe vera, Chinese evergreen, elephant-air philodendron, English ivy, ficus, golden pthos, corn plant, peace lily and spider plant.



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



ECHINACEA. Historically, there has been some confusion between at least two varieties of Echinacea and Parthenium integrifolium. All three plants seem to have similar qualities and are easily confused.

Echinacea has been called the King of the Blood Purifiers because it improves lymphatic filtration and drainage. It has been found to help remove toxins from the blood. Some have found it to be good for enlargement and weakness of the prostate gland.

Experiments have shown that the polysaccharides, fatty acids, and glycosides in Echinacea strengthen the function of the immune system making it of vital necessity in all health problems.

Echinacea is one of the most useful herbs available to naturopaths, because it is a natural antibiotic and an alternative. It has been widely used as a retention colonic in ulcerative colitis. Echinacea has benefited toxic headaches with vertigo and a confused mental state when this condition is caused by toxemia.

Ever since Thomsonians, Echinacea has been known by herbalists as one of the best alternatives for detoxifying the blood. It cleanses the lymphatic system, supporting the immune system. It is used to increase resistance to bronchitis and other like infections. Other uses are helpful in typhoid fever, cellular abscesses, carbuncles and cancer.

Extensive scientific research has been undertaken on Echinacea in the last thirty years. The results have indicated an antibiotic cortisone-like activity, assistance in synovial membrane healing, support of collagen through hyaluronic acid protection, promotion of wound healing, production of systemic interferon, stimulation of T-cell lymphocytes and tumor suppression.

Echinacea is one of the most potent herbs that support the

immune system, and is useful for treating colds and flu. It has antibiotic like, anti-viral like, and anti-inflammatory like properties.

The active compounds in Echinacea is given to increase the ability of white blood cells to surround and destroy bacterial and viral invaders. Echinacea specifically strengthens the immune system against pathogenic infection by stimulating phagocytosis. T-cell formation is amongst the most powerful and effective remedies against all kinds of bacterial and viral infections. There are no side effects noted when one takes a high intake of Echinacea.

- ◆ Echinacea is an excellent blood cleanser.
- ◆ Echinacea works like penicillin in the body with no side effects.
- ◆ The use of Echinacea functions especially well in so-called glandular infections and ailments. It is used to treat strep throat and lymph glands.
- ◆ Echinacea cleanses the morbid matter from the stomach.
- ◆ Echinacea also expels poisons and toxins.
- ◆ Echinacea activates the body's defense system against all outside influences and inflammatory conditions.
- ◆ Echinacea has antibiotic, anti-viral and anti-inflammatory properties.
- ◆ Echinacea blocks the receptor site of the virus on the surface of the cell membranes preventing cell infection.

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).

2015 SUMMER CONCERT SERIES

FREEDOM PARK – THURSDAYS at 7:30 PM

JULY 23

Thunderhill

Performs traditional and contemporary music such as Cash, Jennings, Haggard, Hand Williams, Patsy Cline, Alan Jackson, etc., as well as some originals.

****Blue Star Mothers of America will be honored this night****

JULY 30

RAVE ON!

Features the music of Buddy Holly and Roy Orbison, playing hits like "That'll Be The Day," "Not Fade Away," "Peggy Sue," "Pretty Woman," "Crying," and "Only The Lonely," along with other classic, early rock-n-roll songs.

AUGUST 6

The Vince Genella Power Trio

AUGUST 13

The Mystical Majesty Band

Beatles Cover Band – 5 time winner for Beatles fans
(Formerly Beatlefest) Battle of the Bands Contest





Help during a critically-ill child's time of need.



The Jillian Gorman Fund established in 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

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.

Our Mission

1. To financially support parents with children who are suffering a life-threatening illness requiring critical care, *and*
2. To reward an academic scholarship to a deserving young woman who contributes extraordinary faith and leadership within her community.

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/>

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New Clients Only

Cutting Utility Costs Most of us turn out the lights when we want to save energy, but there are even smarter ways to reduce your bills.

Refrigerators represent about 30% of most electric bills. To find out how well yours operates, open the door and place a dollar bill against the seal. Then close the door. If you can remove the bill easily, the seal needs replacing. Vacuuming the coils behind or below the unit can improve efficiency as well, but be sure to first unplug the refrigerator.

Insulation. Up to 40% of home heating escapes

outdoors unnecessarily because of inadequate insulation. **Opportunities:** Install more insulation under the roof and behind the walls, and weather strip the windows or replace them entirely.

Lighting. Compact fluorescent bulbs last at least 10 times longer than regular bulbs and use one-fourth of the electricity while producing the same amount of light. Unlike the long fluorescent bulbs found in offices, these screw into ordinary sockets. Some utilities offer compact fluorescent bulbs at a discount. Some even give them away.

Tea Love: Instilling a Love of Tea, One Sip at a Time Feature – Different Ways Tea is Served – Part 3

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/>.



Powdered tea is not a very well-known type of

tea. You probably think of the huge containers of Lipton's, filled with every type of sugar known on the face of the earth in a container that fits snugly into your cabinet. However, I am talking about tea that has the whole tea leaf ground into a fine powder, pure tea that creates a heavenly beverage.

Normally, when we think of drinking tea, we think of taking *out* the tea leaves, not drinking them. But drinking powdered tea has been in practice for ages. Matcha tea, which is ceremony-grade green tea pulverized for Japanese tea ceremonies, has so many benefits, and can be enjoyed in so many different ways. By drinking the tea, some people suggest that you may reduce your risk of cancer, rheumatoid arthritis, high cholesterol, cardiovascular disease, strengthen immune system, and fight off infection. Just like green tea, matcha tea also has antioxidants that destroy free radicals.

While matcha tea is the most popular one, you can also buy other forms of powdered tea. For example, at my Asian Tea Love talk in Voorhees, New Jersey, we had a author from Singapore join us. She offered a tea recipe called pulled tea, which required powdered black tea. Everyone at the talk gravitated towards that tea! People said it tasted just like chocolate (for the recipe, visit <https://cafelegi.wordpress.com/2014/11/10/another-successful-tea-love-talk-chocolate-tea/>).

The pluses of powdered tea? The health benefits, for one. As detailed above, you get so many benefits by drinking the whole leaf! Powdered tea is also quite versatile. You can use it for baking, for smoothies, for lattes, or to just drink it in its purest form. Matcha, while it has the

slightly vegetative taste of green tea, is also a sweet tea as well. So if you like the health benefits of green tea but not the taste, maybe reach for some Matcha.

The downsides of this drink? It is a little more expensive than just buying the tea bags or tea leaves. You do get a good bang for your buck, but still, paying \$25-\$30 for a small tin can be intimidating for some. And while I personally just stir my matcha like crazy when I drink it, you really should use something to froth it. You can buy bamboo tools or a frother for this, but it is a bit of extra equipment in order to enjoy the cup. I know that at my talks, people tend to shy away from the matcha tea only because it's not a clear beverage. Instead, it looks like a separated pea soup.

This beverage, though, I still recommend giving a shot! Worried about trying it? Maybe give some matcha green tea ice cream, recipe from Mightly Leaf, a try!

2 cups heavy cream
1 cup whole milk
6 eggs
1/4 teaspoon salt
2/3 cup sugar
2 tablespoons Matcha

Whisk eggs, sugar, and powdered green tea in a mixing bowl until tea is mostly dissolved. Add one cup hot cream mixture slowly while whisking so the eggs do not cook. Whisk custard into remaining cream mixture in saucepan and cook over low heat, stirring with a wooden spoon until the mixture is thickens and reaches 170 degrees F (check with a kitchen thermometer). Do not let it boil.

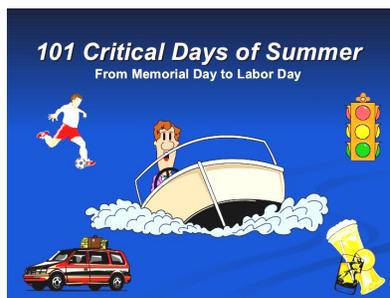
Strain custard into a metal bowl and cool to room temperature, while occasionally stirring. Then cover and chill in the refrigerator for one hour.

Pour the mixture into the ice cream maker and freeze it. Once frozen, scoop it into an airtight container to freeze hard before serving.

Fire Chief Dan Sturm:

Boating Safety. Operating a boat requires concentrated skill and a keen sense of awareness in the boat and on water. A clear head and a responsible outlook are necessary to make a day on the water as smooth and as safe as possible.

1. Don't overload - check the boat manufacturer's capacity plate.
2. Know your boat - what it can and can't do.
3. Keep a good lookout and situational awareness of other boats and objects.
4. Ensure crew and passengers wear a USCG approved personal flotation device.
5. Operate at safe and legal speeds - watch your wake.
6. Know and respect the weather - heed weather warnings.
7. Take sufficient fuel in proper containers, know your cruising radius.
8. Keep your boat shipshape; check safety equipment.
9. Take necessary equipment such as fire extinguishers, signal devices and personal flotation devices.
10. Secure the boat properly. Stow loose objects.
11. Review the boating laws and obey them.
12. Never operate a boat while impaired by alcohol or drugs.
13. Check local and state laws that pertain to your area for additional requirements.



Drinking Afloat: More Dangerous Than Driving

It takes as little as four hours of exposure to sun, wind, glare, vibration, and other motion on the water to produce "boater's hypnosis," a kind of fatigue that slows reaction time almost as much as if a person were drunk.

Alcohol can affect your judgement, motor skills, peripheral vision, depth perception, night vision, and balance. "Tipsy" people on an unstable, moving platform like a boat run the risk of slipping on deck, stumbling down a gangway, or falling overboard. In the event of a fall overboard, alcohol may increase risk of cardiac arrest and will certainly reduce your body's ability to stay warm in cold water. It is a well-established fact that with the very first drink, brain functions are depressed. That's why boaters should never drink when operating a boat. Every state has strict drinking and boating laws - you can be arrested on the water.

Swimming Safety

- ◆ Always swim with a partner
- ◆ Never allow young children to swim without adult supervision
- ◆ Never swim when you are tired, under the influence of alcohol, drugs, or medication
- ◆ Know and observe your swimming limitations and capabilities
- ◆ Avoid swift-moving water. If caught in a current, swim with it and angle towards the shore or the edge of the current
- ◆ Observe water signs
- ◆ Stay out of the water during thunderstorms and severe weather



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