

# Riverdale News & Events

## Purple Heart on Display at Library

The Purple Heart awarded posthumously to the family of Pfc. Jack Kirkwood, who died in Europe in 1944 as a result of wounds suffered in battle, was sent to Riverdale for safekeeping. The family entrusted the Mayor with Pvt. Kirkwood's medals, uniform cap, certificates, high school diploma and other mementos from his life. We are very honored to be entrusted with these remembrances from one of Riverdale's heroes.



Weighing and measuring the fish.

## Fishing Derby a Success Despite the Rain



Smallest Catch of the Day!



Handing out the trophies.



## Fireworks are Dangerous and Illegal

The law states that the sale or possession of fireworks, with intent to sell, is a crime of the fourth degree. Any person found guilty of possessing fireworks with the intention of selling them, can be fined up to \$7,500 and/or imprisoned up to 18 months. Any person found using fireworks illegally can be fined up to \$500 and/or imprisoned up to 30 days.

Each year emergency rooms are full of patients who are injured by illegal fireworks while fire departments are kept busy during the fireworks season. Since 2003, there have been almost 10,000 fireworks related injuries annually, half of which occurred to children 14 years old and younger. In each of the past three years, more than 2,000 structure fire have been attributed to fireworks causing in excess of \$20 million in damages. In any given year, the State Police confiscate between 500 and 1,000 cases of illegal fireworks or approximately six to eight tons of illegal explosives.

**New Jersey News Flashes from 2010.** Wallington. A firefighter (25) who lit a firework that shot through an apartment window and set fire to a baby's room called the incident stupid and blamed the mishap on the illegal explosive, which he said malfunctioned.

Newark. Just after midnight, the "use of illegal fireworks" caused a one-alarm blaze, displacing 19 residents from the three-story home.

Bogota. Juveniles playing with fireworks set fire to debris along the side of the house. The resulting fire damaged the external siding, and the inside of the home had some smoke and water damage.

South Brunswick. A 4-year-old girl suffered burns and bruises when she was struck in the chest by fireworks set off at a wedding celebration. The father told police the fireworks were being set off in the rear parking lot but one shot across the lot instead of up in the air.

Mays Landing. A July 4th house fire was started by illegal fireworks, police said in a news release.



## Announcements



Happy 13th Birthday, **Matthew**, on June 7!!! O boy, Teenager #4! We love you very much!! Love, Dad, Marybeth, RJ, Kevin and Kevin M.

Happy Birthday, **Grandma Ruppel**, on June 10. We love you! Ron, Marybeth, RJ, Kevin, Matthew and Kevin T.

Happy Birthday, **Uncle Joe**, on June 19, our favorite Riverdale Police Officer. Love, Ron, Marybeth, RJ, Kevin, Matthew and Kevin T.

Happy Birthday, Daddy! I love you very much! Love, Karson.

Happy 4th Birthday, **Caroline Budesheim**, on June 15. Love Dad, Mom, Elizabeth and all the family.



Happy June Police Birthday to **Patrolman Joe McDermott** (19th).



The Borough of Riverdale is again able to accept **computer monitors**

and **televisions** as part of our recycling program. Drop off your computers, monitors and televisions at the Municipal Building.

(Projection TVs not accepted.)

## Riverdale Senior Citizens are Special

The first meeting of the month was held on Monday, May 2. **President Irene Moehring** opened the meeting and welcomed everyone. **Chaplain Grace Chiesa** gave a nice reading, followed by the flag salute, club pledge and the Lord's Prayer. **Marion Davis** led the group in singing *God Bless America*. \* **Vice-president Loretta Lippens** reminded us that taxes are due. Birthday celebrants were sung to and given a birthday card from **Mary Gambino**. **Madeline Rizzo** filled in as Sunshine Lady, in the absence of **Dorothy Bowersox**. Also good to see **Lorraine Moody** who had hurt her back. \* **Kay Peacock** announced that there will be free pancake and sausage breakfast at her church. Everyone is welcome to attend! \* President Moehring passed around a sign-up sheet, to see who would be walking and who would be riding in the Memorial Day Parade. \* Following the meeting we had speakers from Hope House of Morris County. They spoke on the "Operation Fix-

It Program," who installed smoke alarms, install grab bars in home bathrooms and many other services for Seniors. The items used are paid for by the Seniors, but the services are free. \* Following the meeting, cake, coffee and tea were



served and enjoyed by all. Don't overdue the yard work, now that beautiful weather is here!

The second meeting of the month was held on Monday, May 16. President Irene Moehring opened the meeting and greeted everyone. Chaplain Grace Chiesa did a reading called *New Hope*, followed by the flag salute, club pledge and the Lord's Prayer. Marion Davis led the group in singing *You're a Grand Old Flag* in honor of

Memorial Day. There were 56 members in attendance. President Moehring was taking sing-ups for riders and walkers for the upcoming Memorial Day Parade. \* Trip chairperson **Gerry Mahler** reminded those who were signed up and paid for the next trip, of the date and time of the bus departure. Also she told of an upcoming journal writing class to be held at the Library, for anyone interested. \* Good to have **Lorraine and John Moody** feeling better. Lorraine is already making plans for our annual Christmas Party.

President Moehring thanked all the unsung heroes who do so many things for our club. It's a joint effort and makes everything run smoothly. Thank you. See you at the parade! Following the meeting we enjoyed a very interesting speaker from the Lakeland Health Care Center, who spoke on tips for Seniors - good health, mainly healthy eating and exercise. They also provided us with lunch. We Seniors get treated great. Thanks to all! *Presented by Marion Davis*

# RIVERDALE Public Library

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

Registration is required for all programs.  
Call 973-835-5044 or e-mail [riverdalelibrary@nac.net](mailto:riverdalelibrary@nac.net) for adult programs and [riverdalelibrarykids@nac.net](mailto:riverdalelibrarykids@nac.net) for children's programs. You can also register online at [www.riverdalelibrary.org](http://www.riverdalelibrary.org)

## INFANT & PRE-SCHOOL PROGRAMS

Spring infant and pre-school programs end the week of June 6 and summer programs will begin the week of June 27th.

**Baby Time** — Up to 2 yrs w/ caregiver. Mon, 11:00-11:30 am

**Totally Twos** — 2 yr olds w/ caregiver. Mon, 10:15-10:45 am

**Story Time** — Ages 3-5 Wed, 10:15-11:00 am or 1:30-2:15 pm

## CHILDREN'S PROGRAMS

**Puppy Pals Reading Club** — Trained dogs will be on hand to listen to children in grades K-5 read. June 14 (2<sup>nd</sup> Tues of each month) from 4:00-5:00 pm.

**Lego® Lab** — Children in grades K-5 listen to a story and build creations out of Legos on Wed, June 29 (\*\*\*New Day! - 4<sup>th</sup> Wednesday of each month) from 4:00-5:00 pm.

## TEEN PROGRAMS Grades 6 and up

**Teen Advisory Board (TAB)** — Thurs, June 2 from 5:00-6:00 pm hang out with friends and tell Ms. Rosie how you want your library to be.

**Teen Book Discussion Group** — Join us Tues, June 21 from 6:00-7:00 pm for pizza as we discuss *The World We Live In* by Susan Beth Pfeffer.



**Teen Volunteer Program** — Students entering grades 6 and up who are interested in volunteering at the library this summer may stop by and pick up a form or download one from our website.

\*\*\*\*\*  
**CALLING ALL KIDS GRADES 4 AND UP FOR A BOOKMARK CONTEST!**  
 \*\*\*\*\*  
 Children in grades 4 – 5 and teens in grades 6 and up are challenged to design a bookmark for a chance to win a gift certificate to Borders and have your creation used as the official bookmark of the summer! Please see our website or Ms. Rosie for more details.  
 \*\*\*\*\*

## FRIDAY EVENING MATINEE

Join us for coffee, donuts and this romantic summer-fling on Friday, June 10 at 2:30 pm  
*Going the Distance* — (R)



## HOURS

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

## SUMMER READING PROGRAM

**One World Many Stories**

**Children's Kick Off: Wallaby Tales** — Children entering grades K-5 in Sept. may register for Wallaby Tales where they can check out live animals from 5 continents on Sat. June 18, 1:00 pm! Bookmark contest winners will be announced after the show.

**Teen Kick Off: Rock Band & Board Game Night** — Teens entering grades 6 – 12 in Sept. are invited to play Rock Band and board games while enjoying pizza on Tues, June 28 from 6:00 – 7:00 p.m. The bookmark contest winners will be announced!



**Summer Reading Program Registration** — Children and teens entering grades K-12 in Sept. may register for the program beginning June 18.

**Early Literacy Summer Reading Program** — Parents with children age birth through 5 can participate in our Early Literacy Summer Reading Program. Registration begins on June 18.

**Summer Children's & Teen Activities** — Sign-up will begin on June 18 for summer activities. Keep an eye on the website [www.riverdalelibrary.org](http://www.riverdalelibrary.org) and the bulletin board in the lobby.

## ADULT BOOK DISCUSSION GROUP

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

June 27 — *Things I've Been Silent About: Memories* by Azar Nafisi



## AUTHOR PRESENTATION

Join us in welcoming **Kevin Woyce**, author and lecturer, as he presents a slideshow presentation about his book, "Jersey Shore: History & Facts" on Tues, June 14, 6:30-7:45 pm.

## DIGITAL PHOTOGRAPHY WORKSHOP

Join us for a special two-part program, "Getting to Know Your Digital Camera" with **Walter Choroszewski**.

Part I: Thurs, June 9, 6:45-7:45 pm.  
Part II: Wed, July 13, 6:45-7:45 pm.



## MONTHLY

**Photography Club**— 4<sup>th</sup> Mon. of each month. June 27, 7:00-8:00 pm. All Photographers welcome! Learn! Share!

**Gypsy Knitters** — Thursdays, 4:00-8:00 pm. For experienced knitters. Bring a project and join in!



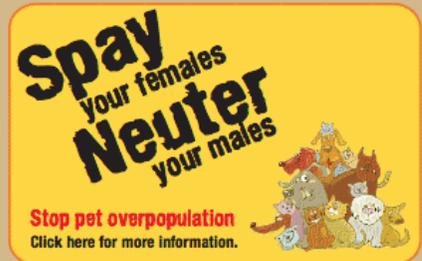
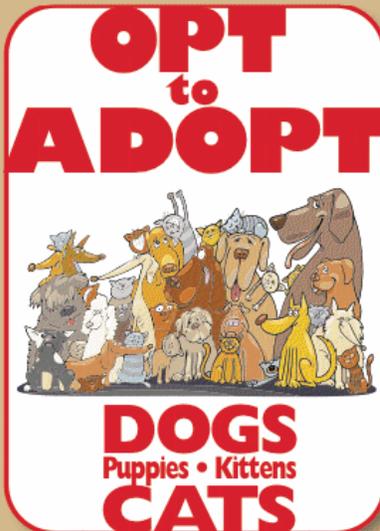
**WATERING PLANTS WHILE ON VACATION** If you're planning a short vacation, try this. Put a big bucket of water in the bathtub and place the plants around it. Cut string in lengths long enough so that you can put one end into the soil and have enough string to reach from the plant to the water and down to the bottom of the bucket. The plants will "sip" enough water through the string to survive while you're gone. **PLANT PESTS** A garlic clove planted beside your house plant will keep many types of pests away from it. **BEDDING PLANTS** When you are planting bedding plants or ground cover plants, plant them close together to discourage and smother weeds that might want to poke through. Taken from *All-New hints from Heloise A Household Guide for the 90's*, Heloise, Perigee Books 1989.

**The Importance of Having a Library Card** The Riverdale Public Library wants to make sure that all children and adults in Riverdale have the smartest card of all - a library card. The Riverdale Library provides so much for children and adults with a library card, making a difference in everyone's life! Look what you get for free just by having a library card. You are provided technology with computer and Internet access, including a wireless connection. Books, movies and CD's can be requested through the MAIN Web catalog with a library card. Also, you can search subscription reference databases, even from home. One can download audio books and e-books from home or at the library. A library card can enable families to enjoy the many library programs, computer classes, informative lectures and story times for children of all ages.



Libraries provide children and adults with the tools to become literate, and become information literate as well. There is a lot happening at **The Riverdale Public Library**, and the best part for both children and adults, in these tough economic times, is that it's all free with a **Library Card**. Do you live in Riverdale? Do you have a library card? If not, stop by the Riverdale Public Library now and sign up for one. **It's the Best Deal in Town!** 973-835-5044.

<http://members.petfinder.com/~NJ28/>



**Bloomingdale Animal Shelter Society**, 22 Brandt Lane, Bloomingdale. 973-838-2220

**Adoption Hours: Monday-Friday 4pm to 6pm \* Saturday & Sunday 2pm to 4 pm.**

We have partnered with People for Animals to have their spay/neuter van come to BASS several times a month. Anyone in the community can have their cats and dogs altered at low cost.

**Cat: \$60-\$65. Dogs: \$90-\$120. Costs include rabies and distemper shots.**

## Riverdale School: *From the Desk of Dr. Betty Ann Wyks, Superintendent*

**School Budget Passes, Board Members Take Oath of Office.** Voters endorsed the district's proposed budget for the 2011-2012 school year and elected two members to the Board. The approved budget enables the district to continue all existing programs and reflects an increase in the tuition rate for our students attending Pompton Lakes High School. In addition, a new math program is expected to be adopted for our sixth grade students.



We appreciate the continued support of our community as it continues to meet the needs of our children in a fiscally conservative manner. We remain grateful to the municipality for the continued shared services afforded to our school. The district also participates in pooled insurance and energy consortiums in order to contain costs in those areas.

Incumbent **Charles Sheridan** and newcomer **Stephen Polizzi** were each elected to fill three year terms.

Eighth grader **Jordon Testino** will be the recipient of the Pompton Lakes Rotary's Student Achievement Award

at an upcoming luncheon held in her honor. We are proud of Jordan's efforts throughout her years at Riverdale School.

**Important Dates for Incoming Kindergarteners.** Approximately 37 students have registered for our kindergarten program, commencing in September. These youngsters are invited back with their parents for an orientation to the program, and as part of their transition to the school setting. The Kindergarten Tea, sponsored by the PTA, is scheduled for June 7. Members of the PTA will facilitate small group discussions to provide more information about the school while students spend time in the classroom and go for a ride on the school bus.

To introduce incoming kindergartners to key school personnel, a series of story times are scheduled. The June dates and times are as follows: June 8-9:30 a.m.; June 14-1:15 p.m.; June 15-9:30 a.m. Please contact Mrs. Kammen in the main office if you intend to join us in the school library.

**Alice in Wonderland.** Many of us had the pleasure of attending *Alice in Wonderland, Jr.*, which involved approximately 90 of our students and rivaled a Broadway production. Congratulations to co-directors/drama club advisors, **Ms. Fagan** and **Ms. Caufield**, as well as the many actors, actresses and stage crew members who participated in the production.

**Coordinated, with a School Focus.** Miss Caufield's second and third grade students worked on a project involving

coordinates as part of their math work.

**DARE Graduation.** Fifth graders have been working with police officers Kiel and McDermott, receiving instruction in the Drug Abuse Resistance Education Program for the latter part of the school year. They received their certificates of completion at a recent school ceremony, during which they shared speeches and performed skits communicating the anti-drug/alcohol, violence, bullying message. We thank the borough and police department for their continued support of this program, which provides our students with additional strategies for remaining safe and healthy. The program also supports individual responsibility for combating peer pressure.



### Keep These Dates in Mind:

- June 1—Board of Education Meeting
- June 3—Field Day
- June 6—Chorus performs for Seniors
- June 7—Spring Concert  
Kindergarten Tea
- June 9-15—Finals
- June 10—8th Grade Awards Dinner
- June 15—Kindergarten Celebration  
NJHS Picnic
- June 16—Rain Date for Field Day
- June 17—End 4th Marking Period  
Pre-K Beach Party
- June 22—Last student day



**Breaking News!** Riverdale Resident Leanne Weiss will be singing at Citi Field (Mets Stadium) Sunday, May 29 during the "7th inning stretch". Mets vs Philadelphia. She will be singing God Bless America!

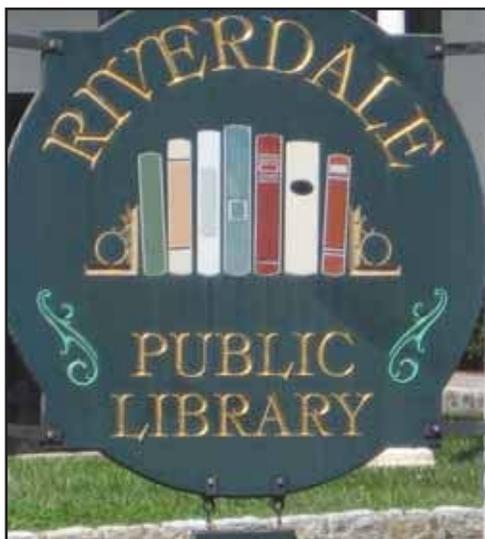


# ON THE ROAD TO THE JERSEY SHORE

The next time you head on down to the Jersey Shore take this issue of the *Riverdale News & Events* with you. When you get there take a photo of you and your family and friends, making sure this issue of the newsletter is in the photo with you. If you wish, you may write a brief description of your visit along with the names of the people in



the photo. Email your submission to [RiverdaleLibrary@nac.net](mailto:RiverdaleLibrary@nac.net). These photos will be displayed in the Library Gallery during September and on the Library's website [www.RiverdaleLibrary.org](http://www.RiverdaleLibrary.org).



Another event sponsored by **THE FRIENDS OF THE RIVERDALE LIBRARY**. Author of the book, *The Jersey Shore* by Kevin Woyce, will kick off this fun travel photo series with his slide show presentation at the Riverdale Library on Tuesday, June 14, 6:30 - 7:45 PM.

To register or for more information, please call the Library at 973-835-5044.

## Cal's Corner

By Cal Deal



The day the circus came to town in 1955 or 1956. I was in kindergarten at the time and, of course, didn't have a clue that a circus was coming. Because the school was overcrowded, the kindergarten was in the church building across Newberry Place, opposite the ball field. One day we looked out the windows, which look across the rear of the school property. To our 5-year-old shock we saw ELEPHANTS walking around behind the school. A spaceship could have landed and we would not have been more amazed! Huge elephants were right there in our very own schoolyard, walking behind our very own school! None of us had even seen one before, and here they were walking around in our little town. It was just incredible.

*Taken from Cal's website: <http://graphicwitness.com/federalhill/memories.html>*

E	1	20/200
F P	2	20/100
T O Z	3	20/70
L P E D	4	20/50
P E C F D	5	20/40
E D F C Z P	6	20/30
F E L O P Z D	7	20/25
D E F F O T E C	8	20/20
L E P O S P O T	9	
T S L A T C E O	10	
F S L A T C E O	11	

# Adult Vision Screening

Friday, June 10 10:00 AM to 12:00 PM

\$10.00 Fee

Appointments required. Please call Pequannock Health Dept at 973-835-5700 x 127.

Kinnelon Ophthalmologist providing screening Available to anyone, any town.

# COMMUNITY CENTER PROGRAMS

Senior Community Center  
57 Loy Avenue - 973-706-6471  
JCarelli@riverdaleborough.com

## Programs for Kids:

**2011 Riverdale Summer Camp** Monday, June 27 thru Friday, July 29. **NEW HOURS 9am - 3pm at Community Center.** Students must be entering Grade 1 thru 8th. Packets now available at Borough Hall or Community Center Lobby. **All Registrations no later than Thursday, June 9.** Call or visit Community Center for the camp cost. Cash or check dropped off at the Borough Hall (24/7 drop box) or the Community Center. **Excellent way for Riverdale kids to spend the first half of their summer! Day Trips, Sports, Crafts, Library, much more.** For further details call **973-706-6471** or email [jcarelli@riverdaleborough.com](mailto:jcarelli@riverdaleborough.com).

**Tot's Music Class** Fridays at 11 AM in the Lower Level of Community Center. \$8/class. Instructor Miss Ildiko. No sign-up required. All Riverdale tots welcome to take part in a comprehensive preschool music program.

## Programs for Those Who Used to Be Kids:

**"New" KettleBell Workout** every Wednesday 7:30 PM beginning May 11. \$6.00/Class or \$20/4 class pkg. Bring your own Kettlebell. 8—12 pound recommended weight for size of Kettlebell to purchase. Instructor Cindy Zhang

**Men's Summer Outdoor Basketball Games** Every Wednesday Night Pick-up Games at 7:00 PM Starts June 15. Riverdale Senior Community Center Basketball Court. Must be 18 years old to participate.

## Portrait Day **New Date** Saturday, June 4, Lower Level.

Appointments available 9:00 am to 3:30 pm.

Photographer: Kelly Stanton

\$20 Prepaid Sitting Fee to confirm appointment. *Fee will be applied towards your order.* Very affordable packages. Must Call in Advance to Schedule an Appointment. 973-706-6471 [jcarelli@riverdaleborough.com](mailto:jcarelli@riverdaleborough.com). *Pictures are memories that will last a lifetime and for a very reasonable price! All ages welcome. Order matte or beautiful pearlized paper. Have some fun, make your appointment now.*

**Most Beautiful Yard Contest** Open to all residents. No registration required. This is in recognition of the hard work and pride exhibited by Riverdale residents. We are proud to have those who strive to beautify their homes and neighborhoods. The judging is based on three categories:

Maintenance \* Landscaping \* Overall Appearance

The Recreation Department will be judging the week of July 11. Winner will be contacted the following week. One winner will be selected and announced in the August Newsletter.

**Exercise Classes** **Boot Camp Mondays at 7:45—9:00 PM**, \$6.00 per class. Instructor Cary Stone.

**Zumba** every **Tuesday at 10:00 AM and 7:30 PM**, \$5.00 per class or \$40/10 class pkg. (10 am class will stop after Tuesday, June 21. New location for 10 am class to be announced in July) Instructor Mindy Gansley.

**Yoga** every **Thursday at 7:30 PM & Sundays at 9:00 AM**, \$6.00 per class. (Thursday classes temporarily stop on July 21) Instructor Kathy DeJesus.

**New ZUMBA FOR NEW MOMS (bring baby in stroller)! Wednesdays at 1:00 pm at Community Center.** Five classes for \$55. Sign up 973-831-5475 Presented by Chilton Hospital.

**Total Body Sculpting** every **Thursday 6:00 PM** \$6/class

## RECREATION



**Riverdale Co-Ed Adult Softball** Begins Thursday, June 16 at 6:00 PM. **Fields in back of school.** Join the Riverdale Adult Softball Team - Men and Ladies! This is for fun, not competitive. Everyone had fun last year and met some great skilled players. To play contact 973-706-6471, email [jcarelli@riverdaleborough.com](mailto:jcarelli@riverdaleborough.com), or just show up. [There is a small fee for a team T-shirt for those who did not receive one last year. Info at the first practice.

**Dorney Park & Wildwater Kingdom** Now offering discounted tickets. All tickets will be purchased online. You pick the date and the number of tickets. [**Company ID: rrd1123**]

Adult tickets (48" with shoes) \$31.99

Junior tickets (under 48" with shoes) \$22.00

Senior (62 years or older) \$22.00

<http://mygroup.dorneypark.com>

For more details call Anne 973-248-9663 or

Email: [annegould@yahoo.com](mailto:annegould@yahoo.com)

**Summertime Movies Under the Stars** Friday, June 17, 8 PM **Movie begins upon nightfall.** Back yard of the Community Center. Movie to be announced on the sign at Municipal Building. Movies are newer released and family friendly. Enjoy our concession stand for movie theater style snacks and drinks - items for \$1 or less. Bring your own lawn chairs or blankets.

## The Birthplace of Eataly: Turin submitted by Carolyn Masone



Eataly is a delightful combination of food market, cooking school and restaurant. It continues to expand into various Italian cities as well as Mitsukoshi, Japan and New York City. But before it completely conquers the world, I wanted to return to where it all began: Turin, Italy.

Eataly ([eataly.com](http://eataly.com)) was founded by Oscar Farinetti and opened its doors in Turin in 2007. Farinetti had previously founded two very successful Italian appliance stores, UniEuro and Trony. But he wanted to return to his first love - food - so he sold the appliance companies and created Eataly.

Rather than just another food store, Eataly is a food experience. It combines professional restaurants, high-quality products and extensive, accessible education. Clear information is posted throughout the store explaining the origins and use of the products. Customers can attend an array of cooking classes given by the store's expert staff or guest chefs. I attended a class given by the head of the seafood department. He taught the class how to feed 8 people for 8 euro (about \$10) by choosing the freshest fish and then cooking and seasoning it in the simplest and most flavorful way. It opened my eyes.

My favorite aspect of Turin's Eataly is the cellar: cool, climate controlled spaces are dedicated to wine, cheese and meat. What makes this special is that anyone can rent space in these cellars to age their food or wine. Alberto Peroglio Longhin, my guide for the experience, explains it this way, "Even if someone lives here in Torino, they still want to live like they have the advantages of a farm. So for example, they can buy a wheel of Parmigiano-Reggiano cheese and age it in our cellars until it's ready. Then they can take it home and enjoy it." Consistent with Eataly's philosophy that education should be fun, you can pick up an *Eatinerario*, which is an itinerary in a box, while you're shopping. This is a special travel adventure



designed to bring you to the places in Italy where some of Eataly's delectable food is produced. *Eatinerari* are available in different price ranges and last from several hours to 2 days. The shortest itinerary sends you for an afternoon drive in your car to various locations of Eataly growers and farmers. One of your destinations will serve you a delicious lunch from "a rich menu of local flavors." Other itineraries provide a guide and gourmet dinners. Whichever one you choose, everything you need for your excursion (maps, reservations, etc.) are packed in a small, handy box with handles.

It's no mystery that Eataly was created in Turin, because it is also the birthplace of the Slow Food movement. Slow Food is an organization founded in 1989 in response to the concept of fast food and all it brings with it: fast life, disconnection from the origins of our food supply and disappearance of local food traditions. Instead, Slow Food protects the heritage of food and culture by strengthening the

connections between plate and planet. It believes that farmers, producers, cooks and consumers must work together to protect the world's food heritage.

The Slow Food organization is a consultant for Eataly. Among other things, its members inspect Eataly's producers and farmers to ensure that the quality of their products is not compromised to satisfy growing demand. Slow Food helps Eataly showcase sustainable agriculture and artisanal food production. To learn more, visit [slowfood.com](http://slowfood.com). Our local Eataly is located at 200 Fifth Avenue, NYC and is open everyday from 10 a.m. to 11 p.m.

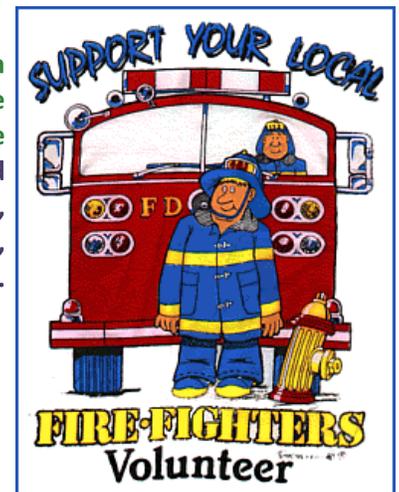
Visit Carolyn Masone's website for a photographic tour of Italy at [www.EssenceofItaly.net](http://www.EssenceofItaly.net)

### Food Pantry: Needs Your Support!



The Pantry inventory is very low and your support is needed in order to continue helping our Riverdale neighbors who are experiencing difficulties. Donations may be brought to the Municipal Building or to the Community Center. Items needed include: Cereal, pancake mix and syrup, canned corn, peas, pork 'n beans, boxed rice and potatoes, soups, coffee, tea, mayonnaise, jelly, pasta, pasta sauce, mac 'n cheese, tuna fish, canned meats. Paper, Cleaning Products and Laundry and Dish Detergents are always needed.

To request confidential Pantry assistance or to help out, call Linda Roetman at the Municipal Building (973) 835-4060 x6.



# Let's Get Serious

I like to have fun. Sometimes my ads are silly. They are just my goofy sense of humor coming through.

But let's get serious about **YOUR** health and that of your family, especially your children.

You cannot achieve health by adding chemicals (medication) to a sick body. All medications have side effects and they only hide the symptoms.

- Eric B. - Migraine headaches daily with vomiting and dizziness. Since first adjustment, no more headaches, and it's been years.
- Gerri M. - Used to get bronchitis every year. Hasn't had it in 2 years.
- Debbie T. - Daughter had asthma since 1 year of age. At 9 1/2 years, she can finally run and play sports without an attack and without medication.

Health comes from within you. Whether you have a condition or not, chiropractic empowers your expression of life, allowing you to heal when you need to heal, and allowing you to stay healthier longer.

**Live a long healthy life with chiropractic.**

[www.stewartfamilychiro.com](http://www.stewartfamilychiro.com)

**Gary C. Stewart, D.C., 43 Newark Pompton Tpke, Riverdale, NJ 07457 (973)-835-5773**



## Did You Know?

- The amount of sunlight reaching the earth's surface is 6,000 times the amount of energy used by all human beings worldwide. The total amount of fossil fuel used by humans since the start of civilization is equivalent to less than 30 days of sunshine.

- In the U.S., a pound of potato chips cost two hundred times more than a pound of potatoes.
- Mosquitoes are attracted to the color blue twice as much as to any other color.
- The Los Angeles Rams were the first U.S. football team to introduce emblems on their helmets.
- The raised reflective dots in the middle of highways are called Botts dots.

## CHILTON HOSPITAL

**MANAGING YOUR ASTHMA** Asthma is a chronic lung disease that can be life threatening. In older adults it is often under-diagnosed and under-treated. Learn the facts about asthma: symptoms, diagnosis and prognosis. We will also discuss the latest treatment options and the importance of taking an active role in the management of your asthma. Breakfast provided by Llanfair House Nursing and Rehabilitation Center. **THURSDAY, AUGUST 4; 10:00 AM at YM-YWHA OF NORTH JERSEY, 1 PIKE DRIVE, WAYNE, SENIOR LOUNGE. FREE.**

**ALL ABOUT SUMMER FRUITS-GETTING KIDS TO EAT THEM** It's fruit season! Perfect time of year to learn more about the nutritional power punch of summer fruits. Learn new ways to get kids eating fruits as well. *Presenter: Karen Goldberg, RD* **WEDNESDAY, JUNE 15 at 7:00 PM at THE COLLINS PAVILION OF CHILTON HOSPITAL CONFERENCE ROOM. FEE: \$5.00**



**DIABETES EDUCATION AND SUPPORT GROUP** The first Wednesday of the month from 10:00 to 11:30 am and the third Wednesday of the month from 7:00 to 8:30 pm. Held at the Chilton Health Network, 242 West Parkway, Pompton Plains. For information call 973-831-5216.

**ALZHEIMER'S DISEASE CAREGIVERS SUPPORT GROUP** The second Wednesday of the month from 7:00 to 8:30 pm at the Chilton Health Network, 242 West Parkway, Pompton Plains. For information call 973-831-5167 or 5175.





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# Digital Photography Workshop

A Two Part Program

Walter Choroszewski offers

*Getting to Know Your Digital Camera*

Thursday, June 9 - 6:45-7:45 PM

Thursday, July 13 - 6:45-7:45 PM



Register at the Riverdale Library or on the website [www.riverdalelibrary.org](http://www.riverdalelibrary.org)



RIVERDALE ART CENTER

∞ the ∞

# ART MARKET

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## AT GLENBURN

∞ ∞

| TUESDAYS • 2PM TO 7PM |

Come visit the **Art Market** at the Glenburn

Every Tuesday from 2 to 7 pm held during the Riverdale Farmers' Market

Buy beautifully crafted items made by artists of the Riverdale Art Center (The RAC) and The Riverdale Artists' Cooperative.

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

# RIVERDALE



**Stratton Engagement Announced.** Mary & Tom Stratton are happy to announce the engagement of their daughter, **Amanda Stratton** to **Sam Vivino**, son of Denise Vivino of Pompton Lakes. Amanda graduated from William Paterson University with a BSN, and will pursue her nursing career in Baltimore, MD. Sam is completing his police academy training in Baltimore. A September 2012 wedding is planned.

### D.J. Schuck

The Raoul Wallenberg Honors Program recognizes middle and high school students who exemplify the courage and compassion demonstrated by Raoul Wallenberg, a Swedish diplomat during World War II. D.J. has been nominated for this award, based upon a sense of responsibility as well as his efforts at promoting understanding, acceptance, tolerance and peace.



**Claudia Jablonski** was recently honored by the Morris County Association of School Administrators for her academic achievement and leadership. Claudia aspires to become a neonatologist. Miss Jablonski was honored at a dinner in Parsippany, along with other leadership representatives from middle schools throughout the county.

Congratulations to our daughter, **Michelle Anders**, who graduated *Cum Laude* from Manhattanville College on May 21, 2011. Michelle received her Bachelor of Arts with a double major in Childhood Education and Mathematics, and a minor in Women's Studies. Michelle is currently substitute teaching at Riverdale and Butler Schools. Love, Mom and Dad.



## Kids Art



## Dessert Sculptured Art Class



## The



Riverdale DPW  
The Glenburn

## Another fun day at the Annual Fishing Derby



Master of the Grill  
Jack Polhemus

# DAILY NEWS

## Glenburn



Girl Scouts have huge yard sale at The Glenburn during a recent weekend. This event was a major fund raiser for the local Girl Scout Troops.

To see all the photos taken about town visit the Borough's website, described by a Morris County Freeholder, as the most transparent municipal website in all of Morris County.

[www.RiverdaleNJ.gov](http://www.RiverdaleNJ.gov)



plants 12' London Acer trees at , getting ready for Arbor Day.



Shade Tree Commission members Jane Rowan, Chairman Paul Carelli and Lois Leifer.



Middle School Luau Sponsored by the Student Council

## Attention Riverdale

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Powder Mill  
and all Riverdale,  
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County of Morris, NJ

# Morris Mosquito Extermination Commission

### Mosquito Proof Your Home!

- Repair or install new screens on doors and windows to keep them out.
- Drain standing water to get rid of breeding sites.
- Clean out gutters & drains.
- Throw out old tires or drill holes in tire swings.
- Empty water from buckets, flower pots, pet dishes, children's toys, etc.
- Maintain pools and pool covers.
- Change bird bath water every several days.

### Prevent Diseases

- When outdoors, apply an EPA-registered insect repellent to exposed skin, like those containing DEET, picaridin or oil of lemon eucalyptus, according to the instructions on label. Permethrin can be used to spray clothing and gear.
- Avoid mosquitoes. Mosquitoes are most active between dusk and dawn, so limit time outside during those hours or wear long sleeve shirts, long pants and socks sprayed with repellent.

### Do I Have An Infection?

If you think you have a mosquito-borne disease, you should consult with your healthcare provider to request testing for West Nile Virus, Eastern Equine Encephalitis or St. Louis Encephalitis Virus. Mild cases of these diseases improve on their own. If you develop more severe symptoms you should seek immediate medical attention. Although there is no treatment for viruses, people with severe illness can receive supportive treatment to help with symptoms.

To see the photos of many of the events taking place around town, go the Borough's Website at [www.RiverdaleNJ.gov](http://www.RiverdaleNJ.gov) and click on Mayor's Photo Albums on the left hand side of the home page. There are nearly 120 albums on line. Also, every issue of the Riverdale News and Events are online going back to the initial issue in October 2005. On the homepage's left column click on "Newsletter, Etc."



## Members of the Armed Forces from Riverdale Need Your Help!

Drop any of these items off at Boro Hall or Circle Auto Parts

- Oatmeal Packets
- Power Bars
- Gatorade
- Propel Packets
- Hard Candies
- Slim Jims
- Beef Jerky
- Sunflower Seeds
- Other non-perishable foods
- Eye Drops
- Tissues
- Q-tips
- Unscented Baby Wipes
- Sunblock
- Playing Cards
- Magazines & Books
- Paper & Pens
- Crossword Puzzles
- Hand Sanitizer
- Used DVD's
- Hand/Feet Warmers
- Chap Stick
- Cough Drops
- Flashlights
- Winter Gloves
- Postage: \$13.00 to mail each package overseas.
- Gold Bond Powder
- Disposable Razors
- Shaving Cream
- Unscented Soap
- Toothpaste
- Deodorant
- Tylenol/Advil/Aspirin
- Pepto Bismal Tablets

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## May at the Riverdale Library

### Mother's Day

Children enjoyed creating flowers with their own faces to give to their mom's this Mother's Day.



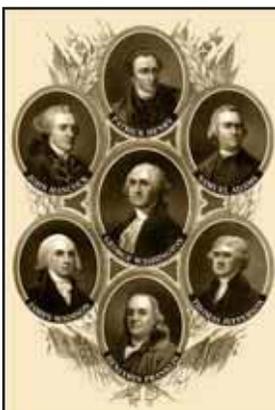
### Breakfast Book Club

Children built their own wacky schools after reading *Sideways Stories from Wayside School* by Louis Sachar during our Breakfast Book Club.

### Why We Say...

**Three Sheets to the Wind (*highly intoxicated*).** The phrase comes from 18th—19th century English Naval terminology. The original phrase was “three Sheets in the wind” and referred to the erratic behavior of a ship that has lost control of all of its sails. In nautical terminology sheets are the ropes that adjust the position of the sails relative to the wind. The speed and direction of a sailing ship is controlled by the number of sails raised on each mast, the angle of the sails to the wind (trim of the sails), and the position of the rudder. If the sheets used to control the sails are to break or are have been released, the sheet is said to be “in the wind”. One can imagine a sail thrashing wildly in a strong wind with its sheet (the control ropes) blowing about. It would be very difficult to regain control of such a sail. Prior to the 1810’s it was common for ships to have three masts, (fore, main, and mizzen). If the sheets on all three masts are “in the wind”, the ship loses all steering control. The ship’s lack of control is likened to that of a stumbling drunk.

**Tie the Knot (to get married).** Some marriage ceremonies actually tie together the wrists of the bride and groom.



## Wisdom of our Fathers

*Words of Wisdom given us by our Founding Fathers. Words our government should follow today. Enjoy. Ponder.*

“Posterity will never know how much it cost the present generation to preserve your freedom, I hope you will make good use of it. If you do not, I shall repent in heaven that ever I took half the pains to preserve it.” *John Adams*

“We may be tossed upon an ocean where we can see no land - nor, perhaps, the sun or stars. But there is a chart and a compass for us to study, to consult, and to obey. That chart is the Constitution.” *Daniel Webster*

“History, in general, only informs us what bad government is.” *Thomas Jefferson*

“The means of defense against the foreign danger historically have become the instruments of tyranny at home.” *James Madison*

“Foreign influence is truly the Grecian horse to a republic. We cannot be too careful to exclude its influence.” *Alexander Hamilton*

## Riverdale Woman's Club

The last meeting of the Club year will be held on Wednesday, June 8, 2011 at the Riverdale Senior Community Center at 7:30. Anyone woman interested in joining our club is welcome to attend the meeting and bring a friend.



Our "Annual Welcome Back Breakfast and Membership" event will be held in September and all women are invited to attend to meet us and learn what our club is all about. The date and time will be announced in a future edition of the Riverdale Newsletter.

For membership information contact the membership chairman at [973-835-3269](tel:973-835-3269).

# The 8<sup>th</sup> Annual Free Summer Concerts in the Park

Wednesday, July 6, 13, 20, 27  
7:30 PM at Independence Park

**See You in July!**

Full Details in next month's Newsletter, also on [www.RiverdaleNJ.gov](http://www.RiverdaleNJ.gov) on June 15, 2011

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*The collection containers are next to the Municipal Building.*

We accept clean, gently worn clothing, used clean clothing, including shoes and sneakers to support sustainable living and support the environment. We do not accept any household items.

**CARECYCLE is Proud to Have Raised Hundreds of Thousands of Dollars for Various Organizations!**



## 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

**BILBERRY** is native to northern Europe and Asia and one can eat the berries or make them into jams and jellies with honey. One of the most recent advances in the use of Bilberry was found during World War II. The story goes that the British RAF pilots were using Bilberry jam on their bread. It was noticed that these pilots seemed to be far more successful at hitting their targets. After research was done on Bilberry in the use of eye disorders, it was found to help against fatigue, reduce eye irritation, nearsightedness and night blindness, extend the range and sharpness of vision, aid in the adaptation to darkness by accelerating regeneration of the retina and help to restrain the development of conditions such as glaucoma and cataracts. The berries of the plant contain anthocyanins associated with P-vitamin (bioflavonoid) functions. Anthocyanins are distributed generously in the plants and the P-vitamin effect is noted even stronger in Bilberry than in other combinations, particularly citrus fruits. This works well in the strengthening of capillaries in the peripheral circulation, lessening the permeability of the capillary membranes.

- The dried berries of Bilberry are primarily used for their astringent qualities in the treatment of dysentery and diarrhea.
- Bilberry improves blood circulation by increasing the ability of fluids and nourishment to pass through veins and to capillaries.

This is a beneficial herb to use during pregnancy: it can be a strong but gentle astringent and will fortify vein and capillary support, aids in kidney function and is a mild diuretic for bloating.

*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).*

## Traditional Chinese Medicine

**GARDENIA (Zhi zi)** Gardenia is known as the *happiness herb*. It is beneficial for restlessness, irritability, anger, hypertension and such ailments. It is useful for fevers, urinary tract infections, jaundice and insomnia. Also it has been used traditionally in Chinese medicine to treat the symptoms of type 2 diabetes. It contains a chemical that reverses some of the pancreatic dysfunctions that underlie the disease. Such a drug could offer a big advance, the group added, as no currently available therapy for diabetes actually targets the underlying causes of disease in insulin-producing pancreatic beta cells. Insulin controls blood levels of glucose, the body's main energy source. In those with diabetes, insulin deficiency or insulin resistance causes blood sugar concentrations to rise. *In accordance with FDA regulation, we do not make any therapeutic claims for any dietary supplements in accordance with the*

*"The system of medicine (Chinese Herbology) is based on the most solid foundation of any system of medicine in the world. It is wholly based on natural laws. Man cannot pollute it; man cannot change it; man cannot improve upon it. Although it may be new in the Western world, one has to recognize that one-quarter of the world's population has been treated by this system for our four thousand years. If it was not valid, then it would have died thousands of years ago."* J.R. Worsley.



*Dietary Supplement Health and Education Act.*

### Is Your Medication

### Helping or Hurting You?

**NSAID's** An estimated 50 million Americans suffer from chronic pain; that's a lot of pain. And that adds up to drug use, notably the category called NSAID's, or non-steroidal anti-inflammatory drugs. Ibuprofen (Advil, Motrin), naproxen (Aleve, Naprosyn), diclofenac (Voltaren) and Celebrex belong to this class of drugs. These drugs are designed to inhibit activity of what is known as the COX2 enzyme, a major factor in pain. This natural enzyme is created in all of us, and is responsible for the production of some of the agents called prostaglandins, which trigger pain and inflammation.

The NSAID's are COX-2 inhibitors. They do accomplish this, but along the way they can also cause liver and kidney damage, and increase the risk of heart attack and stroke. Danish researchers found the use of NSAID's among heart attack survivors greatly increased their risk of repeat heart attack. This risk persisted even six months after the heart attack, and even if the use of the drugs was brief.

Meanwhile, a recent study of acetaminophen (Tylenol) showed that those who take the drug are at an increased risk of some blood cancers. Acetaminophen use is also the leading cause of drug-induced liver failure in the U.S. Though it is not an NSAID, it poses significant health hazards nonetheless. *Taken from an article by Chris Kilham at FoxNews.com*



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**Posting Signs and Banners on Utility Poles**

NJSA 27:5-9 prohibits the placing of signs (political or otherwise) on public utility poles. A sign may not be painted, drawn, erected or maintained upon trees, rocks, other natural features or public utility poles.

NJSA 27:5-23: It shall be the duty of all departments of State or local government...to assist in the enforcement of the provisions of this act...and the Chief of Police of any municipality is authorized and charged under the direction of the commissioner to enforce these provisions.

Section 27:5-16 prescribes penalties ranging from \$50 to \$500 for each offense. Each day of the violation may be deemed a separate offense.

These signs pose a safety hazard to utility workers. Not only do the signs often prevent them from being able to physically climb the pole; but nails, staples, etc. could cause injury to utility workers or could jeopardize the integrity of safety equipment (gloves) that may be punctured.

**YOUR GUIDE TO SAFE GRILLING.** The easy days of outdoor grilling season are here, and so are the risks for food spoilage, cross-contamination of food bacteria, and cancer threat from HCA compounds produced when meat is cooked over high flame.

**KEEP IT CLEAN.** Before getting started, use hot soapy water to scrub your grill and outdoor utensils. And although you might be far from the kitchen sink when cooking outdoors, make sure you have a way to keep your hands clean while handling food, the American Dietetic Association advises. Washing your hand with warm soapy water for at least 20 seconds is ideal, but having a bottle of hand sanitizer nearby works, too. Also, be sure to keep paper towels handy for wiping up spills. Using the same dish towel to clean spills and wipe your hands can spread bacteria.



**COOL IT.** If you're traveling to your grilling destination, keep foods packed in coolers with lots of ice to ensure temperature is below 40 F. Skip the hot trunk and put food in the air conditioned back seat of your car. While you're having fun in the sun, watch how long perishable food is out of refrigeration. Usually, the time limit is two hours, but in heat of 90°F or higher, the safe time is cut to one hour. Set your cell phone alarm to remind you when time is up.



**KEEP THINGS SEPARATE.** Cross-contamination is a big food safety concern during the outdoor grilling season. Avoid any risk by keeping raw meats separate from those that are ready to eat. Also, use paper plates and utensils for handling raw meats. When basting or marinating meats, use separate brushes for raw meats, and always boil any leftover marinade before using it on meats that already have been cooked.

**MARINATE MEAT.** Marinating meat in a blend of antioxidant-rich spices helps reduce HCAs when grilling, according to a study published in the Journal of Food Sciences in 2008. The marinade blends tested contained two or more spices from the mint family, which are rich in the antioxidants rosmarinic acid, carnosol & carnosic acid. While researchers didn't study the effects of antioxidants found in red wine and many fruits and vegetables, they said they suspected those also would have similar effect.



**DON'T GET TOO HOT.** HCA (heterocyclic amine) compounds, found to cause cancer in lab animals, form when meat is cooked using high-temperature methods, such as grilling over an open flame. A recent study reported in the American Journal of Gastroenterology discovered an elevated risk of stomach cancer among participants with the highest estimated intake of a form of HCA. Grilling leaner cuts at medium, indirect heat results in fewer flare-ups that help form HCAs. Want to be sure your meat is thoroughly cooked? The temperature on a food thermometer, not the color of meat juices, is the only way to be certain. Hamburgers should be cooked to at least 160°F, steak to 145°F, and chicken to 165°F.



**PILE ON VEGGIES.** Cut down on the amount of meat you grill by adding fruits and vegetables to kabobs and other meat dishes. This will increase your intake of those healthy foods and cut down on HCAs, which have not been linked to plant-based foods. In fact, eating cruciferous vegetables, such as broccoli, cauliflower, and Brussel sprouts, may decrease the amount of HCAs in the body by causing the liver to more quickly get rid of them. *By Donna Scaglione on [www.newsmaxhealth.com](http://www.newsmaxhealth.com)*



# The Incredible Riverdale Farmer's Market

Returns for its 4th Amazing Season!

Tuesdays beginning June 13

2:30 - 7:00 PM

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