

# RIVERDALE NEWS & EVENTS

*News for and about the residents of Riverdale*

**June 2014**

**Volume 9 Number 6**



# June 2014

Volume 9 Number 6

William Budesheim, Editor  
Lori Clinton, Associate Editor

### Columnists

Camilo Castillo  
Rob Errera  
Catherine Felegi  
Dawn Gosson  
William Lango  
Bill Madden  
Elaine Peacock  
Don Pruden

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

Advertising rates are on website [www.riverdalenj.gov](http://www.riverdalenj.gov)

## Police Unity Tour



Riverdale Patrolman Joe McDermott along with Pompton Lakes Patrolman Joe Ruffo, took part in this year's Police Unity Tour.

The Charitable Bicycle Ride began on May 9 starting in East Hanover and ended on May 12 arriving at The National Law Enforcement Officers Memorial in Washington DC.

Officer McDermott and Officer Ruffo have been training for months in preparation for this 300 plus mile ride.

### Our Mission

- ◆ The primary purpose of the Police Unity Tour is to raise awareness of Law Enforcement Officers who have died in the line of duty.
- ◆ The secondary purpose is to raise funds for the National Law Enforcement Officer's Memorial and Museum.

If anyone would like to make a donation they may do so using the link below <http://www.policeunitytour.com>.

**STUBBORN LID?** Have you ever left a covered pot on the stove only to find that the lid is stuck on? If this happens to you, just try setting the pot over moderate heat for a minute or two. Why? When you cook a food in a covered pot, the air inside the pot increases in pressure, raising the lid ever so slightly so heated air can escape. When you turn off the heat, the air pressure decreases along with the temperature and may become lower than the air pressure outside the pot. This decrease in pressure, along with the water from the steam, creates a vacuum around the lid and seals it tight. The longer the lid is left on, the tighter the seal. Turning the

heat back on will increase the air pressure in the pot, loosening the lid's seal.

**OPEN A STUBBORN STUCK JAR.** An easy way to open a tight jar lid is to cover the top in plastic wrap to create a firm grip. Rubber gloves or rubber bands work well too. If the jar lid still won't budge, set it in a bowl with a little hot tap water for a few minutes, and then try again. Still stuck? Try this trick with a puncture-type can opener: Carefully work the pointed tip under the lid and gently loosen the cap. This should release enough pressure to allow you to open the jar.

## CHICKEN STICKS ON THE GRILL

By Librarian Linda Vogel

### INGREDIENTS:

4 Boneless chicken breasts  
1 large red pepper  
1 large green pepper  
2 packages of saffron  
Vegetable oil  
1 medium yellow onion  
1 package of sticks (skewers)  
3 cups of Minute rice  
Salt and pepper  
Cherry tomatoes or pineapple



### DIRECTIONS:

Cut up chicken breasts in pieces. Combine 1 saffron package, vegetable oil, salt, and pepper in bowl and mix. Place chicken in bowl with mixture and coat.

Cut peppers in pieces with onion. Stick one piece of red pepper and a piece of green pepper on stick. Add a piece of chicken with tomato or pineapple and keep repeating until stick is full. Put on heated grill turning frequently until nicely brown on all sides or until chicken is no longer pink inside.

Prepare rice as directed, adding 1 package of saffron when water boils. Enjoy!

**FRIENDS**  
Of The  
  
**Riverdale Public Library**  
93 Newark-Pompton Tpke  
Riverdale, NJ 07457-1426  
973 835-5044

### Join the Friends of the Riverdale Public Library

We meet the third Thursday of the month from September thru June **NO MEETINGS IN JULY OR AUGUST.** Our big event is the Book Sale in March when we raised almost \$6,000.00 for the library. If anyone is interested in joining, our next meeting is **Thursday June 19th at 7P.M.** in the library

# The Seniors' Corner



**RIVERDALE SENIORS MEETING:** The May 5<sup>th</sup> meeting was opened at 10:30 a.m. by **President Dorothy Bowersox**. On this beautiful day, she greeted the 78 members in attendance, which was an all-time high. New member **Bill Coombs** was welcomed. In honor of Mother's Day, **Chaplain Elaine Peacock** read an inspirational piece she had written – "Why God Made Mothers", followed by the flag salute, singing of "God Bless America" and club pledge. May birthday celebrants were asked to stand and received a Happy Birthday song. Minutes from previous meeting and treasurer's report were given.

**President Bowersox** announced that anyone who needed to ride in a car for the Memorial Day Parade, should make that request. At the next meeting in May, there will be speakers from the Lakeland Health Care Center. Suggestions for a June program would be appreciated. A barbecue is planned for July. Committee reports were submitted. **Warren Sheps** and **Sandi Wolf** of the Trip Committee gave final details regarding the upcoming trip to the Brownstone Inn for Dinner and a Las Vegas Review. Plans for future trips will be given at the next meeting.

Guest speakers were two representatives from the Kearny Federal Savings Bank who presented a program on Identity Theft. They discussed what do to if your identity is stolen and steps to take to reduce your risk. Also, **Mayor Budesheim** spoke briefly to clear up some confusion about the budget and the shared services with

neighboring towns; water, sewer, tax and building permit applications. Any payments can be dropped off at the Riverdale Municipal Building or placed in the night box, and he will deliver them. The meeting was adjourned, refreshments were served, and Bingo was played after the meeting.

**THE SECOND MEETING** of the month was held on May 19<sup>th</sup>. **President Dorothy Bowersox** greeted everyone and introduced two new members, **Virginia Salvati** and **Anne Burke**. The flag salute was followed by the singing of "America the Beautiful". As a Memorial Day Tribute, **Chaplain Elaine Peacock** read a poem concerning "prayers for the military". **President Bowersox** then passed out sign-up sheets for those partaking in the parade.

**First Vice-President Grace Chiesa** informed us about several of our members who were sick or injured. **Warren Sheps** of the Trip Committee reaffirmed the Brownstone Trip details and said he would announce the plans for future trips as soon as they are confirmed.

The highlight of the morning was the program presented by **Michael Cohen of the Lakeland Health Center**. In a very informative, interesting and entertaining manner, he made us aware of changes in hospital policy of extreme importance. These included being held for observation versus being admitted, and the readmission issue, which will affect what the insurance company will or will not cover. He then enlightened us on choosing a health care facility to fit your needs after hospitalization, and that Lakeland has added a new sub-acute care floor and has been raised to a four-star rating.

The meeting was adjourned and we enjoyed a catered luncheon provided by Lakeland, along with some souvenirs. We shared some social time and Bingo was played after the meeting.

*Presented by Kay Boucher*

## BY and LARGE A Monthly Column by Riverdale Resident Elaine Peacock.

### Earthly Fathers

By Elaine Peacock

This is dedicated to my very special Dad Albert Peacock has been gone since 1986.



Our heavenly father knew He couldn't be there to teach us to ride a bike or even be up all night on Christmas Eve putting the bike together, so He created those special earthly men we call Father, Dad, Daddy or Pop. that man we sometimes take for granted. You remember those times don't you?

Here are a few examples; how about the time you needed his strong shoulders so you could have a better view of the parade, the time he took you fishing and baited the hook for you or the time he helped you with your math homework or a special school project. Earthly fathers were created by GOD to help guide us through this maze we call life.

When we are little he is the smartest dad in the world, when we are teenagers we think we are smarter than he is but when we grow into adulthood and look back at our lives; we realize dad was always there for us no matter what "crisis" we were facing at the time.

He was the one sitting in the front row at our game or play smiling that proud smile. He was the one shedding a tear at our graduation or wedding. So whether your dad lives close by or far away, whether he is still with you or a heart full of memories take some time to think of all the wonderful ways your earthly father touched your life and how he made even ordinary days special.

**Grilling Safety**

There's nothing like outdoor grilling. It's one of the most popular ways to cook food. But, a grill placed too close to anything that can burn is a fire hazard. They can be very hot, causing burn injuries. Follow these simple tips and you will be on the way to safe grilling.

#### SAFETY TIPS

- » Propane and charcoal BBQ grills should only be used outdoors.
- » The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- » Keep children and pets at least three feet away from the grill area.
- » Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- » Never leave your grill unattended.
- » Always make sure your gas grill lid is open before lighting it.

#### CHARCOAL GRILLS

- » There are several ways to get the charcoal ready to use. Charcoal chimney starters allow you to start the charcoal using newspaper as a fuel.
- » If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire.
- » Keep charcoal fluid out of the reach of children and away from heat sources.
- » There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.
- » When you are finished grilling, let the coals completely cool before disposing in a metal container.

#### PROPANE Grills

Check the gas tank hose for leaks before using it for the first time each year. Apply a light soap and water solution to the hose. A propane leak will release bubbles. If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off the gas tank and grill. If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call the fire department. **If you smell gas while cooking, immediately get away from the grill and call the fire department.** Do not move the grill.

If the flame goes out, turn the grill and gas off and wait at least **15 minutes** before re-lighting it.

#### FACTS

- ⓪ July is the peak month for grill fires.
- ⓪ Roughly half of the injuries involving grills are thermal burns.



## Chicken Owners Workshop



As a result of the overwhelming success of the 4th Annual Chicken Owners Workshop in April, Mike's Feed Farm will now begin hosting monthly workshops for chicken owners. Anyone interested in learning more about raising backyard chickens is invited to attend on

the **first Wednesday of each month from 6:30 – 7:30 pm** in store. Space is limited to 20 seats, so an RSVP will be required by calling the store at (973) 839-7747 or by emailing Michelle at [michelle@mikesfeedfarm.com](mailto:michelle@mikesfeedfarm.com) to reserve a spot.

The workshop will be led by Victor "the Chicken Man" Alfieri and is designed to provide information to people who have thought about raising chickens or who want to learn more about the benefits of producing their own food. Attendees will have the opportunity to ask the expert questions about their own flock or what they need to do get started.

Alfieri is experienced in changing local ordinances, but here in Riverdale it is already legal to have a backyard flock. You will be surprised to learn just how easy it is to maintain one and will

be thrilled to learn more about the nutritional benefits of eggs from your own chickens. If you are worried about noise from roosters, don't be! To get fresh eggs, you only need hens. And you might want to invest in a new skillet, because one hen produces 300 eggs per year. Think of all the delicious omelets you can make (free of hormones found in the eggs from a grocery store!)

Mikes carries everything you need to be able to raise your own chickens and this workshop is the perfect opportunity for you to get started. The workshop is free, but don't forget to RSVP!

## Adoptable dogs

Meet Jazzy! At six months old and only 21 pounds she is small but mighty. She was found as a stray and was severely, but she is growing stronger every day and is ready for her forever home. If you are interested in learning



more about her, please contact Second Chance Rescue at [rescue@nycsecondchancerescue.org](mailto:rescue@nycsecondchancerescue.org)



## The History of Father's Day

Father's Day was inaugurated in the United States in the early 20th century to complement Mother's Day in celebrating fatherhood and male parenting.

After the success obtained by Anna Jarvis with the promotion of Mother's Day in the US, some wanted to create similar holidays for other family members, and Father's Day was the choice most likely to succeed. There were other persons in the US who independently thought of "Father's Day", but the credit for the modern holiday is often given to Sonora Dodd, who was the driving force behind its establishment.

Father's Day was founded in Spokane, Washington at the YMCA in 1910 by Sonora Smart Dodd, who was born in Arkansas. Its first celebration was in the Spokane YMCA on June 19, 1910. Her father, the Civil War veteran William Jackson Smart, was a single parent who raised his six children there. After hearing a sermon about Jarvis' Mother's Day in 1909, she told her pastor that fathers should have a similar holiday honoring them. Although she initially suggested June 5, her father's birthday, the pastors did not have enough time to prepare their sermons, and the celebration was deferred to the third Sunday of June.

It did not have much success initially. In the 1920s, Dodd stopped promoting the celebration because she was studying in the Art Institute of Chicago, and it faded into relative obscurity, even in Spokane. In the 1930s Dodd returned to Spokane and started

promoting the celebration again, raising awareness at a national level. She had the help of those trade groups that would benefit most from the holiday, for example the manufacturers of ties, tobacco pipes, and any traditional present to fathers. Since 1938 she had the help of the Father's Day Council, founded by the New York Associated Men's Wear Retailers to consolidate and systematize the commercial promotion. Americans resisted the holiday during a few decades, perceiving it as just an attempt by merchants to replicate the commercial success of Mother's Day, and newspapers frequently featured cynical and sarcastic attacks and jokes. But the trade groups did not give up: they kept promoting it and even incorporated the jokes into their adverts, and they eventually succeeded. By the mid-1980s the Father's Council wrote that "[Father's Day] has become a Second Christmas for all the men's gift-oriented industries."

A bill to accord national recognition of the holiday was introduced in Congress in 1913. In 1916, President Woodrow Wilson went to Spokane to speak in a Father's Day celebration and wanted to make it official, but Congress resisted, fearing that it would become commercialized. US President Calvin Coolidge recommended in 1924 that the day be observed by the nation, but stopped short of issuing a national proclamation. Two earlier attempts to formally recognize the holiday had been defeated by Congress. In 1957, Maine Senator Margaret Chase Smith wrote a proposal accusing Congress of ignoring fathers for 40 years while honoring mothers, thus "[singling] out just one of our two parents". In 1966, President Lyndon B. Johnson issued the first presidential proclamation honoring fathers, designating the third Sunday in June as Father's Day. Six years later, the day was made a permanent national holiday when President Richard Nixon signed it into law in 1972.

In addition to Father's Day, International Men's Day is celebrated in many countries on November 19 for men and boys who are not fathers.

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

## Movie Trivia

### PLANET OF THE APES-1968



◆ During breaks in filming, actors made up as different ape species tended to hang out together, gorillas with gorillas, orangutans with orangutans, chimps with chimps. It wasn't required, it just naturally

happened.

- ◆ Roddy McDowall, an experienced actor, recommended to his companions in makeup that they should frequently add tics, blinks and assorted facial gestures to add a sense of realism and keep the makeup from appearing "mask-like". McDowall reportedly became a merry prankster with the makeup, driving home with his make-up on, and shocking some of the other drivers on the freeway.
- ◆ All the Ape actors and extras were required to wear their masks even during breaks and in between shots because it took so much time to make them up. Because of this, meals were liquefied and drunk through straws.
- ◆ There were three other endings suggested for the film's climax, but the one favored by Charlton Heston ultimately won out.
- ◆ Allegedly, Jerry Goldsmith wore a gorilla mask while writing and conducting the score to "better get in touch with the movie." He also used a ram's horn in the process. The result was the first completely atonal score in a Hollywood movie.
- ◆ Turning down the part of Zira was one of Ingrid Bergman's greatest regrets. Much surprised at how well the finished film turned out, she later confided to her daughter Isabella Rossellini that in hindsight the film would have been an ideal opportunity for her to "disregard her regal bearing". She also regretted missing the opportunity of working with Charlton Heston.
- ◆ Charlton Heston (Taylor) and Linda Harrison (Nova) are the only actors to appear in both this film and the remake, Planet of the Apes (2001).
- ◆ The movie's line "Take your stinking paws off me, you damned dirty ape." was voted as the #66 movie quote by the American Film Institute (out of 100).
- ◆ The "See No Evil Hear No Evil" gag was entirely ad libbed on the set of the day of shooting. It was kept in because people found it amusing when the film was threatening to get too serious.
- ◆ Producer Arthur P. Jacobs enlisted several journalists to play background apes. This was a clever way of ensuring that they would write about the film.
- ◆ Kim Hunter reportedly found the facial ape prosthetics so claustrophobic that she took a Valium each morning while being made up as Zira.
- ◆ During the hunt scene an unclothed Charlton Heston had to run through the poison oak undergrowth of Fox's Century Ranch.
- ◆ John Chambers' outstanding makeup technique pioneered in the film was based upon one technique he had used during World War II to give disfigured veterans a normal appearance. Chambers spent many hours watching the apes at Los Angeles Zoo, studying their facial expressions. Several other productions were delayed due to the fact that many of Hollywood's top make up artists were working on this film. Leftover makeup supplies were later used on actor Michael Conrad, playing an ape-like alien in Lost in Space: Fugitives in Space (1968). The Academy of Motion Picture Arts and Sciences gave Chambers a special award for makeup (which was not an Oscar category until 1981) for this achievement.
- ◆ There are no female gorillas or orangutans in the film.
- ◆ In the scene at the Ape City natural history museum, a large claw of a strange animal can be seen prominently displayed several times on a pedestal at the top of the stairs. It is the plaster cast made of the foot of the monster that attacks the spaceship in Forbidden Planet (1956).
- ◆ The apes don't make their first appearance until 30 minutes into the film.
- ◆ Early scenes in the movie where the spaceship crash-lands in the lake were filmed at Lake Powell, which is formed by a dam on the Colorado River on the Utah-Arizona border.
- ◆ The make-up team consisted of over 80 make-up artists.
- ◆ The apes' village is modeled on the work of legendary Spanish architect Antoni Gaudí and the Göreme Valley in Cappadocia, Turkey.
- ◆ The sound effect of the rocket ship hurtling through the atmosphere of the ape planet and then landing in the lake is the exact same sound effect used for the Batmobile in motion from the TV show "Batman" also produced by 20th Century Fox.
- ◆ It was a tough shoot for all concerned in the Arizona heat. Not just for the actors in the ape make-up but also for Charlton Heston who spends most of the film half-naked, being brutalized by the elements and the simians. As Heston noted in his autobiography, "even rubber rocks hurt".
- ◆ The rifles used by the apes are remodeled American M1 Semi-automatic Carbines, primarily used during the Second World War.
- ◆ Director Franklin J. Schaffner deliberately used odd, skewed angles and hand-held cameras to create a disorientating effect, much like what Charlton Heston's character experiences in this brave new world.
- ◆ Filming lasted May 22-early August 1967 (copyright 1967). Due to the stifling summer heat, all four sequels were wisely shot during the winter months.
- ◆ Some of the discordant musical sounds were created by using stainless steel kitchen mixing bowls.
- ◆ In the novel, the ape society is technologically comparable to the 1950s or 1960s, with cities, automobiles, televisions, etc., technology left over from the planet's human population. However, the budget could not accommodate the setting, so a more primitive depiction of ape society was used.
- ◆ The final scene with Taylor coming across the Statue of Liberty was suggested by Rod Serling. According to rumor, Pierre Boule was greatly upset by this ending, but later warmed to it, preferring this new ending over the very different ending he had written. The skeletal remains of the torch appear as "set decoration" in the final episode of Lost in Space: Junkyard of Space (1968).
- ◆ The opening scene set on the space rocket was actually the very last scene to be filmed.
- ◆ The actors in ape costume had to eat their lunch in front of a mirror so as to monitor any changes to their make-up. They also had to use straws for their drinks. Naturally, in those days, a lot of the actors were smokers too so they were all issued with cigarette holders. Kim Hunter found the whole experience so laborious that she eventually gave up eating when in full make-up.
- ◆ One of the biggest stumbling blocks preventing 20th Century Fox from committing to the project was their fear over how the ape faces would appear on screen. Eventually they stumped up \$5,000 for a test scene to be shot with Charlton Heston playing alongside the made-up Edward G. Robinson as Dr. Zaius and James Brolin as a character called Mr. Cornelius. The studio was very excited about the results of this test but still delayed green lighting the film for a further six months. It was only after Fantastic Voyage (1966) became a hit and showed the viability of science fiction as a genre that "Planet of the Apes" was given the go-ahead, but without Robinson, as he suffered from a weak heart and didn't think he could endure the day-to-day rigors of performing in the ape make-up.

**Building Permits:**

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

**Water/Sewer/Tax Payments**

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

**Tree Removal in Riverdale**

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



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

**Visit us on the**

**Borough of Riverdale Facebook Page**

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



“Restaurants are given ratings by the local health department which rate the level of sanitation practiced by the establishment. Below is a link to a survey that will aid the health department in obtaining data on your knowledge of the current health department rating system of restaurants.”  
[www.surveymonkey.com/s/MJL7W52](http://www.surveymonkey.com/s/MJL7W52)

**Don't Forget the Food Pantry**

Please be generous with your donations to the Riverdale Food Pantry so that our friends and neighbors will not go without. Please call for a list of the most urgent needs. Thank you. **973-835-4060 x 6**



**Help Us Keep Our Taxes Down! Recycling saves tax dollars.** Our garbage bill is based on the weight of the garbage collected in Riverdale. The less recycling materials that find their way into the general garbage collection the lower the cost of garbage removal. **The first Friday of the month is for Metal Appliances and Scrap Metal.** These are usually heavy and save the most in disposal costs.



Under state law **NO PARKING:**

**No Parking Rules**

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



The Borough of Riverdale is again able to accept computer monitors and televisions as part of our recycling program. Drop off your computers, monitors and televisions at the **Municipal Building.** (Projection TVs not accepted.)

**CLEAN UP AFTER YOUR DOG**

Borough Code Chapter 173A: No person owning, harboring, keeping or in charge of any dog shall cause, suffer or allow such dog to soil, defile, defecate on or commit any nuisance on any common thoroughfare, sidewalk, passageway, bypath, play area, park or any place where people congregate or walk or upon any public property whatsoever or upon any private property without the permission of the owner of said property.

The person who owns, harbors, keeps or is in charge of such dog shall immediately remove all feces deposited by such dog by any sanitary method.



Credit Card Payments

Welcome to Riverdale Borough's Pay On-Line Service

- Property Taxes
- 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
- ◆ Recreation Programs
- ◆ Exercise Classes
- ◆ Community Center
- ◆ Glenburn Estate

A small convenience fee applies. Go to our website [www.RiverdaleNJ.gov](http://www.RiverdaleNJ.gov) to make your online payments. Credit cards may be used in person, too!



## Junior Police Academy

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

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

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

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

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

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

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

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

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

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



### SIDEWALK CLEAN-UP STAINS ON STONES?

Want to get rid of the grass growing in the cracks of your sidewalk or patio? Make a mixture of salt and baking soda, sprinkle it on and sweep it into the cracks, and the problem should be solved.

### GET RID OF GREASE

Another way to remove a grease stain from your concrete driveway is to rub kitty litter into the stain and let it stand for one to two hours before sweeping it up.

If you have stains on paving stones or a concrete patio, sometimes the solution is simple. Try pouring hot water from several feet above the stone onto the stain. Repeat several times, and your stain may just disappear. If this doesn't work, try rubbing some dishwashing liquid into the spot with a toothbrush, then rinsing off. For really tough stains, try adding a bit of ammonia to the water.

**Question.** Two square floors had to be paved with stones each 1 foot square. The number of stones in both together was 2,120, but each side of one floor was 12 feet more than each side of the other floor. What were the dimensions of the two floors?

### Interested in Joining Riverdale C.E.R.T.



CERT will be having a meeting on May 7<sup>th</sup> at 7pm at the fire department and if anyone would like to

join CERT they are more than welcome to join us that evening.

**If your space isn't becoming to you,  
you should be coming to me!**

**Linda Anders**, Professional Organizer  
Call for your Free Assessment

**973-838-8298**



**Special 20% off  
with this Coupon**

**Experience the side effects of being organized**

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

## WARNING

**Computer fraud isn't limited to the Internet**

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

Call the JMOR Connection (before you need them)

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# Neighbors in Nature

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



The Riverdale Library now has two Butterfly Bushes (*Buddleja davidii*). The genus and species names originate with the early discoverers of the Butterfly Bush, Adam Budde (1660 - 1715 and Armand David (1826 - 1900). The butterfly bush is a cultivated shrub introduced from China.

If you stand at the East end of the library (by the parking lot, West end is at Newark Pompton Turnpike.) the original bush from Spring of 2013 will be on your right by the HANDICAP PARKING sign. The newest plant of May 12,

2014 is on the left end of the garden.

December 26, 2013, a letter size sheet of paper was held under a branch of the bush that had dried up flowers on it. That branch was shaken and a good hundred seeds scattered onto the paper. From the paper a few seeds (about 30 seeds) were scattered onto damp potting soil in a three inch plastic planting pot. In just a few days indoors, seeds began to sprout.

January 14, 2014, three plastic planting pots of potting soil were watered and drained. A pencil was used to make a 3/4th inch deep hole into the center of the soil in each new pot. An open pair of

tweezers was used like a mini-spading fork to scoop one plant from the sprouted seedlings pot into the pencil hole in each new pot.

February 4, 2014, each single plant in a three inch pot was moved to a four inch diameter pot. Basically: the entire contents of the three inch pots, soil and plant, were each transferred to four inch pots.

Using an old paring knife, the blade was run along the inner surface of the pot while also pressing against the soil that holds the growing plant.

Potting soil was added to the bottom of the new four inch pot so that when the three inch pot resting on the soil in the new pot, the top edge of each pot were at the same level.

With the three inch pot resting on one hand and the middle fingers of the other hand on top of the pot with the new plant poking loosely between those fingers. Now invert the pot between both hands so the soil mass drops onto the palm that has the plant safely between two spread fingers. If the plant does not drop use a stick or pencil at the holes in the bottom of the pot to push the soil mass out. Stand the soil mass and its plant into the new larger pot and place new soil around the mass holding the plant. Water and drain the plant in its new and larger pot.

April 5, 2014, The plant was moved from the four inch pot to a five inch pot. Same process

On May 12, 2014 the plant, which is now over 16 inches tall, was taken to the library and planted in its present location (the seeds that were never moved to larger pot over time are now only 2 inches tall!)



## WATER

1. 75% of Americans are chronically dehydrated.
2. In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
3. Even MILD dehydration will slow down one's metabolism as much as 30%.
4. One glass of water will shut down midnight hunger pangs for almost

100% of the dieters studied in a University of Washington study.

5. Lack of water, the #1 trigger of daytime fatigue.
6. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
7. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
8. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

And now for the properties of **COKE**

1. In many states the highway patrol carries two gallons of Coke in the truck to remove blood from the highway after a car accident.
2. You can put a T-bone steak in a bowl of coke and it will be gone in two days.

3. To clean a toilet: Pour a can of Coke into the toilet bowl and let the "real thing" sit for one hour, then flush clean. The citric acid in Coke removes stains from vitreous china.
4. To remove rust spots from chrome car bumpers: Rub the bumper with a rumped-up piece of aluminum foil dipped in Coca-Cola.
5. To clean corrosion from car battery terminals: Pour a can of Coca-Cola over the terminals to bubble away the corrosion.
6. To loosen a rusted bolt: Applying a cloth soaked in Coca-Cola to the rusted bolt for several minutes.
7. To remove grease from clothes: Empty a can of coke into a load of greasy clothes, add detergent, and run through a regular cycle. Coke will help loosen grease stains. It will also clean road haze from your windshield.

## IMPORTANT INFO

1. The active ingredient in Coke is phosphoric acid. Its pH is 2.8. It will dissolve a nail in about 4 days. Phosphoric acid also leaches calcium from bones and is a major contributor to the rising increase in osteoporosis.
2. To carry Coca-Cola syrup (the concentrate) the commercial truck must use the Hazardous material place cards reserved for Highly corrosive materials.
3. The distributors of coke have been using it to clean the engines of their trucks for about 20 years!
4. At the animal shelter, it used coke to remove calcium deposits from the water pans about ever 6 months.

## Fight the Blues with Blueberries!

Blueberries contain natural sugars that help give you a natural boost of energy, making them a perfect snack on the go! They're a great source of antioxidants, helping eliminate free radicals in your body.

Because they're high in fiber, they help curb food cravings, promote healthy digestion, and won't cause sugar spikes. This is especially great for diabetics. Add blueberries to your breakfast cereals, yogurt, or as a snack.





# Announcements

expecting. Our grandchildren will be 4 months apart!!!! We are thrilled and just can't imagine what Christmas will be like in our house this year!!!!!!

Meggan and Jim Bird announce the birth of their new daughter **Harper Rose Bird** on May 7th weighing in at 9lbs 5 ounces. Proud grandparents are Helen & Garrett Astarita, Nancy Salazar and Great grandma Veronica Bird.

Happy news from the Wetzels. They announce that "Bride #2" **Christine & Scott Sturla** are

Happy 3rd Birthday, **Sara Grace Budesheim**, on June 10. Love, Mom, Dad, Jack, Emma, Alex, your Grandparents and Aunts and Uncles.



Happy 7th Birthday, **Caroline Budesheim**, on June 15. Love, Mom, Dad, Elizabeth, Stephen, your Grandparents and Aunts and Uncles.



Happy 93rd Birthday, **Elvira Budesheim**, on June 23. Love from your children and grandchildren and great grandchildren.



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

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

## FROZEN BUTTER

When you're buttering your bread, pastries, or whatever, it's kind of a pain when the butter's been sitting in the fridge and turning into a brick. Rather than waiting endlessly for the butter to soften, you can quickly solve the problem with a cheese grater.

All you do is grab your butter brick and grate it over whatever you're going to eat. This process generates a little bit of heat, but mainly the smaller pieces will melt faster and spread better when they hit your warm piece of toast. This is also a fantastic idea for baking.

As we've mentioned before, the same idea works with a cheese cutter or vegetable peeler. Happy spreading!



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





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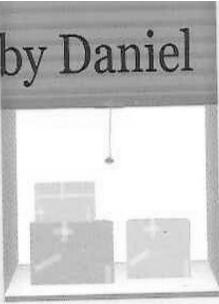
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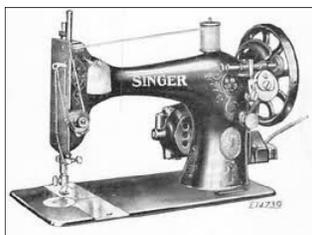
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## Grandma's Antique Singer Sewing Machine

by Riverdale Resident and Columnist

**Bill Lango**

Is Grandma's old Singer sewing machine with its decorative cast iron treadle base, and fancy oak wooden drawers, stashed in the basement, covered in plastic? And each time you see it you say to yourself, "Hey, that's an antique! I bet it's worth something."



We can trace the history of the sewing machine back to 1791. These early machines were hand operated. Requiring tiring, constant repetitious, hand movements.

It wasn't long before hand operated sewing machines slowly gave way to the foot operated treadle design machines, enabling a housewife to efficiently move the treadle with her feet, while using her hands to feed fabric.

Early machines produced a chain stitch and used only a single thread. Elias Howe, in 1845, invented the two-thread sewing machine. A concept that is in use even today.

Six years later, in 1851, Isaac Merrit Singer, stole Howe's design; improved upon it by including the "foot" device that holds the fabric in place. Singer's contribution to the sewing machine was so powerful that the name Singer became synonymous with the sewing machine.

But it wasn't until the end of WW1, when electricity started to become available in many smaller towns that home sewing machines began to be operated by an electric motor.

In the 1920s, just about every large town had a Sewing Machine Store. For a fee, you could have your old treadle sewing machine updated with an electric motor, or, for those who could afford one, you could buy a new electric sewing machine. A sewing machine in the home became almost a necessity in just about every blue collar working American's home.

In the late post WWII era, and especially during the late 1950s and early 1960s Americans decorating taste radically changed. To many families, the old fashioned sewing machine with its dark old fashioned wood cabinet just didn't go well with Lava lamps, kidney shape coffee tables and plastic furniture.

Of course you want to know its monetary value. But before we look at prices, let's consider what other kind of values your machine may have.

First and perhaps most importantly, let's consider the Sentimental Value. Money certainly is not everything. Is it really your Grandmother's machine? Do you consider it an heirloom, or just a piece of junk taking up space. Does it have some sentimental value to someone in her immediate family, to you or a descendent?

Secondly, it may well have a Decorative Value to potential buyers. Especially if Grandma's old Singer has a beautiful cabinet, with drawers and pulls, all intact and in excellent condition with nothing missing, broken or damaged. It may have gorgeous ornamental cast iron scroll work with the word SINGER silhouetted in cast iron. And the machine itself may have gorgeous gold decals emblazoned on it, or decorated with Mother of Pearl accents.

To a very lesser degree, your old sewing machine may also have a Historical Value. But since millions were manufactured by Singer and bought by regular blue collar working families, the chance of Grandma's Singer having any great historical value, is very slim.

A working Singer Treadle sewing machine may also have a Utilitarian Value for someone in a very small segment of people who sew for a hobby.

With antique sewing machines, just like all antiques or collectibles, condition means everything. Any broken, or missing parts, damaged decals, stained top, cigarette burns, candle burns, mildew or moldy wood, broken cast iron parts, lessens the price a buyer will be willing to pay.

Even with the most desirable treadle machines, most of the times, the wood cabinet was moldy and suffered mildew damage from being stored in a damp basement for years.

When wood absorbs mildew and suffers mold damage, you can never completely remove the smell. I don't care how long you leave it in the sun, or wash it down with bleach, chemicals, sand it and re-varnish it or re-finish it with polyurethane you'll never completely rid the wood of mildew odor.

Finally, if the machine is a "basket case" and requires a lot of work to restore it to like new condition, then it is worth only its Parts Value, depending on which parts are unbroken or restore able or useable.

To help decide what value it has to you, here are some recent asking prices for Singer Treadle Sewing Machines, as seen in antique shops, auctions and antique shows.

Singer, 1913 model 66, Red Eye, Treadle Sewing Machine: \$150	Singer, Model 127, Treadle Sewing Machine, with cabinet, excellent condition: \$100
Singer Tiffany Gingerbread Treadle machine in excellent condition with seven drawer Tiger Oak cabinet: \$300 - \$450	Singer, 1923 Singer Treadle Sewing Machine, with Mahogany veneer cabinet, excellent condition: \$50.
Singer, 1918 model 66 Treadle sewing machine with Lotus Decals, and cabinet, excellent condition: \$275	Singer, 1913 model 66, Red Eye, Treadle Sewing Machine, excellent condition: \$150

Unbroken cast iron sewing machine bases, or stands with the word Singer sell in the range of \$35 - \$50. Sewing machine wood cabinet tops and drawers in excellent condition sell for \$15 to \$50.

Prices for old Singer Treadle Sewing machines range from a low around \$60, for less desirable machines, and hover around \$100 - \$120 for the most average machines, and top out around \$400 for the more desirable machines.

If Grandma's sewing machine is in excellent condition with no mold on the wood cabinet. My conservative judgement recommends that, to me, Grandma's old Singer treadle sewing machine's sentimental value outweighs any potential monetary value.

Today, an old sewing machine makes a nice focal point in a room and a great conversation piece. If I were to own one, I'd display it the way many other collectors do. I'd put it under a sunny window, drape a doily over it and place a potted plant on it alongside Grandma's picture.



**Quick Clean for Your Patio Furniture.** The easiest way to clean plastic or resin? Just toss them in the swimming pool before going to bed, and in the morning they'll be good as new. Meanwhile, your pool's filter will clean up the dirt.

### Get Your Wicker Ready for Spring.

Make sure your wicker furniture is front-porch ready for the spring and summer months. Blow-dry off the loose dirt, then clean with white vinegar and warm salt water, and apply a coat of lemon oil.



# Artist Corner, Artificial Bonsai

By Camilo Castillo

The art of bonsai was started by Buddhist monks who wanted to find a way to bring nature indoors. Even if this art has been associated with Japan for some time, based on historical documents, artistic trees in containers were being cultivated by the Chinese around 600 AD. However most scholars feel that bonsai, or at least potted trees, were being grown as early as 1,000 BC. Its rich diversity of flora has been highly appreciated for its beauty and gardening has always been a passion. The Chinese took this a step further and made gardens on a small scale, which included miniature trees and shrubs on ceramic trays to form graciously balanced landscapes. It was later on that this art form spread eastward to Korea and Japan.

The evolution of ceramics in Asia complimented the beauty of bonsai trees and added to their appeal since these ornamental containers were crafted to become one with the trees. Bonsai literally means "tree in a tray" and to this day the pots that tend to be more desired are antique containers.

The Chinese and Japanese bonsai have drifted into their own styles. Still following the ancient tradition, Chinese bonsai trees tend to appear "crude" to the uninformed eye, while on the other hand, the Japanese try to follow a more delicate approach. While the Japanese trees are for the most part more refined and get a more controlled groomed, the Chinese let their bonsai have a more natural appeal, but both types have their own individualistic charm. But we owe it to the Japanese and Chinese artists for keeping this beautiful craft alive for almost 2,500 years, thanks to their patience care and craftsmanship we enjoying bonsai as we know it today.

Now we have the artificial bonsai, for those who love beauty of nature, but don't want the hassle of caring for them and maintaining them, since the real ones require to be pruned and repotted periodically. These can be made with different materials, including precious gems, wood, wire and even plastic. These new-age materials are beneficial for those who wish to capture the majesty of the outdoors but do not want to inherit the tedious maintenance required to keep the gentle plant alive, so we will be learning how to construct this art using wire, florist tape, paint, and rocks for decoration.

## WHAT YOU WILL NEED:

- ◆ Pliers
- ◆ Lighter
- ◆ Scissors
- ◆ Exacto knife
- ◆ Dry cloth
- ◆ Rough sandpaper.
- ◆ Cloth stem wire (or any wire that is easy to braid + twist together).
- ◆ Stem wrap tape
- ◆ Black, brown and green acrylics paints
- ◆ Terra Cotta Saucer
- ◆ Aquarium Gravel.

## THE FRAME

**Note:** When you braid the wire, do it so that the strands hold firmly together, this way the tree is sturdy. Now it is advised that when you twist the wire, however, make sure they hold tightly together so that it doesn't fall apart.

**Trunk:** Bundle five pieces of wire at similar heights. Now use your hand to braid them together starting about 1/5<sup>th</sup> from the bottom and stop at about 1/5<sup>th</sup> from where you started braiding, or however long you want the trunk to be.

**1<sup>st</sup> branch:** Now branch out the shortest wire, leaving it aside for now. Add 2 more wires and weave them with the rest, continue braiding the rest until you want to add another branch.

**2<sup>nd</sup> branch:** Select 3 wires and twist them together for 1/3<sup>rd</sup> of the branch and leave one out. Now branch the remaining 2 wires tightly together for another 1/3<sup>rd</sup> of the branch and leave the remaining 1/3<sup>rd</sup> loose. Going back to the main stem, add 2 more wires and braid until you wish to add the next branch.

**3<sup>rd</sup> Branch:** Select 3 more wires and repeat the steps for the 2<sup>nd</sup> branch. For the stem add 2 more wires where you left off and braid them together into the main stem.

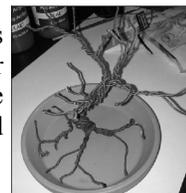
**4<sup>th</sup> branch:** Select two branches now and twist them together until you reach half of the branch and leave the remaining half loose. Add 1 wire into the main stem and braid it until you reach half of the main stem.

**Top branch:** Branch out one wire and twist the remaining wires until half of the top branch and leave the rest untied.



**Main shape:** Cut off the extra wire of the branches and shape the roots. Now bend the trunk and branches until the frame takes on the shape you desire.

**Roots:** Shape the roots to your own appeal. Now its time to to stand your frame in the terracotta saucer and bend the roots so that all the tips touch the planter as evenly as possible and the tree can stand on its own.



**BODY-Main Shape:** Use strips of stem wrap tape about 2" long and wrap them tightly and uniformly to the frame, making sure to stretch the tape so that it sticks to the wire. Once all the wire is covered wrapped the tape around the areas that you want to make thicker and use a scissor trim the excess.

## BARK Color:

**Black base coat:** Paint a thick coat evenly and make sure to cover ever crevice, making sure to not lift off the tape. Once it partially dries, use an exacto knife to gently scrape the surface without removing the paint.

**Brown undercoat:** Cover evenly. Now gently wipe the surface with the dry cloth so that only a thin coat of the brown paint remains.

**Green top coat:** Cover evenly with a mixture of green and let it dry partially.

**Texture:** Use the sandpaper to sand the tree smooth while the green paint is still soft. Now scrape the green off, revealing the brown undercoat where you desire, leaving green in the crevices and remaining wrinkles. And let it dry completely.



## Assembly

**Base:** Fill half of the terra Cotta saucer evenly with gravel. I chose blue aquarium gravel for mine, but you can use a different color.

**Final step:** Finally push the tree into the gravel, so that the tip of the roots are resting in the saucer.



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Danielle Koeber, Judy Koeber and Lauren Koeber, mother and two daughters.

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top row, left to right  
Michelle Nuzzo, Dawn Wittek, Sissy Bastanza, Karen Genuardi, Malisa Genuardi, Kimberly Sek, Amanda Rossi, Kim Rossi, Gail Estrada, Joy Van Grow

bottom row, left to right  
Cindy Wilms Maloney, Mindy Gansley, Tara Szabo, Nicole Szabo, Ashley Maloney, Kylie Maloney



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](http://roberrera.com) and Twitter/Tweets@haikubob.



## **PUSH to WALK.**

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### GROW YOUR SEEDS IN THE DAILY RAG.

What's black and white and warm all over? If you're a seed, the answer is newspaper. Seeds need warmth, but not light, to germinate, so if you place newspaper (black and white only) over a newly sown area, it will keep the seeds warm and block out the light.



## Honoring Ms. Szwed



There will be a presentation honoring Ms. Michele Szwed posthumously for her years of dedicated service to the Riverdale School District on Wednesday, June 4th at 7:00pm at the Riverdale School.

Ms. Szwed was a beloved music teacher in the Riverdale School for 36 years. All Riverdale families are invited to attend.

## 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?*

### Richard Stockton & Richard Witherspoon

The lives of two New Jersey Signers, Richard Stockton and John Witherspoon, and that of Signer Benjamin Rush of Pennsylvania were associated in several ways. Judge Stockton, of the State Supreme Court, was a trustee of the College of New Jersey (later named Princeton). Ten years before the Signing, when Stockton and his family left for a visit to Scotland, the college trustees asked him to persuade the great Scottish preacher, Dr. John Witherspoon, to become president of the school. The good doctor was willing, but his wife rebelled at living in the wilds of America. She was won over by a young American, Benjamin Rush, who was studying medicine in Scotland at the time.

Famous Dr. Witherspoon was a dignified Presbyterian who spoke eloquently from the pulpit with a strong Scottish accent. He became a great American, academically, ecclesiastically, and politically. During the Congressional debate over Independence, a dissenting delegate ventured that the colonies were not "ripe" for separation from Britain. Dr. Witherspoon rose to his great height and retorted, "In my judgment, sir, we are not only ripe, but rotting for the want of it!"

In January, 1776, the now famous Dr. Rush of Philadelphia married Richard Stockton's daughter Julie, with Dr. Witherspoon officiating. Within a few months, the minister, the father of the bride,

and the bridegroom would all participate in another ceremony—the Signing of the Declaration.

When the British approached Princeton, President Witherspoon closed the college. The enemy billeted in Nassau Hall and destroyed the college library, which included hundreds of fine volumes that he had brought from abroad.

After signing on August 2, Judge Stockton went north to inspect Washington's army, then returned to Congress to give his report. From Philadelphia, he rushed to his home at Morven to rescue his wife and children.

The Stocktons took refuge with friends, but a Loyalist betrayed their hiding place. In the night, the judge was dragged from bed and brutally treated, then thrown into prison. This distinguished jurist, who had worn the handsome robes of a colonial court, now shivered in a common jail, abused and all but starved.

A shocked Congress arranged for his parole. Invalidated by the harsh treatment he had received, he returned to Morven to find his furniture and clothing burned, his fine horses stolen, and his library—one of the finest private collections in the country—completely destroyed. The hiding place of exquisite family silver, hastily buried, had been betrayed by a servant.

The Stocktons were so destitute that they had to accept charity. For the judge's fortune was gone, too. He had pledged it and his life to his country. He lost both. He did not live to see the Revolution won.

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



  
girl scouts  
of northern  
new jersey

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**Saturday June 14<sup>th</sup> 9-12pm**

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For more information, please contact:

Jill Tiger at 862-703-0885 or [jill@crosscountryinstall.com](mailto:jill@crosscountryinstall.com)  
Paulette Brauch at (973) 390-5066 or [letuna1@hotmail.com](mailto:letuna1@hotmail.com)

#### The Girl Scout Promise

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## Did You Know?

- ◆ Betsy Ross is the only real person to ever have been the head on a Pez dispenser.
- ◆ Donkeys kill more people annually than plane crashes.
- ◆ Babe Ruth hit his first home run as a player for the Boston Red Sox May 6, 1915.
- ◆ It wasn't so tough to follow in the footsteps of George Washington. He wore a size 13. On the other hand, or foot, Robert E. Lee's shoe size was only 4½.
- ◆ Alan Alda was reportedly paid \$150,000 per episode for his role as Hawkeye Pierce on the *M\*A\*S\*H* television sitcom.
- ◆ Reykjavik, Iceland is warmer than Chicago, Illinois in the winter.
- ◆ A cat has a normal body temperature of 101.5. A dog's is 101.
- ◆ A hockey puck weighs 0.38 pounds.

# RIVERDALE Public Library

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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)!

## ***Fizz! Boom! Read!*** ***The Summer Reading Program is Here!***

Summer fun starts Monday, June 23, with a theme of Fizz! Boom! Read! We have robot, bead craft, and science exploration programs to interest and motivate young readers. Register to receive your log book, record your reading, and then spin the prize wheel each week. Enter a raffle to win a bag of books, get coupons for free ice cream, and the top readers of each program will win goody bags full of cool prizes! Summer reading registration begins **Mon., June 23**, at the library.

**Summer Reading Kickoff Party — Thurs., June 26, 4:00-5:00 p.m.** Children entering grades K-5 can join Jester Jim to kick off the fun! What better way to start our super science summer than with juggling, beat boxing, and crazy balancing!

## **INFANT & PRE-SCHOOL PROGRAMS**

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

**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

**Preschool Pals** : Ages 3-5 Tues, 10:15–11:00 am  
or 1:30–2:15 pm

**Early Literacy Program** — Encourage the development of language, reading and writing with activities that promote their natural development. Pick up a booklet with literacy-rich experiences, do the activities with your child, and receive a free book each week. Starts **Mon., June 23**. Register at the library.



### **FIESTA!**

The girls show off their maracas at the library's Cinco de Mayo party.



## **SUMMER HOURS**

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

## **CHILDREN'S PROGRAMS**

**Puppy Pals — Wed., June 11, 4:00-5:00 p.m.** A fun way to encourage reading skills over the summer! Grade school-age kids can choose a book to read to Justice, our certified therapy dog.

**Tween Book Club — Wed., June 18, 6:00-7:00 p.m.** Be a “readologist” this summer! The tween book club offers kids entering grades 4-6 a chance to hang out with friends and discuss awesome books over pizza! The book for June is TBA.

**Lego Lab — Wed., June 25, 4:00-5:00 p.m.** Can you build a rocket ship, a city, a robot? Children entering grades K-5 can become engineers this summer: bring your imagination and we'll supply the LEGOs!

## **TEEN PROGRAMS**

**Teen Volunteer Program** — Do you enjoy working with children, love arts & crafts, and need community service hours? The Riverdale Teen Volunteer Program offers teens entering grades 6 & up an opportunity to serve their community, gain leadership skills, and earn service hours. Teens help with children's programs, prepare story time materials, and assist the children's librarian in day-to-day activities. Interested? Contact Miss Lara at (973) 835-5044 or e-mail [riverdalelibrarykids@nac.net](mailto:riverdalelibrarykids@nac.net).

## **ADULT PROGRAMS**

**Family Matinee — Fri., June 20, 1:00 p.m.** In *Saving Mr. Banks*, Walt Disney pulls out all the stops to convince the *Mary Poppins* book author to let him bring it to the big screen! Emma Thompson won a Golden Globe for her performance. Rated PG-13, 125 minutes.

**Downloading Digital Magazines — Fri., June 13, 11:00-12:00 p.m.** Fifty popular magazines are available to borrow (and keep) on your PC, tablet or smartphone. Let us walk you through the easy borrowing set up so you can enjoy *Martha Stewart Living*, *Food Network*, *Family Handyman*, *The*

## **MONTHLY**

**Photo Club — Mon., June 23, 7:00-8:00 p.m.** All photographers welcome to learn and share!

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

**Adult Book Discussion Group — Mon., June 23, 6:30-8:00 p.m.** We'll discuss *The 19th Wife* by David Ebershoff.

# RIVERDALE

## Girl Scouts



On May 19, that Girl Scout Troop 95381 planted flowers in two planters for the front porch of Community Center. *Pictured are Haley Carroll, Taylor Dudones, Olivia Rentas, Emerson Focht, Alexa Harding, Krista Lilienthal, Yara Saba, Elleah Spain, Haley Zak*



**CAMPING LIKE A GIRL!**  
**Lakedale Girl Scout Troop 94283**

**3rd Annual Camporee at Rickabear Campground, Kinnelon**



Lakedale Girl Scout Troop 94283 completed their journey by planting flowers in the Hershfield Park's Children's Garden as their community service TAKE ACTION project.



**2013-14 Lakedale Service Unit Team at the 3rd annual Camporee!**  
**Dawn Gosson, Barbara Fleming, Paulette Brauch, Jill Tiger**



# DAILY NEWS

## Rotary

## Cub Scouts



The Pequannock Valley Rotary proudly purchased a sorely needed defibrillator for the Riverdale Police Department. The Pequannock Valley Rotary presents the ceremonial check in the amount of \$814.00, the funds required to purchase the needed defibrillator. Pictured, left to right, Pequannock Valley Rotary President, Dave Baker, Chief of Police for the Riverdale Police Department, Kevin Smith and Pequannock Valley Rotary and Engineer for the Borough of Riverdale, Paul Darmofalski



Matt Oswald, Bradley Maliborski, Finbar Oswald, Kiernan Lynch, Dominic Jiosi, Brandon Watts, Brendan Lynch, Erik Watts.

## Town Historian



Riverdale Town Historian **Ruth Pasquariello** discussed the fascinating history of Riverdale's own Glenburn Estate and shared the Glenburn's journey from the original piece of land purchased in 1717 to the 5.6 acre tract we know today. The presentation was held at the Riverdale Library.

## Scouting Service



Erik Watts contacted the State offering to cut the lawn at the Armory and was told that they are not allowed to keep gasoline on site. When their lawnmower runs out of gas they have to wait for the State to get there with gasoline. This explains why the lawn is often half cut. After going through much bureaucratic red tape, Erik finally got permission to have **Cub Scout Pack 88** mow the lawn and plant flowers as a service project in time for our Memorial Day Parade and Ceremony. Thank you to **Wink's/Krug Landscaping** for loaning their equipment, **Farms View** of Wayne for the flowers, and **RER Supply** for the mulch. Thank you for all the work you did this holiday weekend.



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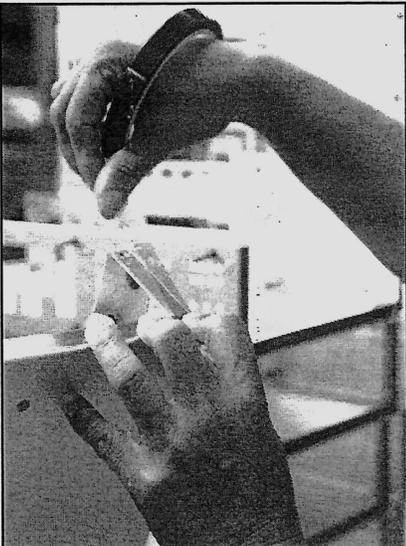


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Pennsylvania: 1941 Paradise Trail E. Stroudsburg, PA 18301 (570) 476-1800

**IMPAIRED DRIVING**  
Teens More Likely to Drive Drunk After Riding with an Impaired Driver

According to a new study, kids who report riding in a vehicle with an intoxicated driver are more likely to take the wheel while impaired themselves. Earlier exposure to riding with an impaired driver, and frequency of the rides, was also linked to higher rates of impaired driving among teens. "Teens are highly influenced in the way they drive by how their friends drive," said Bruce Simons-Morton of the National Institute of Child Health and Human Development. "If you ask a teenager about the driving behavior of their close friends, that's highly associated with their own driving behavior, including risky driving and the likelihood of drinking and driving."



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**Riverdale Photography Club**



Meets on the 4th Monday each month at the Library from 6:45 to 7:45 PM

[www.RiverdalePhotoClub.weebly.com](http://www.RiverdalePhotoClub.weebly.com)  
Club open to all, residents and non-residents.

**JULY** edition of Riverdale News & Events will be published on or about Saturday, July 5. Copy, photos, articles, announcements are due Friday, June 27.

## Margaret Thatcher

Born Margaret Roberts in 1925, she was originally a research chemist before becoming a barrister, Thatcher was elected Member of Parliament (MP) in 1959. Edward Heath appointed her Secretary of State for Education and Science in his 1970 government. In 1975, Thatcher defeated Heath in the Conservative Party leadership election to become Leader of the Opposition and became the first woman to lead a major political party in the United Kingdom. She became Prime Minister after winning the 1979 general election.

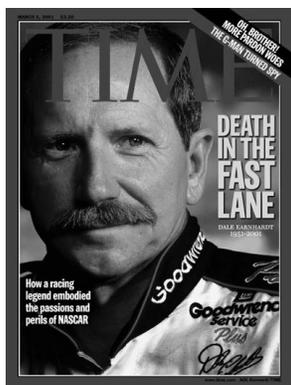


Upon moving into 10 Downing Street, Thatcher introduced a series of political and economic initiatives intended to reverse high unemployment and Britain's struggles in the wake of the Winter of Discontent and an ongoing recession. Her political philosophy and economic policies emphasized deregulation, flexible labor markets, the privatization of state-owned companies, and reducing the power and influence of trade unions. Thatcher's popularity during her first years in office waned amid recession and high unemployment until the 1982 Falklands War brought a resurgence of support, resulting in her re-election in 1983.

Thatcher was re-elected for a third term in 1987. During this period her support for a Community Charge (referred to as the "poll tax") was widely unpopular and her views on the European Community were not shared by others in her Cabinet. She resigned as Prime Minister and party leader in November 1990. After retiring from the Commons in 1992, she was given a life peerage as Baroness Thatcher, which entitled her to sit in the House of Lords. After a series of small strokes in 2002, she was advised to withdraw from public speaking, and in 2013 she died of another stroke in London at the age of 87. She earned the nickname The Iron Lady for her rough-talking rhetoric.

## Athletes that Died While Playing

### Dale Earnhardt 11/21/65 - 7/27/93



Dale Earnhardt was an American race car driver that is known for driving stock cars in NASCAR's top division. He is greatly known for his success in the Winston Cup Series. He won 76 races during his career and was able to take home seven championships. He stands with Richard Petty as the men with the most championships held during a career. In 1998, Earnhardt was able to pull off his first and only Daytona 500 win. During his career, he took on many different epithets: "The Intimidator," "Ironhead," and "The Man In Black." During his race in the 2001 Daytona 500, Earnhardt died in the last-lap of the race. His car slid off of the track and went on the flat apron, and then turned sharply back towards the outside retaining wall. His car was then hit by the #36 car, and both cars hit nose-first into the wall. Earnhardt hit the wall at a critical angle going about 150mph. His car was in ruins but many thought the crash was minor. Earnhardt died from his injuries sustained from crashing into the wall.

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**CLEAR THE WAY FOR LILACS.** Lilacs hate grass. More specifically, they must compete with grass and any other vegetation for food and water. To help your lilacs flower beautifully, keep a 16- to 24-inch circle around the base free from grass. Lime and manure are great fertilizers for lilacs.

**GIVE PANSIES A BOOST.** If you've got pansies in your garden, take the time to pinch out the early buds. It encourages the flowers to grow, and you'll ultimately get more flowers this way.



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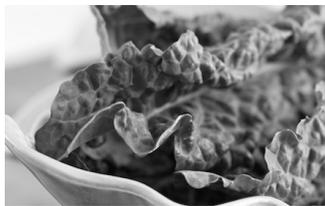
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## The Almighty Kale!

By Magda Rod (Care2)



Kale is a rich source of minerals like copper, calcium, sodium, potassium, iron, manganese, and phosphorus. Per calorie, kale has more calcium than milk and more iron than beef. It contains Omega fatty acids and a healthy dose of fiber, both of which are deficient in the average American diet.

To lower your body's chemical burden, make sure you are consuming organic kale as opposed to conventional kale. This is due to a high rate of pesticide use.

When eating kale raw you will find it more digestible by breaking it down in one way or another. This can be achieved by fine chopping, massaging with an acid like lemon juice or apple cider vinegar, or through slight warming in a dehydrator. The upside of eating kale raw is that you'll reap the benefits of all the nutrients and live enzymes.

# Fire Chief Dan Sturm

## 9-volt Battery Safety

**9-volt batteries power our smoke alarms, household items and toys. They can be found in most homes. But these batteries can be a fire hazard if not stored safely or disposed of with care.**



### The problem

- » 9-volt batteries can be dangerous. The positive and negative posts are close together. If a metal object touches the two posts of a 9-volt battery, it can cause a short circuit. This can make enough heat to start a fire.
- » It is unsafe to store 9-volt batteries in a drawer near paper clips, coins, pens, or other batteries. Do not store common household items such as steel wool, aluminum foil, and keys near 9-volt batteries. If these items touch the two posts, there is a greater risk of a fire starting.
- » Weak batteries may have enough charge to cause a fire. Some fires have started in trash when 9-volt batteries were thrown away with other metal items.

### Storing 9-volt batteries

- » Keep batteries in original packaging until you are ready to use them. If loose, keep the posts covered with masking, duct, or electrical tape. Prevent the posts from coming in contact with metal objects.
- » Keep them someplace safe where they won't be tossed around.
- » Store batteries standing up.
- » 9-volt batteries should not be stored loose in a drawer. Do not store them in containers with other batteries.

### Disposal

- » 9-volt batteries should not be thrown away with trash. They can come in contact with other batteries or pieces of metal.
- » 9-volt batteries can be taken to a collection site for household hazardous waste.
- » To be safe, cover the positive and negative posts with masking, duct, or electrical tape before getting rid of batteries.
- » Some states do not allow any type of battery to be disposed of with trash. Check with your city or town for the best way to get rid of batteries.

## 9-VOLT BATTERY STORAGE

**Keep batteries in original packaging until you are ready to use them. If loose, keep the posts covered with masking, duct, or electrical tape. Prevent the posts from coming in contact with metal objects.**



**Your Source for SAFETY Information**

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

[www.nfpa.org/education](http://www.nfpa.org/education)

## PIC TIPS Travel without a tripod



Packing a tripod when you head off on holiday is a great way to extend the shooting day, allowing you to take some stunning night-time shots with streaking lights and illuminated landmarks. If you're pushed for space, though, check out this trick. Balance your camera somewhere sturdy and safe, disable the flash and set a slow shutter speed or two seconds or more.

Now set your self timer, fire the shutter release and let go of your camera so that you won't cause it to wobble. By the time the self timer countdown expires, any residual movement caused by your hand letting go should have evened out, so your camera will sit still and steady throughout the exposure for a crisp, sharp result.

It's not always possible to find a flat surface on which to perform the previous trick. Try and find a flat surface on some castle battlements and you'll see what we mean. Combat this by packing a small beanbag in your

camera bag.

Check out school sports and games categories on eBay to find 100g beanbags (a pack of four costs less than £5), which can be pressed into shape on uneven surfaces, with your camera snugly settled on top. It's more stable and less likely to either fall over or wobble during the exposure.

Professional tripods use quarter-inch screws to fix your camera in place. You can easily source a screw of the same size from a normal hardware store. To avoid travelling with a bulky tripod, drill a hole in a standard bottle top (the type you'd find capping a 500ml drinks bottle) and thread the screw through it, fixing it in place using strong glue.

Keep this in your camera bag as you travel, but don't bother carrying the rest of the bottle, as these are easily sourced wherever you happen to end up. Fill an empty bottle with grit to give it some weight and screw your cap to the top. Instant tripod.

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## “A Father’s Pledge to His Children”

- I. LOVE** their mom faithfully.  
*See Ephesians 5:25*
- II. LIVE** before them a life of integrity.  
*See Psalm 37:23*
- III. LEAD** them spiritually so they will know God.  
*See Joshua 24:15*
- IV. LISTEN** to them patiently because they have things to say!  
*See Colossians 3:21*

*Dads, they are counting on us. Let's give our kids our very best with God's help.*

"Honour thy father and thy mother: that thy days may be long upon the land." *Exodus 20:12*



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# Swim Safety

## Warm Weather and Swimming Go Hand in Hand



**American Red Cross**



Swimming is a great recreational sport that can be enjoyed by people of all ages. But it's important to know how to be safe while you're in the water. The American Red Cross offers these important swimming safety tips you should be aware of before you head out to the pool or beach:

- ◆ Swim in designated areas supervised by lifeguards.
- ◆ Always swim with a buddy; do not allow anyone to swim alone.
- ◆ Never leave a young child unattended near water and do not trust a child's life to another child; teach children to always ask permission to go near water.
- ◆ Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water, but do not rely on life jackets alone.
- ◆ Maintain constant supervision.
- ◆ Make sure everyone in your family learns to swim well. Enroll in age-appropriate Red Cross water orientation and learn-to-swim courses.
- ◆ If you have a pool, secure it with appropriate barriers. Many children who drown in home pools were out of sight for less than five minutes and in the care of one or both parents at the time.
- ◆ Avoid distractions when supervising children around water.
- ◆ If a child is missing, check the water first. Seconds count in preventing death or disability.
- ◆ Have appropriate equipment, such as reaching or throwing equipment, a cell phone, life jackets and a first aid kit.
- ◆ Know how and when to call 9-1-1 or the local emergency number.
- ◆ Enroll in Red Cross home pool safety, water safety, first aid and CPR/AED courses to learn how to prevent and respond to emergencies.
- ◆ Protect your skin. Limit the amount of direct sunlight you receive between 10:00 a.m. and 4:00 p.m. and wear sunscreen with a protection factor of at least 15.
- ◆ Drink plenty of water regularly, even if you're not thirsty. Avoid drinks with alcohol or caffeine in them.



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**12 Hours after quitting**

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**2 Weeks after quitting**

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**1 - 9 Weeks after quitting**

Smoker "norms" (like a constant cough and shortness of breath) become less pronounced. The tiny hairs lining the lungs work normally again and clean the lungs to reduce risk of infection.

**1 Year after quitting**

The risk of getting coronary heart disease is half as high as a smoker's

**5 Years after quitting**

The risk of contracting mouth, throat, esophagus, and bladder cancers is half of what it is for smokers. Risk of cervical cancer and stroke fall.

**10 Years after quitting**

The risk of dying from lung cancer is half that of smokers'. Risk of getting pancreatic and larynx cancer also decreases.

**15 Years after quitting**

The risk of heart disease is equivalent to non-smokers' risk.

## Tea Love: Instilling a Love of Tea, One Sip at a Time Feature – National Iced Tea Month

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/>.*



June is a time of hot summer days, relaxation by the beach, and ice cold glasses of tea. It's a time of relaxation, spending time with family and friends, and allowing the days to drift on by.

No wonder why June was chosen to be National Iced Tea Month. Iced tea has been popular in the United States prior to the Civil War. According to *Upton Tea*, the first iced teas were actually most of a

mixture of tea and alcohol dubbed "tea punches".

Cookbooks like *The Kentucky Housewife* would print recipes calling for readers to scald their teapots, put the green tea in the boiling water (being that general stores in the 19<sup>th</sup> century mostly stocked green tea from China or Japan and was thus more accessible), allow the mixture to stand and finally pour it over ice, sugar, cream, and a bottle of red wine or champagne. The reason recipes started becoming more popular was because of the increased availability and popularity of harvested ice from the New England lakes and rivers.

However, though cookbooks and magazines were advertising iced tea and an article in the *Nevada Noticer* explaining the meal requirements for the 1890 Missouri State Reunion of Ex-Confederate Veterans called for 880 gallons of iced tea, the drink's popularity really got its boon from an English entrepreneur named Richard Blechynden.

Blechynden, often incorrectly named the inventor of iced tea, did help the drink get its start to fame. In 1904, Blechynden was put in charge of the drink pavilion at the St. Louis World's Fair, also known as the Louisiana Purchase Exposition. He was competing with merchants from all over the world, including Indian and Ceylon who were also trying to promote their own tea.

The fair that day, however, was blistering hot. No one wanted to buy any of the equally hot tea that he was trying to sell. Soon, the merchant became exhausted. There seemed to be no way that people would want to buy his ware. So, desperate, Blechynden tried serving the tea cold in glasses of ice. His plan worked, and his drink became an instant success, helping to popularize the drink from then on.

Now, iced tea is the most common way that the United States enjoys its tea, with over 80% of consumption being iced rather than hot. While many do enjoy to have the instant, bottled, and bagged iced tea, iced loose tea does hold a certain flavor to it that one cannot get in a plastic bottle from a vending machine.

Brewing iced tea is also a simple process – simply brew your hot tea and then allow it to cool in the refrigerator. This method can produce a cloudy tea, but it will not affect the taste. However, if you would like a clear look, *Upton Tea* also recommends to simply add double or triple the amount of tea leaves you would normally use for a hot brew into a cold bath and allow that to steep overnight. This, they explain, should help produce a wonderful taste and is simple to execute.

However you wish to brew your tea, make sure to grab your mug or your cup, go outside, and enjoy the gorgeous June weather while keeping cool sipping on your healthy beverage.



## Healthy Habits That Really Aren't So Healthy - Part 2

### Hygiene and Health

**13. Hot tubs.** They may be super relaxing, but hot tubs are a one-stop shop for bacteria and germs, and may even cause a rash. Gross.

**14. Antibacterial soap.** It may not be worth scrubbing down with the fancy stuff: Regular soap and water is just as beneficial when it comes to staying squeaky clean.

**15. Brushing right after every meal.** Just 'cause dessert was devoured doesn't mean we should grab the toothbrush and paste. Wait at least 30 minutes after a meal so saliva can neutralize the acid in the mouth and strengthen the enamel on those chompers.

**16. Avoiding the sun.** While *too* much sun could cause a nasty burn (or worse!) sidestepping the sun at all costs may lead to a lack of Vitamin D which is essential for proper muscle and bone development.

**17. Daily showers.** Stop the scrubbing! Hopping in the shower *too* often may irritate and dry out skin. If you really need to freshen up, spray on some perfume or cologne and save the shower 'till tomorrow.

**18. Catching up on sleep.** We're sorry to break it to you, but it's pretty tricky to catch up on sleep. So rather than skimping on sleep in order to cash them in later, aim for a solid seven to nine hours a night.

**19. Sitting up straight.** Yeah, we're surprised too. Sitting up straight may be bad for the back, so skip the seat and try a standing desk at the office.

**20. Cleaning with disinfecting products.** There's some evidence that certain chemicals in disinfecting products could lead to asthma. Simply use a regular cleaning product or detergent without the chemicals instead.

### Working Out

**21. Only doing cardio.** Hitting the roads is great and all, but don't retire the weights for the running shoes. Make sure to strength train to burn fat, lean out, and look badass in the process.

**22. Doing a million crunches.** The secret to six-pack abs probably isn't crunch after crunch. To flatten out and tone up the core, try running some intervals, lifting a few weights, and cleaning up that diet instead.

**23. Breathing deeply through the chest.** Whether running the final lap or heading down the basketball court, avoid deep breathing with the chest. For a most effective breath to help any athlete's performance, remember to use the diaphragm!

**24. Static stretching pre workout.** When warming up, static stretching (aka holding positions for a certain length of time) won't do much in way of preventing soreness. Skip the still motions and do dynamic stretches, like lunges and high knees, instead.

**25. Lifting machines.** Most lifting machines focus on single joint exercises, which fail to improve muscle imbalance and does not burn as many calories as hitting the squat rack or swinging a kettle bell.

**26. Hitting the gym daily.** Don't get us wrong, exercise is important! But spending *too* much time at the gym leaves little time for muscles — and the mind — to recover. Make sure to get at least one or two days of rest, and dominate those dumbbells the rest of the week.



## 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

**ROSE HIPS.** "Rosa" originally comes from the Greek word "Roden" or red. It seems that the roses in ancient Greece were deep crimson.

For those old enough to remember World War II, it should be no surprise to learn that there was a shortage of citrus fruit in England. To offset the loss of Vitamin C, the British Government organized the country to harvest all the Rose Hips in England to be made into a Vitamin C syrup for the people, so as to prevent scurvy. This was the start of the use of Rose Hips as a therapeutic entity.

While the use of citrus has been the base of our knowledge on the subject of Vitamin C, investigations have revealed that there are many other sources of that vitamin. It seems that one of the richest sources available today of Vitamin C is Rose Hips.

It reportedly has 60 times more Vitamin C than citrus fruit. As a matter of explanation, Rose Hips is the fruit of the rose which develops after the peddles have fallen off the blossom, as with any other fruit. Capsicum ranks well with Rose Hips in Vitamin C content. Most of us are familiar with Linus Pauling and his vitamin C beliefs and his campaign to popularize it. He investigated its beneficial use in the treatment of disease and its essential use to maintain optimum health.

Large quantities of vitamin C can be most useful for a great many of the common diseases that we have today to include the common cold, flu, pneumonia and many other common complaints. Another good use of vitamin C can be as a cleansing, so as to avoid a disease problem before it happens by using a prophylactic dosage on a daily basis.

Vitamin C is related with bio-flavonoids and that it is most vital for them to be used together. Natural vitamin C and flavonoids are combined in nature. Rose Hips is rich in the bio-flavonoids and in vitamin C. The bio-flavonoids are vital to build and strengthen body tissues and are especially important in the building and maintenance of a good blood vascular system to include, preventing and healing of fragile capillaries.



Vitamin C is vitally necessary for every cell in our bodies, without which we could not maintain life for even one hour. Vitamin C is especially useful in herbal combinations designed for a variety of uses, such as general debility, exhaustion, gallbladder dysfunction, for kidney health, for tissue tone and balance, as a strengthening part of a diuretic formula and more. How wonderful that nature has provided these vital elements, vitamin C and the flavanoids, in so great an abundance in Rose Hips.

Rose Hips with its bio-flavonoids and vitamin C combined together enhances the body's ability to absorb vitamin C in those having difficulty in absorbing it.

Most of us understand the necessity of vitamin C, especially in regard to its anti-scurvy properties and how the administration of the common lime (vitamin C) did away with the scurvy among the sailors of the British Navy and Marine services.

- ◆ Indians are reported to have used Rose Hips to treat muscle cramps. Vitamin C and bio-flavonoids, as in Rose Hips, could be used with good results for almost every named or unnamed disease or condition that there is.
- ◆ Rose Hips is the highest herb in vitamin C and contains the entire vitamin C complex to include bio-flavonoids.
- ◆ Rose Hips helps in preventing and in treating infections and helps to curb stress.
- ◆ Rose Hips has 60 times the vitamin C than is found in lemons.
- ◆ It has been reported by researchers that arteriosclerosis is a deficiency disease of vitamin C.
- ◆ Large doses of vitamin C from Rose Hips, have been known to cure cancer and in smaller doses has been a preventative in cancer.

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

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

Riverdale Land Conservancy

# FARMERS MARKET

Every  
**TUESDAY**  
2:30 - 7:00 PM



**June 10**  
Thru  
**October**



**Glenburn**  
211 Hamburg Turnpike



**EXERCISE....EXERCISE...EXERCISE**  
**Walk-In!**

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

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

WEDNESDAYS Hula Hoop Fitness, 7pm

THURSDAYS Zumba, 7:00pm

SUNDAYS KettleBell Fitness, 9am

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

**RIVERDALE SENIORS SPRING**  
**WALKING CLUB**

TUESDAYS 10:00AM

FREE

LAST CLASS June 17th

*Enjoy Breakfast to say Thank You  
for participating!*

See Everyone Fall 2014



**SUMMER SPORTS**  
**CONDITIONING**

Tuesdays & Thursdays  
July 8th- August 7th

5 weeks / 10 classes \$50 (NO WALK-INS)

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

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

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

PRE-REGISTRATION REQUIRED  
CONTACT JENNIFER AT  
[busybodiesRfit@gmail.com](mailto:busybodiesRfit@gmail.com)

**KIDS CARDIO BOXING**

Grades 3-8

THURSDAYS

4:00-5:00 pm

8 Sessions—\$48

Instructor-Jennifer

[busybodiesRfit@gmail.com](mailto:busybodiesRfit@gmail.com)

**TOT'S MUSIC**

Every Friday

**New Class Time, 9:15am**  
(45 min.)

\$9/Student (\$7/2nd Child)

**FRIDAY NIGHT FROLICS**

FRIDAY, JUNE 13, 7:30-9:00PM  
\$5 at door

*Last one for end of school year!*  
(more to be scheduled Fall 2014)!

FUN COMPETITIVE GAMES W/PRIZES,  
SNACKS & DRINKS  
PLUS ... OUTDOOR ACTIVITY  
(weather permitting)

For 3rd, 4th & 5th Grade Riverdale Students

**FUN**  
**& GAMES**  
FRIDAY NIGHTS!



**SEW CAMP**

Week of June 23 (Mon-Fri)  
10:00am--3:00 pm  
(Bring Snacks & Lunch)

**Learn to sew...**

Projects include pull on pants,  
tote bag & skirt

Cost: \$195/Student

Must Sign-Up in Advance:  
[soyostudio@gmail.com](mailto:soyostudio@gmail.com)



**GLENBURN,  
211 HAMBURG TPK, RIVERDALE**

**GLENBURN HOUSE  
YOGA  
THURSDAYS  
7:30 pm**



**TOP OF THE LINE  
DOG TRAINING**

W/TRAINER NORMA OVERLOCK  
Certified Dog Behaviorist

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

MONDAYS, 6:00pm

GLENBURN BARN

\$155/7 Week Session

1st Class—Pet Owner Workshop

Next 6 Weeks—Pet & Owner Basic Training

MUST Sign-Up in Advance

(201) 337-6179 Norma

**GLENBURN EVENTS**

**RECREATION NEWS**



Follow us @Riverdale Rec

[riverdalerec@gmail.com](mailto:riverdalerec@gmail.com)



"LIKE" us at Riverdale Recreation

**Dorney Park  
& Wildwater Kingdom**

Riverdale Recreation is once again offering discounted tickets

Just visit [www.dorneypark.com/riverdalerecdept](http://www.dorneypark.com/riverdalerecdept) to purchase tickets

**Prices**

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

**Purchase tickets at your convenience!**

Questions? email [riverdalerec@gmail.com](mailto:riverdalerec@gmail.com)



**SUMMER TUTORING  
AT THE COMMUNITY CENTER**



**READING**

June 30-July 31, 3:15-4:15pm

Mon/Wed for students entering K-4th grade in Fall '14 and Tue/Thurs for students entering 5th-8th in Fall '14.

**MATH**

June 30-July 31, 4:30-5:30pm

Mon/Wed for students entering K-4th grade in Fall '14 and Tue/Thurs for students entering 5th-6th in Fall '14.

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

To sign up or for more information email [riverdalerec@gmail.com](mailto:riverdalerec@gmail.com).

**ADULT COED SOFTBALL**



Thursdays starting June 26 through Labor Day weekend, 6:00pm at Riverdale School Fields.

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

To sign up – email [riverdalerec@gmail.com](mailto:riverdalerec@gmail.com) or just show up.

**Socks of Love**

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

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

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

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

**Amanda Gosson, Troop 323**



**CONSUMER CONFIDENCE REPORT**  
**Riverdale Water Department**  
**PWSID# NJ1433001**

**Reporting Period - January 1, 2013 to December 31, 2013**

The Riverdale Water Department is located at the DPW Building on Dalton Drive, and the administrative offices are located in the Borough Hall at 91 Newark Pompton Turnpike. Questions concerning this report should be directed to Mr. Steve Schotanus, Water Operator, at (973) 835-6077. The Borough Council holds regular public meetings every first and third Monday of the month at 7:30 P.M., at the Borough Hall. Included in this report are details about where your water comes from, what it contains, and how it compares to Environmental Protection Agency (EPA) and State standards. As always, we are committed to providing you with the highest quality drinking water and service. Please do not hesitate to contact us at any time.

**Some people may be more vulnerable** to contaminants in drinking water than the general population. Immune-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by *Cryptosporidium* and other microbial contaminants are available from the Safe Drinking Water Hotline 1-(800) 426-4791.

**Water for the Riverdale system** is derived from a production well located on Dalton Drive. The Borough also purchases water from the Passaic Valley Water Commission (PVWC). Approximately 75% of the total water used by the homes and businesses in Riverdale is derived from the Borough's well. A copy of the Consumer Confidence Report from PVWC is appended to this report.

**Source Water Assessments:** The New Jersey Department of Environmental Protection (NJDEP) has completed and issued the Source Water Assessment Report and Summary for the Riverdale water system, which is available at [www.state.nj.us/dep/swap](http://www.state.nj.us/dep/swap) or by contacting NJDEP's Bureau of Safe Drinking Water at (609) 292-5550. Riverdale monitors its water sources for

regulated contaminants in accordance with NJDEP requirements.

**Drinking water, including bottled water,** may reasonably be expected to contain at least small amounts of some contaminants. The presence of some contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the EPA's Safe Drinking Water Hotline 1-(800) 426-4791.

**The sources of drinking water** (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity.

**Contaminants that may be present** in source water before we treat it include: *Microbial contaminants*, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations, and wild life.

*Inorganic contaminants*, such as salts and metals, which can be naturally occurring or result from urban stormwater runoff, industrial or domestic wastewater discharges, oil and gas production, mining or farming.

*Pesticides and herbicides*, which may come from a variety of sources such as agriculture and residential uses.

*Radioactive contaminants*, which are naturally occurring.

*Organic chemical contaminants*, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and also come from gas station, urban stormwater runoff, and septic systems.

**In order to ensure that tap water is safe** to drink, EPA prescribes regulations which limit the amount of certain contaminants in water provided by public water systems. We treat our water according to EPA's regulations. Food and Drug Administrations (FDA) establish limits of contaminants in bottled water, which must provide the same protection for public health.

**WATER QUALITY DATA**

The table below lists all the drinking water contaminants that we detected during the 2013 calendar year. The presence of these contaminants in the water does not necessarily indicate that the water poses a health risk. Unless otherwise noted, the data presented in this table is from testing performed between January 1, 2013 and December 31, 2013. The State of New Jersey requires us to monitor for certain contaminants less than once per year because the concentrations of these contaminants are not expected to vary significantly from year to year. Therefore, some of the data, though representative of the water quality, is more than one year old.

**Terms & abbreviations used below:**

**Maximum Contaminant Level (MCL):** the highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

**Maximum Contaminant Level Goal (MCLG):** the level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

**Maximum Residual Disinfectant Level (MRDL):** the highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.

**Maximum Residual Disinfectant Goal (MRDLG):** the level of a drinking water disinfectant, below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contamination

**Recommended Upper Limit (RUL):** recommended maximum concentration of secondary contaminants. These reflect aesthetic qualities such as odor, taste or appearance. RULs are recommendations, not mandates.

**Primary Contaminants:** substances that are health-related. Water suppliers must meet all primary drinking water standards.

**Secondary Contaminant:** substances that do not have an impact on health. Secondary contaminants affect aesthetic qualities such as odor, taste or appearance. Secondary standards are recommendations, not mandates.

**Action Level (AL):** the concentration of a contaminant which, when exceeded, triggers treatment or other requirements which a water system must follow.

**Treatment Technique (TT):** a required process intended to reduce the level of a contaminant.

**n/a:** not applicable; **nd:** not detectable at testing limit; **ppb** parts per billion or micrograms per liter; **ppm:** parts per million or milligrams per liter; **pCi/l:** picocuries per liter (a measure of radiation).

	MCL	MCLG	Riverdale Water	Range of Detections	Sample Date	Violation Y or N	Typical Source of Contaminant
<b>Microbiological Contaminants</b>							
Total Coliform Bacteria	1	0	0	0	2013	N	Naturally present in the environment
Fecal coliform and E. coli	0	0	0	0	2013	N	Human and animal fecal waste
<b>Secondary Contaminants</b>							
ABSIL A.S. (ppb)	500	500	0	nd	06-15-09	N	Synthetic detergents
Aluminum (ppb)	200	200	15.6	15.6	06-05-12	N	Naturally occurring element
Chloride (ppm)	250	250	44.7	44.7	06-05-12	N	Erosion from natural deposits; Discharge of human and animal wastes; Discharge from industry
Color (Color Units)	10	10	2	2	06-15-09	N	Physical characteristic
Corrosivity	+/-1.0	-	0.16	0.16	06-05-12	N	Physical characteristic
Hardness (ppm)	250	250	154	154	06-05-12	N	Naturally occurring minerals
Iron (ppb)	300	300	0	nd	06-05-12	N	Naturally occurring element
Manganese (ppb)	50	50	56	56	06-05-12	Y	Naturally occurring element
Odor (Threshold Number)	3	3	4	4	06-05-12	N	Physical characteristic
pH (Standard Units)	6.5 - 8.5	6.5 - 8.5	8.02	8.02	06-05-12	N	Physical characteristic
Silver (ppb)	100	100	0	nd	06-05-12	N	Naturally occurring element
Total Dissolved Solids (ppm)	500	500	220	220	06-05-12	N	Erosion of natural mineral deposits
Zinc (ppb)	5000	5000	6.07	6.07	06-05-12	N	Naturally occurring element
<b>Lead and Copper</b>							
Lead (ppb)	AL=15	15	0.0	0 - 1.48	06-13-12	N	Corrosion of household plumbing systems; Erosion of natural deposits
Copper (ppm)	AL=1.3	1.3	0.036	.009 - .092	06-13-12	N	Corrosion of household plumbing systems; Erosion of natural deposits; Leaching from wood preservatives

WATER QUALITY DATA

Contaminants (units)	MCL	MCLG	Riverdale Water	Range of Detections	Sample Date	Violation Y or N	Typical Source of Contaminant
<b>Unregulated Contaminants</b>							
Dibromodichloromethane (ppb)	-	-	1.42	0 - 2.14	2013		
Bromoform (ppb)	-	-	0.89	0 - 1.43	2013		
Chloroform (ppb)	-	-	1.85	0 - 6.10	2013		
Bromodichloromethane (ppb)	-	-	1.17	0 - 2.05	2013		
<b>Radioactive Contaminants</b>							
Total Alpha (pCi/l)	15	0	2.60	2.60	11-16-09	N	Erosion of natural Deposits
Radium 226/228 (pCi/l)	5	0	0.41	0.41	11-16-09	N	Erosion of natural Deposits
Uranium (ppb)	30	0	2	2	11-16-09	N	Erosion of natural Deposits

NO MCL's AT THIS TIME

Water Standards Information

**Is your drinking water in compliance with all regulations?** The Borough of Riverdale is proud of the fact that our water complies with all drinking water standards for chemical and organic contaminants as set by the State of New Jersey and the U.S. EPA.

**Regarding the manganese test results.** the average manganese level of 56 ppb in 2012 exceeds the State's maximum goal of 50 ppb. Manganese is a naturally occurring element in most well waters. The recommended upper limit for manganese is based on staining of laundry, and toxicity is not expected in levels which would be encountered in drinking water.

**Regarding New Standards for Arsenic.** Riverdale's water meets the EPA's standard of 5 parts per billion for arsenic.

**Regarding Asbestos, Nitrite and Synthetic Organic Compounds.** As permitted under the Safe Drinking Water Act, the State of New Jersey has issued waivers to the Borough of Riverdale for testing of asbestos, nitrite and synthetic organic compounds. These waivers were given after careful review of prior negative testing, and consideration of factors which indicate low susceptibility to these types of contaminants.

Special Considerations Regarding Children, Pregnant Women, Nursing Mothers, and Others

Children may receive a slightly higher amount of a contaminant present in the water than do adults, on a body weight basis, because they may drink a greater amount of water per pound of body weight than do adults. For this reason, reproductive or developmental effects are used for calculating a drinking water standard if these effects occur at lower levels than other health effects of concern. If there is insufficient toxicity information for a chemical (for example, lack of data on reproduction or developmental effects), an extra uncertainty factor may be incorporated into the calculation of the drinking water standard, thus making the standard more stringent, to account for additional uncertainties regarding these effects. In the cases of lead and nitrate, effects on infants and children are the health endpoints upon which the standards are based.

**Nitrate:** Nitrate in drinking water at levels above 10 ppm is a health risk for infants of less than six months of age. High nitrate levels in drinking water can cause blue baby syndrome. Nitrate levels may rise quickly for short periods of time because of rainfall or agricultural activity. If you are caring for an infant, you should ask advise from your health care provider.

**Lead:** If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. Riverdale is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water is available from the Safe Drinking Water Hotline or at <http://www.epa.gov/safewater/lead>.

WATER QUALITY DATA

Contaminants (units)	MCL	MCLG	Riverdale Water	Range of Detections	Sample Date	Violation Y or N	Typical Source of Contaminant
<b>Inorganic Contaminants</b>							
Antimony (ppb)	6	6	0	nd	06-05-12	N	Discharge from petroleum refineries; fire retardants; ceramics; electronics; solder
Arsenic (ppb)	5	0	1.79	1.79	06-05-12	N	Erosion from natural deposits; Runoff from orchards; Runoff from glass and electronics productions wastes
Barium (ppm)	2	2	0.047	0.047	06-05-12	N	Discharge of drilling wastes; Discharge from metal refineries; Erosion of natural deposits
Beryllium (ppb)	4	4	0	nd	06-05-12	N	Discharge of metal refineries and coal-burning factories; Discharge from electrical, aerospace, and defense
Cadmium (ppb)	5	5	0	nd	06-05-12	N	Corrosion of galvanized pipes; Erosion of natural deposits; Discharge from metal refineries; Runoff from waste batteries and paints
Chromium (ppb)	100	100	0.93	0.93	06-05-12	N	Discharge from steel and pulp mills; Erosion of natural deposits
Cyanide (ppb)	200	200	0	nd	06-05-12	N	Discharge from steel /metal factories; Discharge from plastic and fertilizer factories
Fluoride (ppm)	4.0	4	0.063	0.063	06-05-12	N	Erosion from natural deposits; Water additive which promotes strong teeth; Discharge from fertilizer and aluminum factories
Mercury (ppb)	2	2	0	nd	06-05-12	N	Discharge from steel /metal factories; Discharge from plastic and fertilizer factories
Nickel (ppb)	100	100	0.83	0.83	06-05-12	N	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits
Nitrate (ppm)	10	10	0	nd	03-13-13	N	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits
Selenium (ppb)	50	50	0.6	0.6	06-05-12	N	Discharge from petroleum and metal refineries; Erosion of natural deposits; Discharge from mines
Sodium (ppm)	RUL 50	RUL 50	21	21	06-05-12	N	Discharge from petroleum and metal refineries; Erosion of natural deposits; Discharge from mines
Sulfate (ppm)	RUL 250	RUL 250	65	65	06-15-09	N	Discharge from petroleum and metal refineries; Erosion of natural deposits; Discharge from mines
Thallium (ppb)	2	0.5	0	nd	06-05-12	N	Leaching from ore-processing sites; Discharge from electronics, glass, and drug factories
<b>Regulated Disinfectants</b>							
THM Total Trihalomethanes (ppb)	80	-	33	6 - 76	2013	N	By-product of drinking water disinfection
HAA5 Haloacetic Acids (ppb)	60	-	16	0 - 38	2013	N	By-product of drinking water disinfection
Chlorine (ppm)	Levels Detected - Average & Highest		0.49 0.56		MRLD MRLD		
2013			4.0 ppm 4.0 ppm				MRDLG 4.0 ppm

**SOURCE WATER ASSESSMENT**  
 NJDEP has prepared Source Water Assessment reports and summaries for all public water systems. The Source Water Assessment for the NJDEP system (PWS ID 1613001) can be obtained by accessing NJDEP's source water assessment web site at <http://www.state.nj.us/dep/swap> or by contacting NJDEP's Bureau of Safe Drinking Water at 609-292-5550. If a system is rated highly susceptible for a contamination category, it does not mean a customer is - or will be - consuming contaminated water. The rating reflects the potential for contamination of a source water, not the existence of contamination. Public water systems are required to monitor for regulated contaminants and to install treatment if any of those contaminants are detected at frequencies and concentrations above allowable levels. The source water assessments performed on the intakes for each system lists the following susceptibility ratings for a variety of contaminants that may be present in source waters:

Intake Susceptibility Ratings	Pathogens	Nutrients	Pesticides	Volatile Organic Compounds	Inorganic Contaminants	Radionuclides	Radon	Disinfection Byproduct Precursors
NJDWSC 5 Surface Water	5-High	5-High	2-Medium, 3-Low	5-Medium	5-High	5-Low	5-Low	5-High

**SECONDARY PARAMETERS - TREATMENT PLANT EFFLUENT -**

Contaminant	N.J. Recommended Upper Limit (RUL)		Result	RUL Achieved
	NA	NA		
Alkalinity, ppm	200	36	36	NA
Aluminum, ppb	250	40	40	Yes
Chloride, ppm	10	3	3	Yes
Color, CU	250	57	57	Yes
Hardness (as CaCO <sub>3</sub> ), ppm	14.6	3	3	Yes
Hardness (as CaCO <sub>3</sub> ), grains/gallon	6.8 to 8.5	7.9	7.9	Yes
pH (optimum range)	50	22	22	Yes
Sodium, ppm	250	9	9	Yes
Sulfate, ppm	500	152	152	Yes
Total Dissolved Solids, ppm	5,000	15	15	Yes
Zinc, ppb				

**UNREGULATED CONTAMINANTS FOR WHICH EPA REQUIRES MONITORING**

Contaminant	NJDWSC's Wanaque WTP Effluent (Range of Results)	Unregulated contaminants are those for which EPA has not established drinking water standards. The purpose of unregulated contaminant monitoring is to assist EPA in determining the occurrence of unregulated contaminants in drinking water and whether future regulation is warranted.
1,4-Dioxane, ppb	ND	
Chlorate, ppb	36 - 95	
Chromium (Total), ppb	ND - 0.36	
Hexavalent Chromium, ppb	ND - 0.035	
Strontium, ppb	40 - 46	
Testosterone, ppb	ND	
Vanadium, ppb	ND	

**PASSAIC VALLEY WATER COMMISSION**  
 PWS ID NJ1605002 2013 Water Quality Data - VER 2-NJDWSC Supply - Issued March 2014

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by *Cryptosporidium* and other microbial contaminants are available from the Safe Drinking Water Hotline (800-426-4791).

PRIMARY CONTAMINANTS TURBIDITY AND TOTAL ORGANIC CARBON		Compliance Achieved	MCLG	MCL	NJDWSC Wanaque-WTP PWS ID NJ1613001 Highest Result	TYPICAL SOURCE
Turbidity, NTU	Yes	NA	TT = 1	0.59 (0.07 average)	Soil runoff.	
Total Organic Carbon, %	Yes	NA	TT = percentage of samples <0.3 NTU (min 95% required)	99.9%		
<b>INORGANIC CONTAMINANTS</b>						
Barium, ppm	Yes	2	2	0.01	Naturally present in the environment.	
Nitrate, ppm	Yes	10	10	0.21	Discharge of drilling wastes; discharge from metal refineries; erosion of natural deposits. Runoff from fertilizer use; Leaching from septic tanks, seepage; Erosion of natural deposits.	
<b>DISTRIBUTION SYSTEM RESULTS</b>						
Highest Monthly Result						
<b>PRIMARY CONTAMINANTS MICROBIOLOGICAL CONTAMINANTS</b>						
Total Coliform Bacteria, %	Compliance Achieved	MCLG	MCL	TYPICAL SOURCE		
	Yes	0	5% of monthly samples are positive	Naturally present in the environment.		
<b>DISINFECTION BYPRODUCTS - STAGE 2</b>						
Highest LRAA and Range of Results						
Haloacetic Acids (HAA5), ppb	MRDLG	MRDL	4	By-product of drinking water disinfection.		
	NA	60		By-product of drinking water disinfection.		
Total Trihalomethanes (TTHM), ppb	MRDLG	MRDL	80	By-product of drinking water disinfection.		
	NA	80		By-product of drinking water disinfection.		
Some people who drink water containing trihalomethanes in excess of the MCL over many years may experience problems with their liver, kidneys or central nervous systems and may have an increased risk of getting cancer.						
<b>DISINFECTANTS</b>						
Chlorine, ppm	MRDLG	MRDL	4	Water additive used to control microbes.		
LEAD AND COPPER	MCLG	Action Level	1.3	Corrosion of household plumbing systems.		
Copper, ppm	1.3	1.3		Corrosion of household plumbing systems.		
Lead, ppb	0	15		Corrosion of household plumbing systems.		
If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. (INSERT SYSTEM NAME) is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline at 800-426-4791 or at <a href="http://www.epa.gov/safewater/lead">http://www.epa.gov/safewater/lead</a> .						

Due to the heavy snow we had to suffer through this past winter a number of mailboxes were knocked down by the snow plows. The town does replace the mailboxes for the residents. However, when the mailboxes are replaced they must follow these guidelines established by the US Postal Service. If the replaced mailbox is damaged by the snow plows for the second time and the mailboxes are not installed per these guidelines the borough will not be able to pay for their replacements.

Because of varying road and curb conditions, the Postal Service™ recommends that you contact your local postmaster for approval of the location of your mailbox before you put it up.

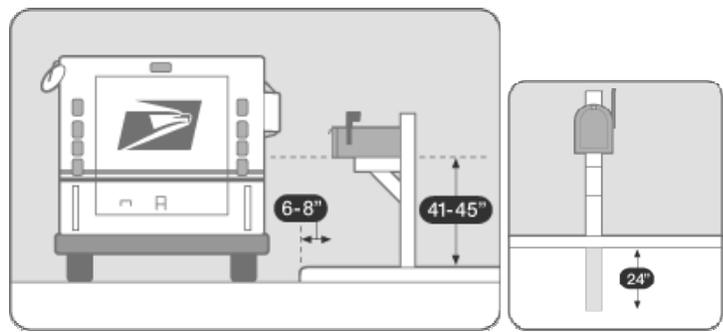
From the wear and tear of daily use to constant assault from the elements, these guidelines will help you set up a mailbox that stands up to it all.

Put a roadside mailbox where a carrier can safely reach inside without leaving the truck. That means positioning it about 41” to 45” off the ground and back about 6” to 8” from the curb. In the absence of a raised curb, contact your local postmaster for guidance.

If you’re buying a new mailbox, look for the Postmaster General’s seal of approval; every new mailbox design should be reviewed and approved before it goes to market.

If you live in the city and are attaching the box to your house, just make sure it can be accessed easily from your sidewalk, steps, or porch. Because city carriers often shoulder heavy bags, put your mailbox about 4’ from the ground. That way, your carrier won’t have to stretch or bend to reach it. And remember to keep the path to your mailbox clear in inclement weather.

If you opt to construct your own mailbox, you should run your plans by your local postmaster. Overall, the mailbox you build will need to meet the same size, strength, and quality standards as manufactured boxes.



The house or apartment number should be clearly displayed on your mailbox. And, if your mailbox is on a different street than your house, the street name should appear on it, too.

**DEFINITIONS OF TERMS and ACRONYMS**

- AL:** Action Level; the concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.
- CU:** Color unit
- CDC:** United States Centers for Disease Control and Prevention
- Disinfection By-product Precursors:** A common source is naturally-occurring organic material in surface water. Disinfection by-products are formed when the disinfectants (usually chlorine) used to kill pathogens react with dissolved organic material (DBP precursors) present in surface water.
- EPA:** United States Environmental Protection Agency
- HAA5:** Haloacetic Acids (sum of five compounds)
- Inorganic Contaminants:** Contaminants such as salts and metals, which can be naturally occurring or result from urban stormwater runoff, industrial or domestic wastewater discharges, oil and gas production, mining or farming. These contaminants may be present in source water.
- LRAA:** Locational running annual average
- MCL:** Maximum Contaminant Level; the highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.
- MCLG:** Maximum Contaminant Level Goal; the level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.
- Microbial Contaminants/Pathogens:** Disease-causing organisms such as bacteria, protozoa, and viruses, which may come from sewage treatment plants, septic systems, agricultural livestock operations and wildlife. Common sources are animal and human fecal wastes. These contaminants may be present in source water.
- MRDL:** Maximum Residual Disinfectant Level; the highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.
- MRDLG:** Maximum Residual Disinfectant Level Goal; the level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLG's do not reflect the benefits of the use of disinfectants to control microbial contamination.
- NA:** Not applicable
- ND:** Not detected
- NJDEP:** New Jersey Department of Environmental Protection
- NJDWSC:** North Jersey District Water Supply Commission
- NTU:** Nephelometric Turbidity Unit
- Nutrients:** Compounds, minerals and elements that aid growth, which can be either naturally occurring or man-made. Examples include nitrogen and phosphorus.
- Organic Contaminants/Volatile Organic Compounds:** Compounds containing carbon, including synthetic and volatile organic chemicals, which are products or by-products of industrial processes or petroleum production. They are typically used as solvents, degreasers, and gasoline components. These compounds may be present in source water as a result of releases from gas stations, fuel storage tanks, industrial facilities, stormwater runoff, and other sources. Examples include benzene, methyl tertiary butyl ether (MTBE), and vinyl chloride.
- Pesticides (Herbicides, Insecticides, and Rodenticides):** Man-made chemicals used to control pests, weeds, and fungus. Common sources include manufacturing centers of pesticides, and where they are used in agricultural, industrial, commercial, and residential environments. Examples include herbicides such as atrazine, and insecticides such as chlordane.
- ppb:** parts per billion (approximately equal to micrograms per liter)
- ppm:** parts per million (approximately equal to milligrams per liter)
- PWS ID:** Public Water System Identification
- PVWC:** Passaic Valley Water Commission
- RAA:** Running annual average.
- Radioactive Contaminants/Radionuclides:** Radioactive substances that are both naturally occurring and man-made; may be present in source water naturally or as a result of oil and gas production and mining activities. Examples include radium, radon and uranium.
- Radon:** Colorless, odorless, cancer-causing gas that occurs naturally in the environment.
- RU:** Recommended Upper Limit; the highest level of a constituent of drinking water that is recommended in order to protect aesthetic quality.
- RUL Achieved:** A "YES" entry indicates the State-recommended upper limit was not exceeded. A "NO" entry indicates the State-recommended upper limit was exceeded.
- TON:** Threshold Odor Number
- T:** Treatment technique; a required process intended to reduce the level of a contaminant in drinking water.
- TTHM:** Total Trihalomethanes (sum of four compounds)
- Turbidity:** Turbidity is a measure of the cloudiness of the water, and is monitored as an indicator of water quality. High turbidity can hinder the effectiveness of disinfectants.

**ADDITIONAL INFORMATIONAL RESOURCES**

- EPA Drinking Water website: [www.epa.gov/safewater](http://www.epa.gov/safewater)
- NJDEP Water Supply website: [www.nj.gov/depl/water/supply](http://www.nj.gov/depl/water/supply)
- American Water Works Association (AWWA) website: [www.awwa.org](http://www.awwa.org)
- EPA Safe Drinking Water Hotline: 800-426-4791
- NJDEP Bureau of Safe Drinking Water: 609-292-5550
- AWWA New Jersey Section website: [www.njawwa.org](http://www.njawwa.org)

**ANSWER.** One floor was 38 feet (1,444 stones) and the other 26 feet square (676 stones).

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Dr.'s. Glenn & Christine Foss*

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