

RIVERDALE NEWS & EVENTS

News for and about the residents of Riverdale

June 2015

Volume 10 Number 6



Dawn Gosson

**Riverdale
Citizen
of the
Year
2015**

William Budesheim, Editor
Lori Clinton, Associate Editor

Columnists

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

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Mayor William Budesheim's



BEHIND THE SCENES Report

Another year, another Memorial Day. All that is good and pleasant about living in a small town shines through on such a day, one in which we honor those who died in service to our country.

Over the years we have had ten young men make the ultimate sacrifice. Their names and faces are etched into the thirty thousand pounds of black granite, a truly unique memorial. Throughout the year we will witness family members or residents taking the time to gaze upon the images of World War II Veterans: **Charles Barrett, Augustus Christakos, Howard DeGraw, Harold Drew, Jack Kirkwood, Arnold Rafkind, Edward Searles, John Williams**; Vietnam War Veterans: **John Dalton, Jay Dandurand**. Thank you and may you rest in peace.

The Parade leading into the Ceremony was put together through the volunteer efforts of **Frank Sorgi, Lori Clinton, Krista Osborne, Pam Sylvestri** and **Dawn Dube-Kessarisi**. Some new additions to the Parade and Ceremony were the representatives from the **Morris County Sheriff's Department, Lakeland Detachment 744 of the Marine Corps League**, and **Michael Mansoor**, middle school student at Riverdale School who played patriotic songs on his guitar. The Pompton Lakes High School Band led the participants in the Star-Spangled Banner and God Bless America. Their moving rendition of Taps after the roll call underscored the solemnity of the day.

As the Mayor of a small town I have the advantage of coming in contact with so many of our residents becoming aware of their contributions to our great community. One such individual is **Dawn Gosson**, Riverdale's Citizen

of the Year. Photos of her and her family and friends taken on the evening of her receiving the award are in the centerfold.

Back in 1978 when I first ran for the Riverdale Council I inherited the seat of retiring Councilman James McMichael, one of the finest gentlemen I have ever had the privilege of knowing in Riverdale. While he may have retired from the Council he did not retire from contributing to the community. Each year he organized and conducted the annual Memorial Day Ceremony, which used to be held in the school gymnasium until the dedication of our War Memorial. Jim's family generously donated a beautiful park bench in his memory. This way those who take the time to ponder the sacrifices of our war dead, will not forget the dedication of Jim McMichael in keeping their memories alive.

Dawn Gosson and Jim McMichael are just two examples of the stars of a small town.

The chairs are brought back into the building, the podium will make its way to the basement of the Community Center, the flags were raised back to full staff at twelve noon and we wait until the next parade followed by the next ceremony. But let us keep the memory of those whose sacrifices we memorialized today. Our freedoms are with us the remaining 364 days.



Thank you,



Women live longer than men, health statistics show.

Now scientists have determined a possible reason why: Women's immune systems age more slowly than men's. That may help women stave off age-related diseases that are more likely to cut men's lives shorter.

The findings, published in the journal *Immunity & Aging*, are based on an analysis of levels of immune system cells in the blood of healthy men and women, ranging in age from 20 to 90 years old. Researchers with the Tokyo Medical &

Dental University Open Laboratory found that the total number of disease-fighting white blood cells known as "neutrophils" decreased with age in both sexes. But the number of "lymphocytes" - another type of small white blood cell that plays a key role in the body's immune defenses—decreased in men, but actually increased in women with age.

Marriage vows often include the promise to stick together for better or for worse, and research now suggests that when it comes to your health, having an optimistic spouse is better. A new study shows that people with an optimistic spouse have better physical mobility and fewer chronic illnesses.

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

Advertising rates are on website www.riverdalenj.gov

The Seniors' Corner



The May 4th meeting was opened by **President Dorothy Bowersox** who commented on the nice crowd we had on this beautiful sunny day. **Chaplain Elaine Peacock** read an appropriate poem, "Who Loves You", as a tribute to Mother's Day. The last few words of the poem, "no one loves you like your mother" drew a round of applause. This was followed by the flag salute, club pledge, and singing of "God Bless America."

1st Vice-Pres. Grace Chiesa reported on ill members. She then recognized the May birthdays, and read an inspiring birthday message followed by a "Happy Birthday" song. **Secretary Jean McMichael** read the minutes of the last meeting, and **Treasurer Laura LaRosa** gave the Treasurer's report.

Dorothy announced that we have a guest speaker today, **Ron Esposito of the AAA**. At the next meeting, our speakers will be three candidates in the upcoming Riverdale elections, Messrs. Carelli, Desai, and Oswald. Refreshments will be provided. On June 1st, we will be entertained by the Riverdale School Chorus. After today's meeting, a group picture will be taken by the Mayor. Also, the seniors have been invited to take part in the Memorial Day Parade. Arrangements will have to be made for those who wish to ride.

Mr. Esposito, who visited with us last year, again spoke on traffic and vehicle safety. He would like to set a date in the near future for a free program called "Car-Fit". This is approximately a 15Minute one-on-one program by appointment, which would take place in the Community Center parking lot. It covers such things as proper mirror and seat adjustment, hand position on steering wheel, correct tire

pressure and time to replace tires, etc. For those who haven't done this yet, it is a very worthwhile program.

The meeting was adjourned, the raffle conducted, jokes told and Bingo played. Refreshments were served and social time was spent.

The second meeting of the month was held on May18th. **President Dorothy Bowersox** welcomed everyone and introduced **Chaplain Elaine Peacock**. She read an inspirational piece, "A Prayer for Soldiers", in honor of Memorial Day. We then sang "God Bless America", followed by the flag salute and club pledge.

The Secretary and Treasurer reports were read. **Warren Sheps** of the Trip Committee reported that the town budget has passed and he and **Sandy Wolf** would be conferring on future trips based on the senior allotment. Dorothy asked if anyone had news to share and immediately several members proudly boasted about their children or grandchildren's latest achievements; honor rolls, studying for a PHD or a medical degree, winning a singing contest, etc.

Mayor Budesheim and a representative from the Pequannock Health Dept. stopped by to announce that the six-week Senior Walking Program would begin on Tuesdays at 9:30 A.M. starting May 19th, and left the T-Shirts with the special logo.

Our guest speakers arrive, - candidates in the upcoming Republican primary election on June 2nd, **Paul Carelli** for Mayor and **Dave Desai** for Councilman. They each spoke of their education and business backgrounds, and their history in Riverdale and vision for the town.

The meeting was adjourned, raffle conducted, Bingo played and refreshments enjoyed, courtesy of the candidates.

Presented by Kay Boucher

SUPERLICIOUS PASTA SALAD



Linda Vogel, Librarian

INGREDIENTS:

- 1 Box of spirals or any pasta you desire
- 1 package of grape tomatoes diced
- 1 cucumber diced
- 1 Bottle of Italian dressing
- ½ bunch of fresh parsley diced

Directions:

Cook pasta as directed on box. Dice tomatoes, cucumber and parsley. When pasta is cooked, add remaining ingredients to pasta and refrigerate for a couple hours.

FARMERS MARKET

EVERY TUESDAY

2:30 - 7pm

June - October

Glenburn

211 Hamburg Turnpike, Riverdale



Riverdale Land Conservancy, Inc.

BY and LARGE

Memories of My Dad for Father's Day

By Elaine Peacock

Memories of my Dad have not dimmed even after 29 years I still remember the things that made him so special to me; Santa, trains, balloons, carnival rides, the zoo just to name a few.

I remember a big man with big hands that could fix my littlest dolls. I remember a big kid who always believed in Santa. I remember trips to long gone amusement parks such as Palisades Park and Olympic Park, our yearly trip to the Bronx Zoo and Coney Island. I remember the Thanksgiving Day parade in Newark and how he fought the crowd to get me a blue mouse balloon I wanted. I also remember when we went out to eat he would ask if they had spaghetti because that was all I would eat. I remember how patient he was helping me with my math homework and how much I hated the subject.

I remember the frustrated actor who enjoyed appearing in local productions. My Dad was kind and generous he never passed a Salvation Army red kettle, or the chance to slip some change to a less fortunate soul down on his luck. He played Santa for the town of Riverdale, gave time to his fellow veterans and made sure Memorial Day was honored. He could be gruff but a hug and an "I love you Daddy" would reduce him to jelly. I know one thing for sure that GOD has given him something very special to do and he is handling that assignment just fine just like he always did.

Help Us Keep Our Taxes Down! Recycling saves tax dollars.

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



NO PARKING RULES

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



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

Under state law **NO PARKING:**

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

FEED YOUR FERN. Banana skins and eggshells are excellent natural fertilizers, and the minerals they provide are not readily found in many fertilizers. Flat Club Soda also makes an excellent fertilizer. To perk up colors, give your plants a sip or two occasionally.

Riverdale Food Pantry

Thank you for your generous and continued support.

This Month's Shopping List

- ◆ Pasta and sauces
- ◆ Rice
- ◆ Children's Juices & Snacks
- ◆ Cold Cereal
- ◆ String Beans & Peas
- ◆ Peanut Butter & Jelly
- ◆ Pancake Mix and Syrup
- ◆ Shampoo
- ◆ Paper towels-Tissues-Napkins
- ◆ Dish & Laundry Detergents.



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

Building Permits:

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

Water/Sewer/Tax Payments

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



Credit Card Payments



Welcome to Riverdale Borough's Pay On-Line Service

- ◆ Property Taxes
- ◆ Water and Sewer Bills
- ◆ Court Fines
- ◆ Dog and Cat Licenses
- ◆ Recreation Programs
- ◆ Exercise Classes

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

We accept Visa - MC - Discover - American Express
As well as Electronic Checks from your personal checking account.

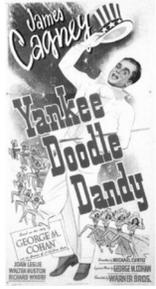


Borough of Riverdale now accepting Credit Card Payments for:

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

STARBUCKS SOLUTION. If you need to repair a hole in a piece of wood, add a small amount of instant coffee to the Spackle or to a thick paste made from a laundry starch and warm water. The coffee tints the Spackle.

Movie Trivia

YANKEE DOODLE DANDY 1942

- ◆ George M. Cohan chose James Cagney to play him.
- ◆ Walking down the stairs at the White House, James Cagney goes into a tap dance. According to TCM, that was completely ad-libbed.

◆ James Cagney's performance as George M. Cohan is ranked #6 on Premiere Magazine's 100 Greatest Performances of All Time.

- ◆ Many facts were changed or ignored to add to the feel of the movie. For example, the real George M. Cohan was married twice, and although his second wife's middle name was Mary, she went by her first name, Agnes. In fact, the movie deviated so far from the truth that, following the premiere, the real George M. Cohan commented, "It was a good movie. Who was it about?"
- ◆ In 2007, the American Film Institute ranked this as the #98 Greatest Movie of All Time.
- ◆ According to his biography the rather stiff-legged dancing style used by James Cagney in this movie is not his own. He copied Cohan's style to make the film more accurate.
- ◆ James Cagney broke a rib while filming a dance scene, but continued dancing until it was completed.
- ◆ The movie's line "My mother thanks you. My father thanks you. My sister thanks you. And I thank you." was voted as the #97 movie quote by the American Film Institute (out of 100).
- ◆ This marks the first time a living US President was depicted in a film.
- ◆ James Cagney became the first actor to win the Best Actor Academy Award for a musical performance.
- ◆ Despite failing health, the real George M. Cohan acted briefly as a consultant on the film. He lived long enough to see the finished result and approved wholeheartedly of James Cagney's depiction of himself.
- ◆ Joan Leslie portrays Mary Cohan, aging from 18 to 57 throughout proceedings. Leslie turned 17 during the production of the film. The fact that she was still attending school during production caused numerous delays.
- ◆ James Cagney trained under the tuition of Johnny Boyle, George M. Cohan's real-life choreographer.
- ◆ The first time James Cagney attended the premiere of one of his own movies.
- ◆ Fred Astaire was first offered the leading role but turned it down.
- ◆ According to James Cagney's autobiography his brother William Cagney (who was also his manager) actively pursued the role of ultra-patriotic George M. Cohan for James as a way of removing the taint of James' political activities in the 1930s, when he was a strong, somewhat radical supporter of President Franklin D. Roosevelt. When Cohan himself learned about Cagney's background as a song-and-dance man in vaudeville, he approved him for the project.
- ◆ Carl Jules Weyl's theater stage set took up a whole sound stage and was specifically constructed so that it could replicate the proscenium design of any given theater, from the traditional, 19th century stylings of the Liberty (now Madame Tussaud's Wax Museum, where "Little Johnny Jones" opened in 1904) and Herald Square (demolished in 1915, where "George Washington Junior" opened in 1906) Theaters, to the Art Deco design of the Alvin (now the Neil Simon, where "I'd Rather Be Right" opened in 1937) Theater.
- ◆ "The Screen Guild Theater" broadcast a 30 minute radio adaptation of the movie on October 19, 1942 with James Cagney reprising his film role.
- ◆ Among the opening credits is one that states "Music and Lyrics by George M. Cohan." However, the come-back musical "I'd Rather Be Right" has a score by Rodgers and Hart, including the romp, "Off the Record", one song decidedly NOT by Mr. Cohan. The stylized Central Park set depicted on the stage is, in fact, a recreation of the original Broadway set as seen in historical photographs.
- ◆ The film was released on June 6, 1942. George M. Cohan died exactly 5 months later on November 6, 1942 at the age of 64. He had been battling a serious intestinal problem for almost a year.
- ◆ James Cagney had previously only shown off his song-and-dance abilities once before in Footlight Parade (1933). He was better known for playing gangsters.
- ◆ The car the college kids are driving is a 1933 Chevrolet Phaeton "Jalopy". Graffiti from back to front reads: "Exit Here" (arrow pointing to door handle), "Open Here", "Will Stop Quick if a Wheel Brakes", "For Sale", "Frankie & Johnnie", "But Good", "In Case of Fire Scream".
- ◆ This was the very first black and white movie to be colorized using a controversial computer-applied process. Despite widespread opposition to the practice by many film aficionados, stars and directors, the movie won over a sizeable section of the public on its re-release.
- ◆ Although Josie Cohan Niblo did predecease Jerry Cohan, dying of a diagnosed heart condition in 1916 at the age of 40 (her then 13-year-old son, future screenwriter Fred Niblo, Jr., discovered her body in an upstairs hallway), his wife, Helen Costigan "Nellie" Cohan actually survived him by 11 years, dying in 1928. In the film, it is stated that both Jerry Cohan's daughter and wife predeceased him.
- ◆ George Barbier (Erlanger) appeared with the actual George M. Cohan in "The Phantom President," one of Cohan's only two talking pictures.
- ◆ In the film Cohan writes a drama called "Popularity" which was a failure. This is fact. Following WW1 he rewrote parts of it, added music, and put it on under the title of "Little Nelly Kelly" where it became a huge hit.
- ◆ A hugely patriotic film, production was already underway when the Japanese attack on Pearl Harbor took place.
- ◆ James Cagney's tearful death scene by the side of dying screen father Walter Huston so moved director Michael Curtiz that he cried uncontrollably while the scene was being shot.
- ◆ Frances Langford is listed in the credits simply as "Singer". In the film, Cagney calls her "Nora", so this character is probably the real-life Nora Bayes (1880-1928). Bayes was a popular performer who recorded many Cohan songs and entertained the troops with Cohan during World War I. Bayes wrote the song "Shine on Harvest Moon" and was the subject of the Warner Brothers biopic Shine on Harvest Moon (1944). In "Yankee Doodle Dandy", Langford also sings the medley "In a Kingdom of Our Own" / "Love Nest" / "Nellie Kelly, I Love You" / "The Man Who Owns Broadway" / "Molly Malone" / "Billie" that backs up one of Don Siegel's great montage sequences. Langford sang "Over There" to WW I American troops and toured with Bob Hope to entertain American troops in WW II, Korea and Viet Nam.
- ◆ James Cagney won his first and only Oscar for this movie.
- ◆ James Cagney was eleven years older than his screen mother Rosemary DeCamp.
- ◆ The film began production without a completed script and was continually requiring rewrites.
- ◆ The film began production without a completed script and was continually requiring rewrites.

FOR GUYS ONLY

Which of course means mostly women will read this. So when your wife, girlfriend, or significant other hands you this, read it guys. **It could save your life and your relationship.**

Look, I'm 58, I've been receiving chiropractic adjustments for a long time. I haven't had the need for any medication in forty years or so. And I sure as he** don't need any stinking Viagra or Cialis. And neither do my male patients who have been getting regular adjustments, and some of them have 15 and 20 years on me!

This is simple guys, it ain't rocket science. Everyone knows that your brain runs your whole body. **That means everything.** You know your spinal cord delivers the messages from your brain to your body that tell your body to do what you want it to do and need it to do. If those messages don't go through your spinal cord 100%, then your body isn't working at 100%. That could mean heart problems, high blood pressure, stomach issues, or other parts that don't do their job. Things don't work right because the messages from your brain which are supposed to tell your body how to work are not going through your spinal cord completely. Picture an electric circuit with a dimmer switch that is turned down part way.



Look, your back might not hurt. But neither do all cavities. Your spinal bones can be subluxated, which means that your spinal bones are twisted, pressing on your spinal cord, slowing down messages to your body parts. Having spinal subluxations does not mean your back will hurt, but it **does** mean that your body parts are **not** getting messages they need in order to work properly.

Having subluxations in your spine can be causing all kinds of body parts to malfunction. It could mean back pain, high blood pressure, heart problems, indigestion or kidney or liver problems or low blood pressure in some parts when you need them to have high blood pressure (a.k.a E.D.)

Get your spine checked guys. Spinal subluxations can cause all kinds of health problems. Do it for yourself. Do it for the beautiful person who got you to read this.

Call Dr. Gary Stewart today for your spinal exam. 973- 835-5773. Stewart Family Chiropractic is located at 43 Newark Pompton Turnpike, Riverdale, NJ 07457. www.stewartfamilychiro.com



Stay healthy with chiropractic. Make sure everything is working.

With this ad - special
INITIAL EXAM rate of \$45
(regularly \$125 and up)
Includes:
Infrared Thermal Scan, X-Rays*, and follow-up Report of Findings.

**If necessary*

43 Newark Pompton Tpke., Riverdale, NJ 07457
www.stewartfamilychiro.com 973-835-5773



IT'S TIME TO REGISTER FOR THE BEST ORGANIZATION AROUND: GIRL SCOUTS!**



COME AND REGISTER for Girl Scouts!

**Thursday, May 21 from 7-9pm
Saturday, June 13 from 9am-noon**

**at Pompton Lakes Reformed Church
59 Hamburg Tpk, Pompton Lakes**

**** Are you NEW to Girl Scouts?**
This registration is for you! Come in to register
OR just to learn more of what Girl Scouts is all about.

For more information, please contact:
Jill Tiger at 862-703-0885 or jill@crosscountryinstall.com

Craft Show

in honor of the Veterans of Foreign Wars

Crafters & Vendors Wanted

June 28

July 19 - August 9



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

Glenburn

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

Did You Know?

- ◆ A frog has to close its eyes in order to swallow.
- ◆ A college professor conducted a study of fingernail biting in 1978 and found that up to 15% of Americans also chew their toenails.
- ◆ If "beauty is only skin deep", it can't be more than 3/16 of an inch thick.
- ◆ The Hawaiian alphabet has only twelve letters.
- ◆ The father of writer Hart Crane is the creator of Life Savers candy, Clarence.

- ◆ The Bowie knife was not invented by James Bowie of Alamo fame. It was invented by his brother, Rezin Pleasant Bowie.
- ◆ Two-heads-are-better-than-one-dept.—Jonathan Swift, the author of *Gulliver's Travels*, shares his grave at St. Patrick's Cathedral in Dublin with the skull of an unknown person.
- ◆ The Pilgrims had planned on coming to America in two ships, the *Mayflower* and the *Speedwell* was not considered seaworthy enough.

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Question

This is the kind of question that was very popular in the middle of the sixteenth century. Nicola Fontana, generally known as "Tartaglia" (the stammerer) was largely responsible for the invention. If a quarter of twenty is four, what would a third of ten be?

Answer on P. 21.

NUTELLA SUNDAE

One of the saddest occurrences in many home kitchens is opening the jar of Nutella tucked away in the back of the cabinet only to realize that it is, in fact, nearly empty. It was once a gloriously full jar, rich with delicious possibilities.

One of the saddest occurrences in many home kitchens is opening the jar of Nutella tucked away in the back of the cabinet only to realize that it is, in fact, nearly empty. It was once a gloriously full jar, rich with delicious possibilities.

Here's how to make the magic happen:

- Eat a jar of Nutella. (Hard work, but someone has to do it.)

- Get your favorite ice cream, whipped cream, and fixings.
- Scoop ice cream into the emptied jar. Be warned, it is bigger than it looks. We were able to fit four hefty scoops into a 13-ounce jar.
- Top with fixings like chopped hazelnuts, sprinkles or even more **Nutella**.
- Give it a generous garnish with whipped cream.



As you eat the sundae, the spoon scrapes away the last bits of Nutella wedged into the curves of the jar and *it is glorious*. Nutella sundaes forever!

AVOID DRIPPING PAINT. Notch a few holes along the rim of your paint can. The paint that you wipe off the brush will go back into the can instead of running down the outside.

WHICH FOODS TO BUY ORGANIC



We realize that shopping organic can be quite pricey. Most commercially grown produce contains residual pesticides, hormones, and chemicals that can be harmful to our health. In order to prioritize your shopping list, here are 2 lists from the Environmental Working Group to help you make decisions at the grocery store for your family : “*The Dirty Dozen +*” are the foods you should invest the money to buy organic and the “*Clean 15*” are foods that are safer to buy commercially.



DIRTY DOZEN + Should Buy Organic **CLEAN 15 Organic or Safe Commercial**

- † Kale/Collard Greens
- † Apples: including sauce/juices
- † Lettuce
- † Blueberries
- † Potatoes
- † Snap Peas
- † Cherry Tomatoes
- † Cucumbers
- † Summer Squash/Zucchini
- † Bell & Hot Peppers
- † Spinach
- † Celery
- † Cherries
- † Grapes
- † Strawberries
- † Nectarines
- † Peaches

- ✓ Avocado
- ✓ Sweet Corn
- ✓ Pineapples
- ✓ Cabbage
- ✓ Sweet Peas (frozen)
- ✓ Onions
- ✓ Asparagus
- ✓ Mangoes
- ✓ Papayas
- ✓ Kiwi
- ✓ Eggplant
- ✓ Grapefruit
- ✓ Cantaloupe (domestic)
- ✓ Cauliflower
- ✓ Sweet Potatoes

Cut this out and keep in your wallet.

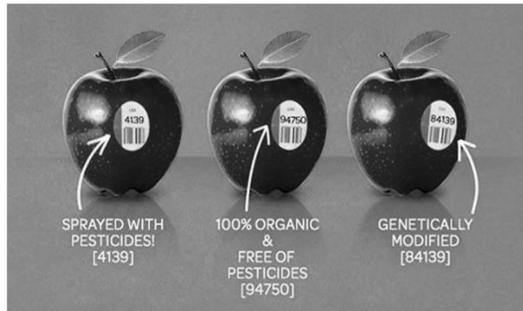
Other benefits to buying organic include:

Benefit from more nutrients: Organically grown foods have more nutrients than commercially grown foods because the soil is managed and nourished with sustainable practices by responsible standards.

Preserve our ecosystems: Organic farming supports eco-sustainability, or farming in harmony with nature.

Reduce pollution and protect water and soil: Agricultural chemicals, pesticides, and fertilizers are contaminating our environment, poisoning our precious water supplies, and destroying the value of fertile farmland. Certified organic standards do not permit the use of toxic chemicals in farming and require responsible management of healthy soil and biodiversity.

Support farming directly: Buying organic food is an investment in a cost-effective future.



How do I know if something is organic?

The USDA has identified three categories for labeling of organic products:

- **100% Organic:** Made with 100% organic ingredients
- **Organic:** Made with at least 95% organic ingredients
- **Made With Organic Ingredients:** Made with a minimum of 70% organic ingredients with strict restrictions on the remaining 30% including no GMOs



What to look for on your labels:

- Look for the USDA Certified Organic Seal
- And if you want to get really detailed (or it’s a sneaky label), look for a 5 digit PLU code starting with #9 (Ex: *Organic banana: 94011, GMO banana 84011*)

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

Benefits Of Freezing Lemons Before You Consume



People have a hard time consuming lemon juice on a regular basis, so there must be an incredible added benefits. The lemon peels that you can use when the lemons are frozen contain 5-10 times more nutrients than the main lemon juice. Whether you use the peels or not, studies has shown that lemons several

properties that are effective against cancer and far more effective than chemotherapy.

Another benefit of lemon is its ability to rid the body of tumors and cysts. They have anti-microbial effects against bacterial infections and fungi and it is effective in getting rid of internal parasites and worms. They regulate blood pressure, acts as an anti-depressant, and they combat stress and nervous disorders.

More than 20 lab tests reveal that lemon kills malignant cells in 12 different cancers, including colon, breast, prostate, lung and pancreas. The lemon tree contains 10,000 times more effective compounds than Adriamycin, which is normally used in chemo. You should use the whole lemon and not waste anything from it. All you have to do is buy an organic lemon, wash it and then put it in the freezer.

Once the lemon is frozen you can grate it or shred it and put it on everything you eat. The big Pharm doesn’t want you to know that lemon is capable of killing cancer cells because then they would be losing money. These companies are wanting to continue to make synthetic “treatments” for cancer so they can make more money.

<http://www.naturalhealthinaction.com/>

THE RAINBOW CONNECTIONS. To add color to a campfire, soak pinecones in a solution of 1 quart of water and 1 cup of baking soda. Let them dry for a few days before tossing them into flames. **AND IT’S CHEAPER THAN WD-40, TOO.** Squeaky door and cabinet hinges, as well as sticky locks, benefit from a light spritz with a nonstick cooking spray.

Dog Ice Cream Recipe:

- 3 ripe bananas
- 32 ounces plain yogurt
- 1 cup peanut butter

Directions:
Blend, pour the mixture into ice trays, freeze. In a couple hours you'll have a cool treat for your dog!



Tesh.com

WHEN IT WAS COOL TO BURN DRAFT CARDS, THERE WERE MEN WHO REMAINED LOYAL TO THEIR COUNTRY. BRAVE MEN WHO FOUGHT AND DID THEIR DUTY WHEN IT WAS POPULAR NOT TO. GOD BLESS OUR VIETNAM VETS!



DUSTINSTOCKTON.COM

OR ATTACK IT WITH A PARING KNIFE. Keep paved areas looking spiffy with this trick. To remove unwanted grass or weeds from sidewalk and driveway cracks, squirt them with a solution of 1 gallon vinegar, 1 cup salt, and 8 drops liquid detergent.

TIMING IS EVERYTHING. When cutting flowers from your garden, be sure to cut them only in the late evening or early morning. Have a bucket of water with you and use very sharp shears. After you cut the flowers, immediately submerge the stems in the water, and cut them again on the diagonal. The stems will then take in water and not air, and the blooms will last longer.

I HATE GRASS. Well, not really, but lilac bushes do. They'll flower better if you keep a 16-24 inch circle around their base free from grass. Lime and manure are great fertilizers for lilac.

THERE HAS TO BE SOME USE FOR THAT ANNOYING STUFF. The packing popcorn used for shipping works better than pebbles in the bottom of flower pots. They don't add much excess weight, and are efficient at retaining water.



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Granpa's Old Fashioned Know How

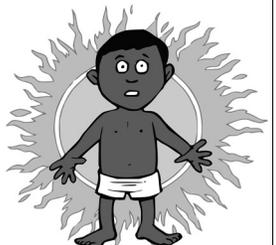
SUNBURN RELIEF

You will need the following ingredients:

1 Tablespoon of White Vinegar

2 Tablespoons of Virgin Olive Oil

Place the ingredients in a small bowl and mix well. Use a cotton ball and dab on affected areas. Relief is almost instantaneous, but reapplication will be necessary when the discomfort returns.



BROOM CARE. Brooms do get dirty. Occasionally dip about a third of the brush into fresh mop water and slosh it around a bit; then rinse and shake the water off. This will clean your brooms and them clean better.



RIVERDALE WOMAN'S CLUB

The Riverdale Woman's Club, a proud member of the New Jersey State Federation of Women's Clubs, participated in the Ramapo District Achievement Day/Spring Conference held at the Ramsey Country Club on

April 21, 2015.

There were eight members in attendance with several ladies entering their crafts and homemade bake goods. **Josephine Spenillo** won many Gold place awards for her jewelry creations as well as for her crocheting. **Vilma Waclawski's** cookies also won a gold award. These women will have their entries shown and judged at the NJSFWC State Convention in Atlantic City May 4-6, 2015.

President Dolores Farrelly reported on the work the Riverdale Woman's Club accomplished this past year. The Club is especially proud of the awards that are presented to Riverdale's eighth grade students as well as the scholarships that are presented to Pompton Lakes High School graduates from Riverdale.

By far the highlight of the Conference for the Riverdale Club was the surprise presentation of a 50 year pin to **Blanche Hollick** in recognition of her 50 years as a Federated Woman's Club member. The pin was presented by New Jersey State Federation President Jill Passaretti who also read a letter to Blanche from Babs Condon, President of the General Federation of Women's Clubs.

The NJSFWC Convention will be attended by **Jean Revis, Dolores Farrelly, Nancy Bird and Kathy Olsen.**

The Riverdale Woman's Club meets the second Wednesday of the month. For further information on joining the Club, please call **Jean Revis at 973-835-3269.**

FATHER'S DAY Grace Golden Clayton may have been inspired by Anna Jarvis' crusade to establish Mother's Day; two months prior, Jarvis had held a celebration for her dead mother in Grafton, West Virginia, a town about 15 miles away from Fairmont.

After the success obtained by Anna Jarvis with the promotion of Mother's Day in Grafton, West Virginia, the first observance of a "Father's Day" was held on July 5, 1908, in Fairmont, West Virginia, in the Williams Memorial Methodist Episcopal Church South, now known as Central United Methodist Church. Grace Golden Clayton was mourning the loss of her father when, on December 1907, the Monongah Mining Disaster in nearby Monongah killed 361 men, 250 of them fathers, leaving around a thousand fatherless children. Clayton suggested her pastor Robert Thomas Webb to honor all those fathers.

Clayton's event did not have repercussions outside of Fairmont for several reasons, among them: the city was overwhelmed by other events, the celebration was never promoted outside of the town itself and no proclamation was made in the City Council. Also two events overshadowed this event: the celebration of Independence Day July 4, 1908, with 12,000 attendants and several shows including a hot air balloon event, which took over the headlines in the following days, and the death of a 16-year-old girl on July 4. The local church and Council were overwhelmed and they did not even think of promoting the event, and it was not celebrated again for many years. The original sermon was not reproduced in press and it was lost. Finally, Clayton was a quiet person, who never promoted the event or even talked to other persons about it.

In 1966, President Lyndon B. Johnson issued the first presidential proclamation honoring fathers, designating the third Sunday in June as Father's Day.^[19] Six years later, the day was made a permanent national holiday when President Richard Nixon signed it into law in 1972.

Human vs. Computer Viruses

By John Morley



Whether we see someone sneezing profusely or hear one may be sick; many will immediately ask is it contagious and is he/she on antibiotics before getting to close. Now computers can also get sick by contracting a Virus, or Spyware. When we think a human body(s) may have contracted a virus we know it's in our best interest to get rid of it quickly; else it may get worse and cause more serious health complications. However; when we hear a computer might have a virus many will ignore it; till it does something bad like send out emails to your entire address book or become so annoyingly slow.

Now Viral and Bacterial Infections can essentially be spread in two ways by one that is infected: By either coughing/sneezing the bacteria onto someone or touching or shaking hands with someone. You may be asking yourself why? Simple; It is not the fact that the bacteria is just on the skin but because most people will generally either rub their eyes, nose or get it in their mouth and now the bacteria is making instant contact with the body's delivery systems. These same systems that were designed to keep the body healthy will also transport that bacteria and cause other parts of the body to become quickly infected.

Computers can easily become infected by:

- 1) Opening and email attachment that contain malicious code, even if it is from a friend or co-worker.
- 2) Downloading free programs from the internet; if it appears too good to be true then it probably is. (Stay away from programs/music and other sharing sites) as many of these are all laced with viruses and at the very least spyware which tracks you.
- 3) Failing to install the latest System Updates, Adobe Updates, Java Updates, etc
- 4) Downloading Torrent(s): A special type of file that contains metadata on the files and folders to be distributed. Usually people take paid software, hack it and build a torrent for illegal software distribution on a site that is filled with viruses and spyware as everyone in the world has access to them and there are no regulations or restrictions on these sites.
- 5) Failing to have a good Antivirus Program with an active subscription will only get you into trouble
- 6) Watch Out for Social Media Sites: The company's running these don't have the resources or time to monitor them.

Now that we understand how to prevent them; let's take a look at how a virus actually infects your computer. An Email may come in and one clicks on the attachment; and before you know it a system error occurs and now you have to reboot. That Reboot was no accident; that is the virus's sneaky way to get the program installed before the Antivirus System loads and then tries to diffuse it. Once you do reboot; the computer appears much slower and within a few minutes of reading emails, you start getting calls from everyone in the address book that they got a weird email from you that you never sent. Now you know you're in trouble; and failure to respond will cause many of your friends and family to become infected. Once you know your infected don't enter any personal information on your computer as other parties may be getting a copy of your information as well as a back door being opened to your entire computer and your sensitive personal information.



Engineering Technology to Grow your Business!

Some Thoughts on Collecting Today

by Riverdale Resident and Columnist

Bill Lango

A few of my train collectors buddies were reminiscing recently about the changes they've experienced in their collecting specialty: toy trains. They collect and operate post World War II Lionel trains.

My friend Steve told me that he recently purchased four separate collections of toy trains within two weeks time. They were not very desirable items, mostly common stuff. Because of the prices he paid for them and today's soft market, he is concerned about selling his recent purchase for a modest profit.

That's when the conversation turned to the mid 1970s. A time when there was too little "product" and too many buyers. Now the opposite is occurring: A slow decline in collector interest in traditional hobbies such as dolls, trains, toy soldiers, action figures, and antique toys in general began around the mid 1990s.

Train collecting in the North Jersey area began its renaissance in the mid 1970s. Train meets were held at small venues, such as Fire Houses, VFW Halls, etc. Collectors and dealers would get together to buy and sell toy trains. Collectors would even meet in parking lots to buy sell trains out of the trunks of their cars.

Dover Police Officer Donald Brill began promoting and sponsoring the Northwest Jersey Train-O-Rama. His early shows packed the Dover High School Gym, and in just a few short years the show outgrew the main gym and stretched into the auxiliary gym across the hall. Eventually the show outgrew expanded into the cafeteria with vendor tables spilling out into the hallways.

At its peak the show had room for over 400 vendor tables. So many collectors would attend the shows that Don devised a floor plan that allowed collectors to peruse the show walking in one direction. Directional arrows were set up to insure collectors would walk in one direction.

Lines of enthusiastic train collectors would literally fill all the parking

lots and wrap around the building in anticipation of the doors opening at 9 a.m. Similar occurrences also took place within just about all the major collecting specialties.

Then in the mid 1990s, a small decline in both collector and dealer interest began to take place. The Dover show slowly shrank in size. By the time 2000 rolled around the show reverted back to being held only in the main Gym during the cooler months, when collector interest in toy trains traditionally peaks. Summer shows were held in the smaller air conditioned cafeteria. After 37 years and the untimely death of Don Brill in 2013, the Dover show closed its doors for good.

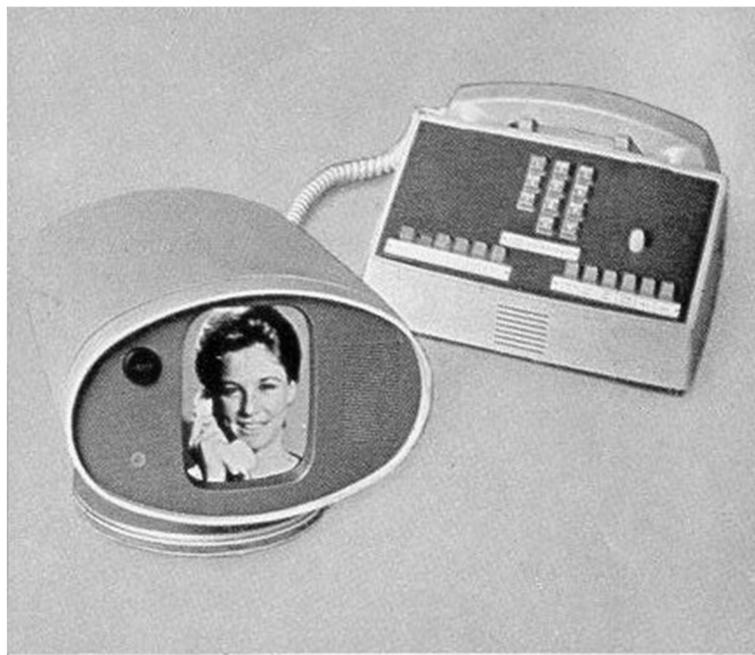
Likewise, the Wayne Train Show, went from being held in two large rooms to one.

So, what's the reason for the decline in collector interest across the board in almost all collecting niches?

1. Baby boomers (born between 1945-1964) are moving into retirement communities, downsizing, or dying off, and are either selling off, or leaving behind their collections. There are too many collections and not enough buyers for them, which has caused an ensuing decline in prices.

2. Millennials (born between 1975-1995) have a different collecting profile than Baby Boomers. Many of them just don't want their parent's stuff. They are content with spending their money on travel and electronics. They are not nesters or collectors.

Perhaps the most telling reason for the decline in traditional collecting hobbies is that the younger generation is so wrapped up in electronic gadgetry. I almost fell out of my easy chair the day after Christmas when a TV news channel interviewed children as to what was the worst gift they received for Christmas. When asked this question, one twelve year old replied: "The worst gift I received was a Train Set. It was too babyish for me, so I gave it to my little brother."



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RIVERDALE SCHOOL NEWS

From the desks of Riverdale School Superintendent, Mrs. Vicki Pede and Principal, Mr. Daniel Cullen

As these words are written for the town's June 2015 newsletter, one can't help but marvel about the speed at which the school year has passed. Believe it or not, there is only a short time of classroom instruction before our students begin their summer break. It is certainly my belief that even though there is a break in the day to day classroom instruction, that all of us still continue to learn over the summer! There is much work to do in preparation for the new school year that is right around the corner in September. In fact, staff and students alike will certainly be continuing to embrace those authentic learning opportunities through reading and writing across content areas throughout the summer! As I have shared with numerous people in our educational community, my personal summer reading list is growing by leaps and bounds as I continue to read my personal pleasure reading choices, professional selections, young adult novels, and even picture books to keep up with the current trends impacting the teaching and learning that is expected.

One of the exciting moments of a child's life is the starting of their kindergarten schooling! On Wednesday, May 20th, our new group of kindergarten children entered our school with bright eyes. Their parents accompanied them with mixed emotions, I'm sure! Our kindergarten teachers supported our current kindergarteners as they sang a welcome song about kindergarten learning to our new arrivals; Mr. Cullen provided a welcome to them as well with inspiring words from one of his favorite books by Dr. Seuss. This event, sponsored by the PTA, was again skillfully orchestrated and provided a solid introduction of our school to both parents and students. A highlight of the day included a bus ride around town and instructions from our own Mr. Sorgi on safely crossing the street.

At our Board of Education Meeting on Wednesday, May 20th, the joint efforts of the Board of Education, the Parent-Teacher Association, and the Riverdale Education Association honored the many years of service of our dedicated school nurse, Mrs. Karen Rapone, who is retiring at the conclusion of this school year. She has worked for the benefit of our students and staff for 18 tireless years! A resolution prepared for her by those that know her best included some of the following words: "...while teaching health, filling out paperwork, calling parents, tending to the needs of her tiny and not too tiny patients, whose office was busier than

Walmart on Christmas Eve, still, always without fail, treated each and every individual she dealt with, with patience, dignity, compassion and love, as if their problem was the center of her universe." Although we will certainly miss her smiles and ever-present generous gestures, we wish Mrs. Rapone a very happy and very healthy retirement in the company of both her family and friends! She will certainly be missed, but rest-assured that her mark on Riverdale has been deeply engraved in all of our hearts.

Please join us on the evening of June 23rd when we bid our eighth graders farewell from Riverdale School and wish them all of the best in their future endeavors. From all of us at Riverdale School, we wish you all a wonderful summer season. Enjoy all of the outdoor pleasures that life brings us. Keep reading and learning each and every moment that you can!

UPCOMING SCHOOL EVENTS AND REMINDERS:

Field Day Raindate	June 1	Outdoors
Spring Concert	June 2, 7:30	Gym
Kindergarten Screening	June 3 and 4, 9:00 - 12:30	OT/PT Room
Board of Ed. Meeting	June 3 - 7:30	Library
Eighth Grade Awards Dinner	June 5 - 6:30	Regency House
PTA "Flapjack Fundrasier"	June 7, 8:00 - 10:00	Applebee's - Butler
DARE Graduation	June 10, 1:30-2:30	Gym
Coffee with the Principal	June 11, 1:15 - 2:00 pm	Cafeteria
PTA Meeting	June 11 - 7:30	Cafeteria
Board of Ed. Meeting	June 17 - 7:30	Library
Kindergarten Celebration	June 19 - 1:15	Gym
Eighth Grade Graduation	June 23 - 6:30	Front Lawn
Last Day of School for Students	June 23 - Early Dismissal	Happy Summer!
Last Day of School for Faculty	June 24 (In-Service)	Happy Summer!

Pompton Lakes Riverdale First Aid Squad

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

PLRFAS, 700 Ramapo Avenue, Pompton Lakes, NJ 07442

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



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



Where Are They Now? Danny Bonaduce *THE PARTRIDGE*

FAMILY: He was a standout as Danny Partridge, the family act's wheeler-dealer bass player. The adult Danny's career nosedived amid bad marriages and addiction. Now 54, his troubles are a selling point, with bad-boy gigs as a radio host, reality TV star, even a wrestler.



Reverence and Respect At Flag Folding Ceremony



Flag Day is Sunday, June 14. This is the date in 1777 that the Second Continental Congress passed a resolution adopting the stars-and-stripes as the official flag of the United States.

The American flag is as close as we get to something sacred in this country. Americans feel the same way about the flag that some people do about the Bible, Torah, or Quran. These are symbols of deep faith, which demand respect. Burn or desecrate them and you're asking for trouble.

I grew up pledging allegiance to the flag, just like every other American kid. But it wasn't until my father-in-law passed away in 2008 that I really came to realize the flag's power as a symbol of freedom and hope.

My father-in-law served in the Air Force; as such he was eligible for military funeral honors. After the church service they would play taps and two members of the honor guard would perform a flag folding ceremony.

I knew there was a special way the American flag was folded, but I had never seen it done before. The two uniformed men *slowly* removed the flag covering the casket. Their movements were so unhurried, I thought there was some kind of mistake. Did these guys know what they were doing? All you could do was watch as they lingered over every fold.

For five minutes I watched in silence, along with the rest of the mourners, while the two men entrusted with folding the flag made sure every crease, tuck, and pleat was tight and true. They moved with deliberate, almost robotic gestures, like an underwater ballet. Every move—every salute, every fold, every hand gesture—held significance, and was treated as such.

I was watching an act of supreme reverence, one that not only paid tribute to our nation's flag, but also to the American citizen who served our nation, the person that flag represented. I was unprepared for how touching, powerful, and moving the flag folding ceremony would be. I later learned each move in the flag folding ceremony *does* have

special significance. For years, it was a tradition at Air Force funerals to recite the reading below (the rough translation is mine).

The first fold is the symbol of life, the second the belief in eternal life.

The third fold represents the fallen military veteran, the fourth fold belief in God, and the fifth fold is a tribute to our country.

The sixth fold is a tribute to the armed forces, and the seventh fold is where our hearts lie (after all, it's with our hearts that we pledge allegiance to the flag.)

The eighth and ninth folds are a tribute to mothers and womanhood, while the tenth fold honors fathers.

The eleventh fold, in the eyes of a Hebrew citizen, represents the lower portion of the seal of King David and King Solomon, while the twelfth fold, for Christians, represents the Holy Trinity.

The thirteenth and final fold is representative of the original thirteen colonies.

After the flag is completely folded and tucked in, it looks like a cocked hat, the kind worn by the soldiers who served under General George Washington and the sailors and marines who served under Captain John Paul Jones.

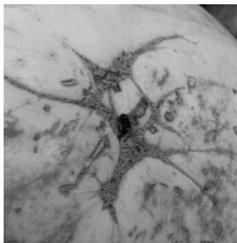
In 2007, the top brass at the Veterans Administration decided the flag folding script (written ages ago by an anonymous Air Force chaplain) contained too many religious references and banned it. Veteran's groups complained, so the VA relented, allowing the families of the deceased to decide if they want the flag folding script read during their memorial service. The script was not read at my father-in-law's funeral, and I don't know if we were even given the option. But I think watching in silence gave the ceremony extra weight anyway.

After my father-in-law's funeral, I fixed the broken flag holder on the front of our house and re-hung our own American flag. I hope if you don't already have one, you'll go out this weekend and get an American flag of your own. Hang it proudly this Flag Day. And remember the people it represents.



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

How to pick a Watermelon

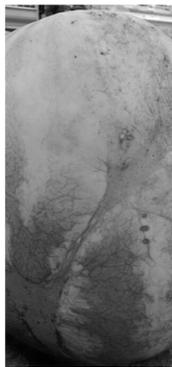


Everyday I see people banging on watermelons trying to pick the best one. Here's the real deal on picking the sweetest Watermelon:

1. Make sure it has a prominent yellow spot. This is where it sat on the ground ripening. No spot = premature pick = not ripe.

2. Look for "webbing". This is the brown, coarse web looking material. This is caused when bees pollinate the flower and scar the membranes that later forms the fruit. The more pollination = more webbing = sweeter fruit.

3. Look for black hard globs seeping out. This is sugar not insects or rotting.



Thank you, Anthony Kessarisi!

Anthony Kessarisi was kind enough to donate the sound system for the outside of the Municipal Building. It was installed in time for the Memorial Day Ceremony on Monday, May 25.



You know you're getting old when:

- Your joints buckle and your buckles won't.
- You resort to slip-on shoes.
- The pucker marks around your mouth are not from puckering up.
- When anything you feel is most likely to be a symptom.
- You used to find fiber in your carpet—not in your cereal bowl.
- You don't go anywhere without your sweater.
- You can't find your glasses without your glasses.

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?*



William Floyd was practically ruined by the Revolution. He had participated in a move of resistance against British oppression that had developed in the eastern part of Long Island, where his home was located. He was sent to the First and the Second Continental Congress, and shared the difficult task of supplying the army.

Tories plundered Floyd's extensive woodlands until they were "despoiled of almost every thing but the naked soil." They took over the family home, appropriating farm implements, stock, and household goods, as Mrs. Floyd and the children escaped with other victims across Long

Island Sound to Connecticut.

Floyd and his family were exiled from their home for seven years. He received no income from his property until after the treaty of peace was signed and the British evacuated in 1783.

Philip Livingston was literally "to the manor born." His grandfather once owned 160,000 acres along the east bank of Hudson River, constituted under English law as the Manor of Livingston, in which the lord exercised his own jurisdiction. Philip went to Yale, and became a successful New York importer.

All his business interests, and his mansion on Duke Street, fell to the enemy. His country estate on Brooklyn Heights became a British naval hospital. Homeless, the members of his family fled up the Hudson to Kingston, New York. They were further endangered when the British burned Kingston.

Public-spirited and generous—one of a family that "had virtue and abilities as well as fortune" - Livingston sold some of his remaining property to help maintain the country's credit.

He never had a chance to return home. He died in 1778 while serving in Congress.

The family of Signer Lewis Morris also had to find refuge when the Manor of Morrisania in Westchester County was appropriated by the enemy. It was part of property known as Bronck's Land, named for its original owner, the first permanent settler of the county. The invaders destroyed valuable timber, crops, and gardens on the thousand-acre tract and drove away the livestock.

The Morrisises, like the Floyds, were denied their home for seven years. Lewis Morris became a brigadier general of Westchester militia, and had three sons who served as officers in the American army.

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



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Summer Saturday Hours 10-2

ADULT PROGRAMS

Water Music: Use Fountains, Waterfalls and Ponds to Create an Oasis in Your Garden — Mon., June 1, 7:00 p.m. We've all enjoyed nature's serenity when we've encountered a rippling brook or waterfall while hiking or traveling, but where is that spot when we need it most? Use this presentation by Master Gardener Barbara Katz to help you re-create those serene moments in your yard or add a new dimension to your garden.

Friday Matinee - American Sniper — Fri., June 12, 1:00 p.m. Rated R, 134 min. U.S. Navy SEAL sniper Chris Kyle saves countless lives and survives four tours of duty in Iraq, but has difficulty leaving the war behind when he finally returns home. Rated R, 134 minutes.

Adult Summer Reading Program — Starting Mon., June 22, celebrate summer by participating in our 2015 Adult Summer Reading Program called "Escape the Ordinary." Pick any book you like and simply let us know what you read! The more you read, the more chances you have to win prizes.

ADULT COMPUTER PROGRAMS

Powerpoint — Wed., June 17, 6:00-7:30 p.m. Design a presentation with text, clip art, and animation. You'll learn about formatting, the design options available, presentations views, and how to run a slide show.

iPad and Tablet Users Group — Fri., June 19, 1:00-2:00 p.m. New to using a tablet or iPad? Bring your device and learn the basics in this monthly workshop for tablet users looking to increase their skills and share knowledge and experience.

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Thanks to the generosity of the Friends of the Riverdale Public Library, we are delighted to announce that Ancestry® Library Edition is now available here at the Library! This database contains billions of items of census data, vital records, directories, photos, and more from areas all over the world.

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CHILDREN'S PROGRAMS — GRADES K-5

Puppy Pals — Wed., June 10, 4-5 p.m. Join our library animal heroes! A fun way to encourage reading skills over the summer, independent readers can choose a book to read to Liberty and Justice, certified therapy dogs from Creature Comfort, while younger children can "read" a story by discussing the pictures.

Superdads! — Sat., June 20, 11:00-12:00 p.m. Is your dad stronger than the Hulk? Braver than Batman? Faster than the Green Lantern? Celebrate Father's Day by making a super card for your dad, grandpa, uncle, big brother—whomever you call the hero in your life!

Lego Lab — Wed., June 24, 4-5 p.m. What can you build out of LEGOs? A police station? A firehouse? A school? We'll celebrate our local heroes and community helpers with inspiring stories and fun building challenges!

Summer Reading Kickoff Party — Thurs., June 25, 4:00-5:00 p.m. We'll start our superhero summer with super animals! Meet wacky wallabies, amazing armadillos, fantastic foxes, and more at Eyes of the Wild's traveling zoo!

INFANT & PRE-SCHOOL PROGRAMS

Programs run the week of June 15 through August 4.

Baby Time: Up to 2 years w/caregiver. Mon., 11-11:30 a.m.
Totally Twos: 2 year-olds w/caregiver. Mon., 10:15-10:45 a.m.

**Every Hero Has a Story!
 The Summer Reading Program is Here!**

Summer fun starts Monday, June 22, with a theme of Every Hero Has a Story! We have Ninja Turtles, 3-D comics, and superhero programs to interest and motivate young readers. Register to receive your log book, record your reading, and then spin the prize wheel each week. Get coupons for free ice cream, and enter a raffle to win a bag of books! Summer reading registration begins **Mon., June 22**, at the library.

MONTHLY

Adult Book Discussion Group — Mon., June 22, 6:30-8:00 p.m. *Tortilla Flat* by John Steinbeck.

Photo Club — Mon., June 22, 6:30-8:00 p.m.

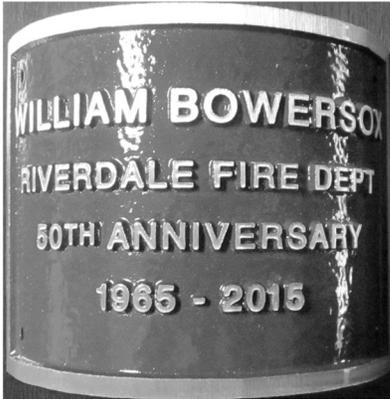
Gypsy Knitters — Thursdays, 4:00-8:00 p.m. Experienced knitters, bring a project and join in!

RIVERDALE



To our Troop Leader 658, we say Thank you! And for our Co-Leader parents Thank you for being a great role model!

Memorial Day 2015



William Bowersox was presented with his own lamp post in front of the Riverdale Library in honor of his 50 Years of active service to the community as a member of the Riverdale Volunteer Fire Department. *Thank you, Bill!*



Grand Marshall **Douglas Fritsch** and his wife, Sherry, being driven in the parade by Marybeth Miller.

A big Thank you to those who worked so hard to make the 2015 Memorial Day Parade so special.

Frank Sorgi - Lori Clinton
Krista Osborne - Pam Sylvestri
Dawn Dube-Kessarlis

DAILY NEWS

Dawn Gosson, Citizen of the Year



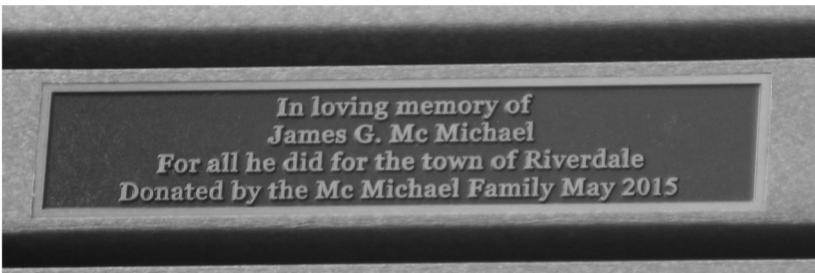
Dawn, Walter, Amanda, Taylor Gosson



Dawn was nominated Riverdale Citizen of the Year by the Mayor, because of her contributions to the Pompton Lakes-Riverdale First Aid Squad, the Girl Scouts, PTA, the Riverdale School and Recreation. Dawn, Riverdale is proud of you and grateful for your service to the community!



The Family of **Jim McMichael** donated a park bench in his memory that is being placed as part of the War Memorial. Mr. McMichael, a veteran of the Korean War and a former Riverdale Councilman, was the guiding light behind the annual Memorial Day Ceremony for many years. Pictured above is Mrs. Jean McMichael. Thank you to the McMichael Family.



*In loving memory of
James G. Mc Michael
For all he did for the town of Riverdale
Donated by the Mc Michael Family May 2015*

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RECREATION NEWS



"LIKE" us
at Riverdale Recreation

Krista Osborne, Director

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

KIDS OIL PAINTING CLASS

Saturday June 6 10:00am – 4:30pm
at Riverdale Community Center

Children ages 7 – 14 years Beginner to Advanced.

Cost: \$45.00 includes all supplies.

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

FIELD HOCKEY CLINIC

In conjunction with Pompton Lakes Recreation.

June 24 thru June 30 9:00 - 10:30 am

Hershfield Park in Pompton Lakes

\$70

Students in Grades 2 - 8

To register email RiverdaleRec@gmail.com

Dorney Park & Wildwater Kingdom

Riverdale Recreation is once again
offering discounted tickets

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

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

Purchase tickets at your convenience!

Questions? email riverdalerec@gmail.com

ADULT OIL PAINTING CLASS

Wednesdays June 10 & June 17
6:00 – 9:30pm

Cost: 35.00 includes all supplies.

Saturdays June 13 & June 20
11:00am – 5:00pm.

Cost: \$45.00 includes all supplies.

All classes held at the Riverdale Community Center.

Ages 15 years and up – all skill levels.

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

ZUMBA

At the Riverdale Community Center

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

Zumba Toning® Monday 7:30-8:30pm

Zumba Gold® Tuesday 10:00-11:00am

Zumba® Tuesday 7:30-8:30pm

Zumba® Thursday 7:00-8:00pm

PL Rec Middle School Camp

Students entering 7th, 8th and 9th grades as of Fall 2015

July 6 thru 17 10:00 am to 12:00 noon

\$100 for Two Weeks or \$75 for One Week

PLHS Gymnasium

riverdalerec@gmail.com to sign up

Pee Wee & Me Playtime!

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

Starts: June 13, 10:00 – 11:00 a.m.

*We'll meet 2nd Saturday of each month
June through October (6/13, 7/11, 8/8, 9/12
and 10/10) weather permitting.*

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

Come out make some new friends!



SENIOR WALKING CLUB

Tuesdays, 9:30 – 10:30 am

May 19, 26, June 2, 9, 16 & 23.

Riverdale Community Center

6 week session, no cost. Includes Free Shirt.

Adult CoEd Softball

Thursdays starting June 25 through Labor Day weekend,
6:00pm at Riverdale School Fields.

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

To sign up – email riverdalerec@gmail.com or just show up.



Riverdale Recreation is offering discounted tickets!!

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

Yoga

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

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

All levels welcome

For more info contact Sandra msscala@aol.com

Walking Club

In conjunction with Pompton Lakes Recreation.

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

Hershfield Park in Pompton Lakes.

As cats sharpen their claws, they leave a scent signals. Glands in the feet leave secretions, letting other cats know who has been there. Also, in certain places on the cat's body, there are special sebaceous glands that produce the secretions used to leave Scent messages: These glands are clustered around the cat's face, neck, shoulders, near its tail, and on the under sides of the paw.



Fill the dead unused spaces in your house with storage cabinets that can be used to reduce the clutter around the home. Places such as the unused space around the kitchen corners and above the fridge, or the empty unused ceiling at some locations that can be optimized by adding a cupboard.



Wall drawers can be built into walls that are unused and hollow. Wall drawers are the ultimate way of using dead unused space around the house. Providing that the wall is thicker, a wall drawer can be installed within a few hours.

Beware of this Cosmetic Ingredient. The number of people reporting skin allergies is skyrocketing, and the reason is a chemical preservative found in cosmetics. Methylisothiazolinone (MIT) is added to cosmetics to prevent the growth of bacteria and yeasts, but it causes allergies called contact dermatitis, which leads to itchy, red skin. Popular products containing MIT include body lotions, baby wipes, shampoos, and shower gels. Although it's considered nontoxic, manufacturers are using it in higher amounts than in the past, spurring a rise in allergic reactions.

Vitamin D Eases Crohn's. Extra vitamin D helps the debilitating fatigue and muscle weakness that are characteristics of Crohn's disease, an inflammatory bowel disease that can cause abdominal pain and diarrhea, according to new research. In a study at Dublin's Trinity College, Crohn's patients who took 2,000 IUs of vitamin D daily for three months showed improvement in muscle function as well as an overall improvement in their quality of life. Researchers say vitamin D stimulates the immune system in the intestine, defending against damaging bacteria.



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Tune-up Time



Athletes Who Died Too Soon

Sarah Jean Burke (September 3, 1982 – January 19, 2012) was a Canadian freestyle skier who was a pioneer of the super pipe event. She was a four-time Winter X Games gold medalist, and won the world championship in the half-pipe in 2005. She successfully lobbied the International Olympic Committee (IOC) to have the event added to the Olympic program for the 2014 Winter Olympics. She was considered a medal favorite in the event. Burke died following a training accident in Utah.



As a teenage mogul skier, Burke would often sneak onto the Snowboard half-pipe at the end of the day. She was considered a pioneer in the sport of super pipe skiing, along with American Kristi Leskinen. The pair were frequent competitors, and often against male skiers.

Burke won first place in the 2001 US Freeskiing Open in the half-pipe event and finished second in slope style. She and Leskinen were the only women who competed against the men. In 2004, Burke lobbied ESPN to include a division for women skiers at its Winter X Games. In 2005, ESPN added women's freeskiing to the X-Games.

When half-pipe made its debut at the 2005 FIS Freestyle World Ski Championships, she emerged as the first world champion. Burke is also a four-time Winter X Games gold medalist in freestyle skiing. She was the first woman ever to land a jump with 1080-degree rotation in competition. She won ESPN's 2001 Award for female skier of the year and was voted 2007's Best Female Action Sports Athlete at the ESPY awards.

She regularly participated in skiing films, including *Propaganda*, in which she showcased her skills by sliding huge rainbow rails, spinning a huge 540 in the pipe and throwing back-flips. Burke was a known promoter of the super pipe skiing event, working to have it added to the Olympic program. She failed to have the event added in time for the 2010 Winter Olympics in Vancouver, but successfully lobbied the International Olympic Committee to have the event added for the 2014 Sochi Games. Two years ahead of the games, she was considered a potential favorite for the gold medal in Sochi.

On January 10, 2012, Burke was seriously injured while training on the Park City Mountain Resort Eagle super pipe in Park City, Utah. This is the same super pipe where snowboarder Kevin Pearce was seriously injured in 2009. Onlookers reported that Burke had completed a trick fairly well yet fell onto her head, and the accident did not appear to be very severe. Moments later, however, she went into cardiac arrest while still on the ski slope, making her chance of survival extremely low. She was resuscitated and airlifted to the University of Utah Hospital in Salt Lake City, where she was reported to have been placed in a medically induced coma.

The following day, she underwent neurosurgery to repair a tear in a vertebral artery. She died of her injuries on January 19, 2012. According to her publicist, Burke's injuries had resulted in "irreversible damage to her brain due to lack of oxygen and blood after cardiac arrest." Her organs and tissues were donated as she requested before her death.

Influential Women Virginia Apgar

Every year, thousands of at-risk babies are saved, thanks to the development of a test assessing the physical condition of newborns created by Dr. Virginia Apgar.



Born in Westfield, New Jersey, on June 7, 1909, to Helen Clark Apgar and Charles Emory Apgar, Virginia was the youngest of three children. From an early age, Virginia knew that she wanted to be a part of the medical field, in part due to the death of her eldest brother at the age of three.

Apgar entered Mount Holyoke College in 1925 on a scholarship to study zoology. Much of her free time was spent in the college orchestra, playing violin and cello. In 1929 she graduated from Mount Holyoke and entered the College of Physicians and Surgeons at Columbia University. In 1933, Apgar graduated fourth in her class and won a surgical internship at Columbia Presbyterian Hospital (CPH). She served three years under Allen Whipple, who persuaded her to switch to anesthesiology.

Between 1936 and 1938 Apgar studied anesthesiology from nurses at Columbia Presbyterian and completed her residency at the University of Wisconsin, Madison, and Bellevue Hospital in New York. In 1939 she became certified by the American Society of Anesthesiologists and was appointed Anesthesiologist-in-chief at the Columbian Presbyterian Hospital. She was only the second woman in history to receive certification and the first to head a department at CPH.

In 1948 CPH established the Department of Anesthesia, and Apgar left her administrative duties to work more closely with patients. Shortly after, she was appointed Professor of Anesthesiology at the College of Physicians and Surgeons at Columbia University. It was at this time that she began to work in obstetric anesthesiology at the Sloane Hospital for Women.

Apgar spent the next few years perfecting a scoring system known as the Apgar Score. This system evaluates a newborn's transition into the world by measuring five items: heart rate, respiratory effort, muscle tone, reflex response and color. By using that method, physicians and nurses could assess whether or not a newborn needed emergency medical attention. In 1952 the score was presented to the medical board, and it was published in 1953. The score is now standard in all hospitals throughout the world.

Following her development of the Apgar Score, Apgar returned to school and earned a masters degree in public health from Johns Hopkins University in 1959. After her graduation, Apgar joined the National Foundation of the March of Dimes and was appointed as director of the Division of Congenital Malformations. She remained the director until 1972, when she was appointed vice president and director of basic research and then senior vice president in charge of medical affairs in 1973. Much of Apgar's time with the March of Dimes was devoted to promoting public support and funding for birth defects research.

- The Eiffel tower grows six inches every year. In the summer the metal expands to make the tower grow but also in the winter the metal contracts to shrink the tower back down.
- The average cruise ship burns approximately 1 gallon of fuel to move just 6 inches.
- The wingspan of Boeing's 747 is longer than the Wright brothers' first flight.

Neighbors in Nature

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

People to be Thankful for in Riverdale...

There are lots of people to thank here in Riverdale since our family moved here in August 1949. I would start with my immediate neighbors. A son is learning his father's business in school and in practice and will carry on that tradition. Another son, who had done tours in Afghanistan as a Marine is now training to become a police officer, neighbors with great creative flower gardens...

In 1995 a neighbor's cat supervised my beginners sheet rocking of our kitchen ceiling. The cat had come in through the open cellar door from the outside, up the cellar stairs into the kitchen, and sat under the first part to go up as I put in the screws. All went well, for if I had dropped that sheet rock ... He ultimately also became a part time family member and was mourned 16 years later when old age caught up to him.

In 1993 a police captain called to tell me that an office in Butler had filed a complaint about my handling of their free news papers that were dropped on your lawn every Wednesday morning. They were claiming "theft" of those papers. He wished to discuss the matter with me.

I was still working in pharmacology in the Albany, New York area at the time and was only here on weekends so all I got to see of those papers was the rain soaked remnants on Friday evenings. I could see that many people living here had not picked up those papers either. I got some industrial size, 49 gallon plastic bags from Home Depot (in Totowa at the time), and collected all the unclaimed papers from Mead Ave, Arlington Place, Halsey Street and Post Lane. That gathering filled three 49 gallon bags with unclaimed, some damp, newspapers which I could barely carry, and ultimately

personally delivered to the source office in Butler. Due to the weight and size of the load, one bag broke and spilled out onto the office floor as I departed. I met with Riverdale's captain about the matter. Though I had returned the papers to the owning office they were claiming the papers were stolen. Then the Captain laughed and thanked me for what I had done. Supposedly once that paper leaves the deliverer's hands they are no longer property of the original owner. Also the captain's elderly mother had been spoken to in a threatening manner by the deliverer and she then stood in front of his car in defiance. Fortunately he chose to back away. By the end of the month paper delivery had stopped. The captain had thanked me!

The Riverdale police get my thanks in other times. Just after a recent severe hurricane an officer arrived at our door one evening to check on us as our children in New York City could not reach us by phone but did manage to reach the local police station. More recently crossing the Hamburg Turnpike at Mead Avenue when it appeared that traffic had stopped for a pedestrian coming my way, it had not stopped at my side of the crossing and a car slammed on its brakes. I pointed out the crossing sign, which made no impression on the driver and after a few words, I continued across. Then I heard the siren and saw the flashing lights! That unfortunate, unfair saying, "Where are they when you need one!", comes to mind. I had the need, and bravo! There was one. Bless him!!!!

Put libraries on that thankful list as well! Here in Riverdale, a librarian took on the task and grew a Butterfly Bush from seedling to surviving plant.

I encounter public works people all over Riverdale, grooming plants, working mowers, saving evergreens from bag worms... you could write a book on all the things they do.

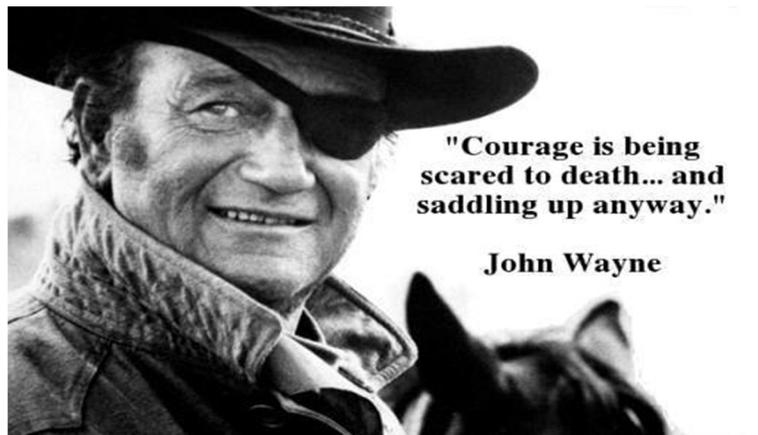
Riverdale has so much to be thankful for... so much!

Riverdale Baptist Church

6 Newbury Place 973-835-3275
riverdalebaptistchurch.org



Riverdale Baptist welcomes new youth pastor **Kevin Besaw!** We are excited to have a ministry to help teens with their spiritual needs as well as provide a fun and wholesome youth group for our community. Kevin will also teach a weekly Bible class on Sunday mornings at 9:30. Teens welcome to attend.



"Courage is being scared to death... and saddling up anyway."

John Wayne

LEVEL 5 - PUZZLE 24

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

Another Use for Alka-Seltzer. Effervescent tablets aren't just good for curing hangovers—dissolve a tablet in warm water at the base of a vase to remove stains and leave it shiny-new.

Here's something to make you think: The average six-room home in the U.S. collects a whopping 40 pounds of dust each year.

ANSWER to question on Page 7
The answer must be 2%. It is merely a sum in simple proportion. If 5 be 1, then 2% will be 2%.

Dr. Pepper and the Ice cream cone were introduced during the 1904 St. Louis Exposition, where the 1904 Summer Olympics took place.

Alaska has more coastline than the entire continental United States combined? That's over 47,300 miles of places to get your feet wet!

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Important Information on Microchipping, ID Tags and Licenses for Your Pets

As we head into the summer months, we will start spending more time engaging in outdoor activities. After a long winter, both pets and humans want to spend as much time romping outside as possible, but this extra



outdoor fun also means our pets have an increased chance of getting lost. Landscapers might leave a gate open, your dog's collar might be loose... or maybe Fido will see that squirrel he's been watching from the window, and BOOM! in the blink of an eye, your beloved pup might be gone. The most effective way to get them back into home

and out of the shelter is very simple – proper identification!

Microchipping your pet involves implanting a chip with your contact information in your pet's shoulder area. The chip can be read by scanner at most animal shelters and is an excellent way to reunite lost pets with their families. Your pet can be microchipped at your veterinarian's office, at the shelter where you adopted him or at a Mike's Feed Farm event. Follow us on our Facebook page to see when the next one will be.

The use of a simple ID tag that includes the name, phone number and address of the guardian helps us in the community quickly return a lost pet. Ideally, lost pets with ID tags should never enter the sheltering system, because they should be returned directly by the finder who calls the guardian's number clearly displayed on the tag. Mike's Feed Farm offers a free ID, a free bag of food and 10% off your entire purchase for newly adopted pets from our partner rescues. (Ask your shelter for the form to redeem this offer, or call us at the store to ask for one.) Mike's makes ID tags in less than 5 minutes at \$7.99 per tag. Stop in the store

and get a tag made while you shop for toys and food. 5 minutes can save your pet's life!



Licensing your pet acts as a form of insurance, enabling animal control officers to contact you if your pet becomes lost. Additionally, by purchasing a license for your pet, you are helping to provide funding that ensures all lost pets are given appropriate attention and medical care while waiting to be reunited with their owners. In New Jersey, owners of all cats and dogs seven months of age or older are required to apply for a pet license annually. In Riverdale, the owner must present proof that a licensed veterinarian has vaccinated the dog against rabies and that the duration of immunity from that vaccination extends through at least ten months of the twelve-month licensing period. The dog fee license is \$20 for an unaltered dog, and \$15 for altered dog. An intact cat license fee is \$15 and a neutered cat's fee is \$10. It is important to get your pet licensed in the first part of the year, because the town will charge a late fee. It is \$10 between March 1 and March 31st, and then \$5 a month after that. You can renew your license via mail, and the form can be found online here: <http://www.riverdalenj.gov/pdf/dog-cat-licenses2.pdf>

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

Amazing Animal Facts

Grey Squirrels are native to open woodlands of eastern North America. In the 20th century they were introduced into Britain and other parts of Europe, where they out-competed the smaller red squirrels for food and breeding sites.



are more likely to make nests, dreys, from twigs and leaves in the boughs of trees. There are two breeding seasons each year: one beginning in midwinter, the other in midsummer. Males begin to chase females through the trees a few days before they are receptive to mating. Litters of three are born six weeks later.

Grey squirrels feed primarily on the nuts and buds of many woodland trees. In summer, when they are most active just after dawn and before dusk, grey squirrels also eat insects.

The fur of grey squirrels often has reddish patches. Their tails, which have many white hairs, are bushier than those of most other squirrels.

Foods: Nuts, flowers and buds
Size: 15-21 inches. **Maturity:** 10 months. **Breeding:** 2 litters born each year with 2-4 young per litter.
Life span: 12 years. **Distribution:** Eastern North America. Introduced to parts of Europe.

Blast from the Past - 1973



Riverdale has its first female police dispatcher in Patricia Snover. With her is Mayor Albert Scaletti and Police Chief Gerald Beatrice. Pat and her husband, Bud, are living in Wantage.



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



ALOE. Worldwide, Aloe Vera carries the idea of its being a plant that heals. Its inner mucus-like sap, called gel, is rich in over 200 hundred nutrients known to be beneficial to mankind. It will be commonly found in the better cosmetics, because it naturally balances the pH of skin. The plants, enzymes soften skin by removing dead cells and increases moisture which fight the effects of aging.

Aloe vera is one of the oldest known therapeutic herbs. All Aloe plants exhibit more or less the same properties; however, the Aloe vera variety is easiest to use medicinally because of its size and softness of the leaf. The Greek historian Dioscorides wrote 2,000 years ago, that Aloe vera was an effective treatment for everything from constipation to burns to kidney ailments. The Egyptians secret of embalming was believed to have incorporated the Aloe plant in its process.

Aloes are a member of the Lily family. The term "Aloe" is from the Arabic "alloe" or the Hebrew "halal", which means a shining and bitter substance. "Vera" is from the Latin root "verus", which means "true".

The inner chamber of the Aloe vera leaf is made up of the clear pulp, which resembles slightly-melted lemon Jell-O. The pulp is believed to contain the wound-healing agents. The Russians call these "biogenic stimulators." They now have developed a process by where they can use the leaf of the plant, which is also the strongest part of the plant, for nutrients. It was not used as food before because of its strong purgative qualities. It caused uncontrolled bowel spasms in its raw form. This new processing has enabled the leaf to now be used nutritionally, but without the accompanying strong laxative effect. This is now called Whole Leaf Aloe. Whole Leaf Aloe is many times

stronger in nutrients than the gel. This product can be used very effectively for people in debilitated conditions. It is very high in nutritive properties that are easily absorbed.

Aloe has a natural antidotal effect, neutralizing body toxins thus, reducing arthritic pain caused by tissue toxicity.

- ◆ Aloe Vera has been used widely in holistic medicine in the treatment of the HIV virus which is related to AIDS. It buffers the HIV virus from entering one cell to the next, inhibiting the virus from moving throughout the body. The effect is to stabilize the life force; thereby, contributing to balancing the blood. It is believed to boost the immune system by balancing the pH of the blood and also increases digestion and absorption.
- ◆ As early as 1935, Aloe Vera juice was recommended in treating certain types of burns, such as third degree x-ray burns and more recently, it has been advocated in treating atomic radiation burns.
- ◆ Aloe Vera has properties for promoting the removal dead skin and stimulating the normal growth of living cells.
- ◆ During the healing process, it can stop pain and reduce the chance of infection and scarring and is especially beneficial for first and second degree thermal burns.
- ◆ Aloe Vera is excellent for absorbing toxins and promoting growth of friendly colon bacteria.

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).

HOME IMPROVING DIY PROJECTS, FEW OF WHICH I'M SURE YOU'LL TRY AND MAKE ONCE YOU READ THIS.



Your bracelets would be more organized if you put them on a paper towel holder than keeping them in a box or a drawer where they can easily get damaged. Plus, they will look as an interesting, unusual decoration and you won't waste your time on searching for a particular bracelet.



Except for keeping your wine bottles, a wine rack can be also perfect as a towel holder. If you don't use your wine rack for storing bottles of wine anymore, than use it as an excellent towel holder.



You probably have a lot of beauty products and other hygiene stuff that are all over your bathroom. A CD tower can help you in organizing your bathroom mess. Just put all the stuff inside of it and your bathroom will no more look messy.



There are so many creative ways in which you can use your old drawers. Hang them on your wall and put inside a vase with flowers and maybe hang your jewelry on the drawer. This way your earrings and necklaces will be more organized.

PING PONG...POP! Dented ping-pong balls can be revived by submerging them in very hot water for about 20 minutes. The air inside the ball expand enough to pop out the dents.

BECAUSE "RUST" IS A FOUR LETTER WORD. If you place a few mothballs, a piece of chalk, or a piece of charcoal in your toolbox, you will never have any rust on your tools.

the JILLIAN fund

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



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

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

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

Our Mission

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

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

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

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DID YOU ALWAYS WANT TO KNOW HOW A PICKLE GETS PICKLED?

It all starts with a fresh cucumber arriving at the pickle factory. There are three types of processes to control fermentation. The first begins with a curing stage, during which the cucumbers are stored in large tanks filled with a salt-brine mixture. Next, they are washed and placed in a vat of fresh water, and then they are heated to remove any excess salt residues. After being cleaned and heated, they are packed in a final acid solution that turns them the dark green color we are familiar with.

SWEETER CUCUMBERS. Cucumbers contain no starch and are therefore unable to produce sugar. They will, however, get softer as they age and absorb more moisture into the pectin. If a cucumber gets too soft, slice it, and soak the slices in lightly salted cold water to crisp them. The unsalted, lower-density water will be drawn from the cells and replaced by the higher-density, salted water.

Tea Love: Instilling a Love of Tea, One Sip at a Time Feature – Different Ways Tea is Served – Part 2

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/>.

Loose tea tends to scare people for some reason. They see it, smell it, even taste the free samples being poured out to them by friendly salespeople in tiny plastic cups. But when it comes to brewing loose tea itself, people are concerned about getting it wrong. They do not have the pre-measured bags conveniently wrapped in a perfect cellophane pouch, ready to be dipped in hot water and easily disposed of.

So, what's loose tea? What's the big deal with loose tea versus bagged tea? And most importantly, why should we be drinking it?

Loose tea is the full tea leaf. It has been processed to create the tea you want and packaged in an air-tight container for your enjoyment. The reason why the container is air-tight is to prevent the tea from going stale as long as possible. Some people like to add things to their loose tea, such as sugar beads, dried fruit, or candied flowers (I personally love a little bit of candied lavender in my tea). Rather than have the tea ground up in any way, the full leaf is given to you so that you can fully enjoy it. In order to brew your tea, you are going to need a strainer of some sort. The more room you give your tea to bloom and open for all the juices to unfurl, the better the tea you will have. Ideally, you can just throw it all into a kettle and then brew your tea that way, but a tea strainer or tea ball works just as well. Brew according to the appropriate time and temperature, and enjoy!

The pros of having a loose tea are multiple. For one, you can adjust the strength of your tea. The more tea that you add, the stronger your brew will be. That will give you a more personalized drink. If you brew it more than once (which yes, you can do with some teas!), the tea will be a bit weaker than before.

Loose tea is also a different quality of tea. If you use tea bags, they tend to have the tea dustings, or twigs and other non-tea items, mixed into

their fine powder of a tea. However, with a loose tea, you can visibly see each component that you are putting into your drink.

Of course, loose tea is great for the environment since you can immediately compost the leaves. No extra packaging to muss with, no staples that can rust. Just tea.

Finally, you can also add items into your tea, as I stated above. Think that some dried mango would go well with your green tea? Mix it in! Do you like a chocolate taste to your black tea? Toss in some chocolate chips with your brew. The possibilities are endless.

The con of loose tea is that it is hard to clean up. For all my years of drinking tea, I have yet to figure out how to easily clean up my strainers. I have gone to stores and some have some gadgets that assist with clean-up, but none are entirely *there* yet in terms of actually sufficiently cleaning. But, I suppose if that is my main complaint, I can't complain too much!

So, with the summer coming along, I am sure that many of us are looking to cool in the backyard with some nice iced tea. Why not change it up a little bit with a mojito involving tea? From DavidsTEA, a Mojito using their Spearmint tea:

Ingredients:

- 6 tablespoons of organic Spearmint
- 2 ½ cups of water
- ½ cup of rum
- ¼ cup of lime juice
- ¼ cup of agave nectar

Directions:

- Pour boiling water over the tea and let it steep for 3-4 minutes.
- Strain tea and pour it into a pitcher filled with ice.
- Stir in rum, lime juice and agave nectar.
- Divide the mixture into two glasses and garnish them with mint leaves and lime wedges.

Fire Chief Dan Sturm: 101 Critical Days of Summer

Heat Injuries



Heat Cramps:

Occur after several hours of physical exertion in the heat.

Symptoms:

- ✓ Painful muscle spasms usually in the legs or abdomen.

Treatment:

- ✓ Get out of the heat and into the shade
- ✓ Hydrate with water or sports drink
- ✓ Stretch/massage the muscle

Prevention

- ✓ Acclimatize to the environment so your body adapts to the heat
- ✓ Hydrate with water or sports drink before & during exercise
- ✓ Avoid exercising during hottest part of the day
- ✓ Wear light, loose clothing & use sunscreen

Heat Exhaustion:

Due to loss of water & salt through sweat

Symptoms:

- ✓ Headache, nausea, dizziness, weakness, and cool, clammy skin.

Treatment:

- ✓ Stop and rest
- ✓ Hydrate and get into a cool room or shade
- ✓ Loosen clothing and apply cool wet towels or pour cool water over the head

Prevention:

- ✓ Same as heat cramp prevention

Heat Stroke:

A serious condition when the body's cooling system stops working and core temperature rises to dangerous levels. If ignored, heat stroke can lead to death.

Symptoms:

- ✓ Red, hot and dry skin
- ✓ Rapid but weak pulse
- ✓ Rapid but shallow breathing
- ✓ Confusion, faintness, staggering, hallucinations
- ✓ Unusual agitation or coma

Treatment:

- ✓ Reduce body temperature by cooling the body
- ✓ Remove unnecessary clothing
- ✓ Apply water, cool air, wet sheets or ice on the neck, groin & armpits to accelerate cooling
- ✓ Seek medical attention immediately

Prevention:

- ✓ Same procedure concerning heat cramps or heat exhaustion

JUST DON'T WEAR THEM AFTERWARDS. If you're sanding wood and want to know when it's smooth enough, use the panty hose test. Slip an old nylon stocking over your hand and run it over the wood. You'll have no trouble finding the slightest rough spot.



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