

Riverdale News & Events

A Monthly published by the Riverdale Mayor and Council

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www.RiverdaleNJ.gov

May 2010

The Fire Auxiliary of the Riverdale Fire Department served hundreds of meals and raised thousands of dollars in their support of the Fire Department. Many thanks to all the volunteers and those who patronized the annual spaghetti dinner!



Over 200 attend the first annual Breakfast with the Easter Bunny!
Hundreds more take part in the Easter Egg Hunt!



Ron Thomas as Mr. Bunny



Morgan Melkinski
Jelly Bean Contest Winner



A.J. Purcell winner of the Secret Egg.



Riverdale School 6th Graders are learning while playing a New Jersey Jeopardy game, a great way to help keep all those facts in the memory bank.

Kudos Kaylee Lotterman

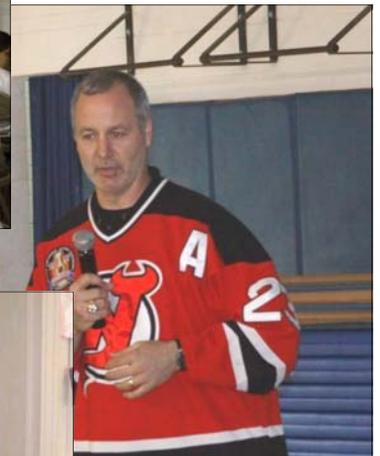
Kaylee Lotterman, age 7, donated 10 inches of her hair to the "Locks of Love" organization. Her hair stylist was Amber Krowska-Roomsa of Zanya's Cuts for Kids in Pompton Lakes. Riverdale is proud of you, Kaylee!



Riverdale Borough made of the best people on earth.



Former New Jersey Devil, **Bruce Driver**, presented an assembly to Riverdale School third through eighth graders recently. The topics addressed included determination, goal setting and the benefits of a healthy lifestyle. *More pix on the borough's web-site.*



Bruce Driver



Dr. Betty Ann Wyks, Superintendent, shows off her autographed Devils' jersey. Their #1 Fan!

Announcements

Happy 15th Birthday **R.J. Miller** on April 24. We love you very much. Love Mom, Ron, Kevin, Matthew and Kevin T.

Happy Birthday, **Greg Bogert**, on April 15. Love, Marybeth, Ron and the boys!!

Happy 63rd Wedding Anniversary to **Doris and Richard Schilling** on May 3!! Love, from the family.

Happy 6th Birthday, **Ryan Johnson**, on May 19. Love, Mommy, Daddy and Aaron.

Happy Birthday on May 2 to our son, **Jimmy Talerico**. Love, Mom and Dad.

Happy 5th Birthday to our granddaughter, **Ashley Talerico**. All our love, Grandma & Papa Talerico

Happy Birthday on May 22 to **Jim Talerico**. Love, Carol, Jimmy, Heather, Ashley, Lauren & Chris.

Happy 7th Birthday, **Kaylee Lotterman**, who celebrated on April 23! Lots of love from Mom, Dad, Nicole, Cody (woof!), Grandma Helen and the rest of the family!

Congrats to **John Whittemore** on his retirement! John taught high school for over 35 years, the last 20 of which were at Wayne Hills.

Happy 6th Birthday, **Matthew Soto**, on May 9. We all love you! Love, Dad, Mom, Tyler, Joseph, Ryan & Snickers. Hugs & Kisses!

We are very excited to announce the birth of our son, **Eric Nieves**, born on February 25, weighing 8 lbs 5 oz and 20" long. We would also like to wish our wonderful daughter, **Alexis Nieves**, a happy 7th birthday on April 10.



Congratulations, **Jay Whittemore**, on his engagement to **Whitney Cloud**. They met when they were assigned to the same freshman dorm building at Georgetown U. in 2003. They are currently attending graduate school in New Haven, CT and are planning their wedding for August 2011.

Happy 6th Birthday, **Matthew Budesheim**, on May 18. Love, Mom, Dad, Kevin, Nicholas, your grandparents, great grandparents and all your aunts and uncles and cousins.



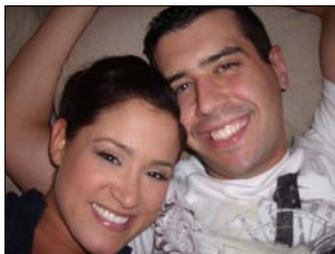
Welcome to **Madeline Alexis Cullen** who was born on March 8 to her proud parents, Julia and Jason. Miss Cullen weighed in at 7lbs 9oz and was 20 3/4 inches long. Her father, Jason, is currently running for Morris County Freeholder in the Republican Primary.



Happy May Police Department Birthday **Patrolman Gary Keil** (13th).

Engaged! Douglas and Sherry Fritsch are pleased to announce the engagement of their son, **Sean Kenneth Fritsch**, to **Elizabeth O'Donnell**, the daughter of Stacie O'Donnell and the late Luis Alonzo Nava, LCPI, USMC of Bellflower, CA.

Sean is a 1997 graduate of Pompton Lakes High School and a 2002 graduate of William Paterson University with a degree in communications. He is employed as a Federal Officer at JFK Airport in Queens, NY. Elizabeth is a 2000 graduate of JFK High School in La Palma, CA. She also graduated from Cal State University Fullerton in 2006 with a B.S. degree in Sociology. Elizabeth has 2009 masters degree (MSW) in social work from the University of Southern California. She is employed as a social worker in NYC. A February 2011 wedding is planned.



Senior Moments

The Riverdale Seniors held their first meeting of the month on Monday, April 5. Following the business meeting, we had a speaker, Elizabeth Coron from Total Hearing. She gave a very informative talk about hearing problems and signs to watch for, after which people were given the opportunity to have hearing tests, if they desired. Many took advantage of this. *Congratulations and Happy Birthday to **Charlotte Morse**, who celebrated an April birthday. She is one of our Gold Star (85+) members. *We enjoyed a belated St. Patrick's Day luncheon, coordinated by **Lorraine Moody**. *We were saddened to hear of the passing of one of our dear members, **Barbara Plescia**. Many of our members attended her viewing and presented a loving service for her. We will greatly miss her.

Our second meeting was held April 19. Following the business meeting we had a speaker from the Lakeland Health Care Center. He is a physical therapist from the Center and spoke on exercising and how important it is for seniors. Many had questions for him. *Next on the agenda we had Dr. Betty Ann Wyks and several of her co-workers from Riverdale School attend the meeting. Dr. Wyks spoke on the school budget and where the monies go. *The new trip committee did a fine job on planning and carrying out our first trip of the year. *Following the meeting, a light luncheon was provided by Lakeland Health Care and some desserts by our Riverdale School visitors. * Don't forget our Food Pantry. The need is always there. Presented by *Marion Davis*



Push to Walk is a Riverdale based non-profit organization located at 6 North Corporate Drive. Certified trainers offer specialized exercise programs to people with spinal cord injuries and other neurological conditions resulting in

paralysis. Board members are needed to help oversee the organization and lend their expertise. All areas of business operations are needed: legal, marketing, insurance, publicity, advertising, fund raising, management, etc. Meetings are held monthly. Please contact Cynthia Templeton at 862-200-5848 or ctempleton@pushtowaknj.org if you are interested. Thank you.

Recycling Saves



Recycling saves tax money. Riverdale pays per ton to dispose its garbage. So every item not put into the garbage collection reduces the costs. We need your help. Refer to the town's website for the complete 2010 Recycling Requirements and Schedule at:

<http://riverdalenj.gov/pdf/2010recycling.pdf>

Scrap metal recycling would go a long way in keeping down our tonnage. This will help the entire town.

Any time, Any day Computer Recycling. Drop off the below listed items anytime at the Municipal Building for recycling. These items are picked up by a non-profit service organization that uses them in training disabled vets and homeless people. There is no cost to the borough and it helps our neighbors. **Items accepted:** Computers/laptops (Monitors are NO LONGER ACCEPTED. They may be placed in regular garbage.), keyboards, mice, modems, external drives, scanners, printers, copy machines, cables, other computer peripherals, VCR's, DVD players, stereos, radios, phones, fax machines, camcorders, electric typewriters, and most media (floppies, CD's, DVD's), cell phones and similar products.

Did You Know - May Facts?

- ◆ Mother's Day was officially instituted on May 9, 1914.
- ◆ On May 1, 1889 the Bayer Company of Germany introduced aspirin in powdered form.
- ◆ On May 3, 1921 West Virginia imposed the first state sales tax in the U.S.
- ◆ Charles Lindberg made the first historic solo Trans Atlantic airplane flight in May of 1927, in his plane "The Spirit of Saint Louis".

RIVERDALE Public Library

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

Registration required for all programs
973-835-5044

INFANT & PRE-SCHOOL PROGRAMS

Spring pre-school programs run through June 2. No programs on Monday, May 17 or May 31. Due to class visits there will be no morning story time on Wednesday, May 19.

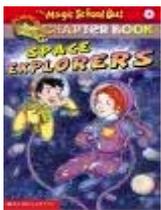
Baby Time—For infants up to 2 years old with a caregiver. On Mondays, 11:00–11:30 am.

Totally Twos—For two-year-olds with a caregiver. On Mondays, 10:15–10:45 am.

Story Time—For ages 3 through 5
Wednesdays, 10:15–11:00 am. Or 1:30–2:15 pm.

AFTER SCHOOL PROGRAMS

Puppy Pals Reading Club K–5th grade. 2nd Tues of each month. May 11 & continuing throughout 2010, 4:00–5:00 pm.



Breakfast Book Club. Copies of *Magic School Bus Chapter Book: Space Explorers* by Eva Moore are available at the circ desk. Book group for children grades 2–5 and parents, with craft and breakfast, is on Sat, May 15, 10:15–11:30 am. New members welcome! Join us!

Lego Lab K–5th grade. 4th Tues of each month. May 25th and continuing throughout 2010.

TEEN PROGRAMS — Grades 6 and up

Teen Summer Volunteer Program

Applications for the volunteer program are available at the front desk. Limited number of spots available.

Teen Book Discussion Group

Tuesday, May 18, 6:00–7:00 pm. *The Mother Daughter Book Club* by Heather Frederick. Pizza or sandwiches served. Sign up & pick up your copy!

HOURS

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

MARK YOUR CALENDAR! Puppet Show—June 19th Summer Reading Kickoff

Summer Reading Program kicks off on June 19th with a performance of *The Reluctant Dragon* performed by the Lionheart Puppet Company.

BOOK DISCUSSION GROUP

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

May 24 - *The Pearl* by John Steinbeck (118 p.)

The poor fisherman Kino dreams of education for his son and wealth and happiness for his family when he finds a priceless pearl.

RECENT HIGHLIGHTS



Library Director Abby Sanner reads to the second grades at Riverdale Public School on Read Across America Day.

Teens learn to embroider at the April Teen Craft.



Shields created by the Breakfast Book Club are on display until May 15th.

Welcome our new Children's Librarian in June!

We'll miss Children's Librarian Mary Anne Caudle when she & her family return to North Carolina at the end of May. She has introduced many new programs and worked hard to make our Children's Room what we think is the best in Morris County! Rosemary Sherry D'Urso joins us June 1st. She comes to us with great ideas and lots of energy from the Children's Department of the New Brunswick Public Library. Please join us in welcoming her!

MONTHLY

Photography Club—Mon, May 24, 7:00–8:00
All Photographers welcome! Learn! Share!

Garden Club—Tues, May 25, 7:00–8:00 pm
Gardening for everyone, in every season!

Gypsy Knitters—Every Thursday 4:00–8:00 pm.
Bring a project and join in!



The Auxiliary of the Riverdale Fire Department is pleased to offer the **Grace Peine Memorial Scholarship** in the amount of \$1000 to a college-bound Riverdale high school senior. Applications are available online (www.RiverdaleNJ.gov) and at the borough hall. Applications must be received no later than May 15, 2010. The scholarship will be presented at the Memorial Day ceremonies.



Riverdale Fire Department

We are looking for training vehicles. If you have a vehicle that you would like to donate please call the Fire Department at 973-831-1584.

The Department was awarded two grants to purchase equipment. One grant was from the NJ State Forest Fire Service for \$3,100 and the other was from FEMA for \$55,676 to replace all of the JAWS of Life equipment that is over 24 years old. These are grants that do not have to be paid back, thus eliminating the need for the borough to use local tax revenue to replace this equipment.

The department is looking to boost its roster with residents or workers in town and can respond to fires and other emergencies. Finding and holding on to new members, especially during the day, has long been a problem for volunteer fire departments.

Riverdale Fire Department has a Junior Fire Department and is currently looking for young adults between the ages of 16 and 18 to join. "Most of newest recruits started out as junior fire fighters," says Chief Dan Sturm. Continues the chief, "We are able to put the younger members through training earlier and retain them as opposed to an older resident who has families and other responsibilities. The increase in hours on the department and increase in the level of required training - Level 1 Firefighter went from 60 hours to 150 - discourages potential volunteers." Chief Sturm adds he was one of the town's first junior firefighters and the training and discipline has carried him through more than 30 years of fire fighting. The Chief would recommend it to anybody that is looking for a way of helping out the town. Stop by the firehouse any Monday night at 7 PM or call 973-831-1584.

Apricot Quinoa - A Healthy Dish

Quinoa is a delightful grain from South America, available in natural groceries. Be sure to rinse it before cooking, it improves the flavor.

You could substitute a wild rice blend for this.

2 cups	Quinoa or rice
4 cups	Water or Veggie broth
8-12 ounces	Dried apricots
1 cup	Pine nuts or pecan pieces
1/2 cup	Raisins or currants
	Yogurt to taste
	Creamy salad dressing if desired

Steam the fruits until nice and soft - especially the apricots. Cool. Rinse the Quinoa and cook in the water or broth for about 15 minutes, until nice and tender. Snip the apricots into 2-4 pieces each. Mix the fruits and nuts into the quinoa. For the yogurt, you can use plain, vanilla or apricot flavor. Use it somewhat sparingly as a dressing. If desired, mix in a little creamy salad dressing. For a luncheon dish, you can add bits of cooked chicken, shrimp or nitrate-free ham.

News from School

School news at your fingertips



Dr. Betty Ann Wyks, Superintendent

On behalf of the children, I'd like to thank the community for its continued support. We are pleased that the budget received majority voter approval and that we were able to maintain the integrity of our educational program. We are truly fortunate to be part of a caring and dedicated community. Our continued efforts at shared services and positive working relationship with the borough have positively impacted our work. Thank you!

Community members are invited to attend our schools annual drama production, *Seussical, the Musical*. The performance starts at 7:00 PM on May 18. Dress rehearsal is on May 17 at 1:15 PM. It is sure to be an enjoyable event! Please also mark your calendars for our spring concert, scheduled for June 2.

Dr. Betty Ann Wyks, Superintendent, Principal Keith Cortright and the staff of Riverdale School are proud to announce those students who attained honor roll status during the third marking period. They will be recognized at the Board of Education meeting on May 12.

Superintendent's List

Grade 8: **Kristen Sautner**

Grade 7: **Lorian Gish, Claudia Jablonski, Caroline King, Ashely Mackoul**

Grade 6: **Mary Dougherty, Olivia Galletta, Kaitlyn Sautner, Nicole Schrock, Dennis Schuck, Jr., Cassidy Tibbetts, Spencer Vogel**

Grade 5: **Esteban Garcia, Kaitlyn Maloney, Hallie Mansoor, Ayla Markowski, Thomas Morales, Kristian Neuschwanter**

High Honor Roll

Grade 7: **Carly Graf** Grade 6: **Harlee York** Grade 5: **Joseph Fiduccia**



The Pompton Lakes High School PTA is hosting its annual "Night at the Ballpark" on Friday, June 11. The baseball game will feature the Sussex Skyhawks vs. NJ Jackals at 6:35 PM at Skylands Park in Augusta, NJ. Our own Pompton Lakes High School Principal, Vin

Przbylinski will be the PA announcer for the evening. A spectacular fireworks display will follow immediately after the game. Tickets are only \$10 each. All proceeds will benefit the Pompton Lakes High School PTA Scholarship Fund. To purchase tickets to this fun evening, please contact Diane Gelok digelok@verizon.net or 973-831-7763 before May 24.



The Riverdale Women's Club

One of the most active civic organizations in town is the Riverdale Women's Club. If you wish to become a vibrant member of our community, please contact **Jean Revis at 973-835-3269**



Volunteers Needed!

The Riverdale Food Pantry is in need of volunteers to help out one or two days a month. Please call Linda Roetman at the Borough Hall. 973-835-4060 x6

CONSUMER CONFIDENCE REPORT

Riverdale Water Department

PWSID# NJ1433001

Reporting Period - January 1, 2009 to December 31, 2009

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

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

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

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

regulated contaminants in accordance with NJDEP requirements.

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

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

Contaminants that may be present in source water before we treat it include:

Microbial contaminants, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations, and wild life.

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

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

Radioactive contaminants, which are naturally occurring.

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

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

WATER QUALITY DATA

The table below lists all the drinking water contaminants that we detected during the 2009 calendar year. The presence of these contaminants in the water does not necessarily indicate that the water poses a health risk. Unless otherwise noted, the data presented in this table is from testing performed between January 1, 2009 and December 31, 2009. The State of New Jersey requires us to monitor for certain contaminants less than once per year because the concentrations of these contaminants are not expected to vary significantly from year to year. Therefore, some of the data, though representative of the water quality, is more than one year old.

Terms & abbreviations used below:

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

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

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

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

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

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

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

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

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

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

	MCL	MCLG	Riverdale Water	Range of Detections	Sample Date	Violation Y or N	Typical Source of Contaminant
Microbiological Contaminants							
Total Coliform Bacteria	1	0	0	0	2009	N	Naturally present in the environment
Fecal coliform and E. coli	0	0	0	0	2009	N	Human and animal fecal waste
Secondary Contaminants							
ABS/L.A.S. (ppb)	500	500	0	nd	06-15-09	N	Synthetic detergents
Aluminum (ppb)	200	200	0	nd	06-15-09	N	Naturally occurring element
Chloride (ppm)	250	250	37	37	06-15-09	N	Erosion from natural deposits; Discharge of human and animal wastes; Discharge from industry
Color (Color Units)	10	10	2	2	06-15-09	N	Physical characteristic
Corrosivity	+/-1.0	-	0.09	0.09	06-15-09	N	Physical characteristic
Hardness (ppm)	250	250	192	192	06-15-09	N	Naturally occurring minerals
Iron (ppb)	300	300	50	50	06-13-07	N	Naturally occurring element
Manganese (ppb)	50	50	30	30	06-13-07	N	Naturally occurring element
Odor (Threshold Number)	3	3	1	1	06-15-09	N	Physical characteristic
pH (Standard Units)	6.5 - 8.5	6.5 - 8.5	7.8	7.8	06-15-09	N	Physical characteristic
Silver (ppb)	100	100	0	nd	06-15-09	N	Naturally occurring element
Total Dissolved Solids (ppm)	500	500	322	322	06-15-09	N	Erosion of natural mineral deposits
Zinc (ppm)	5	5	0	nd	06-15-09	N	Naturally occurring element
Lead and Copper							
Lead (ppb)	AL=15	15	0.0	0.0 - 0.002	06-10-09	N	Corrosion of household plumbing systems; Erosion of natural deposits
Copper (ppm)	AL=1.3	1.3	0.082	0.016 - 0.093	06-10-09	N	Corrosion of household plumbing systems; Erosion of natural deposits; Leaching from wood preservatives

WATER QUALITY DATA

Contaminants (units)	MCL	MCLG	Riverdale Water	Range of Detections	Sample Date	Violation Y or N	Typical Source of Contaminant
Inorganic Contaminants							
Antimony (ppb)	6	6	0	nd	06-15-09	N	Discharge from petroleum refineries; fire retardants; ceramics; electronics; solder
Arsenic (ppb)	5	0	3	3	08-12-09	N	Erosion from natural deposits; Runoff from orchards; Runoff from glass and electronics productions wastes
Barium (ppm)	2	2	0.063	0.063	06-15-09	N	Discharge of drilling wastes; Discharge from metal refineries; Erosion of natural deposits
Beryllium (ppb)	4	4	0	nd	06-15-09	N	Discharge of metal refineries and coal-burning factories; Discharge from electrical, aerospace, and defense
Cadmium (ppb)	5	5	0	nd	06-15-09	N	Corrosion of galvanized pipes; Erosion of natural deposits; Discharge from metal refineries; Runoff from waste batteries and paints
Chromium (ppb)	100	100	7	7	06-15-09	N	Discharge from steel and pulp mills; Erosion of natural deposits
Cyanide (ppb)	200	200	0	nd	06-15-09	N	Discharge from steel /metal factories; Discharge from plastic and fertilizer factories
Fluoride (ppm)	4.0	4	0	nd	06-15-09	N	Erosion from natural deposits; Water additive which promotes strong teeth; Discharge from fertilizer and aluminum factories
Mercury (ppb)	2	2	0	nd	06-15-09	N	Discharge from steel /metal factories; Discharge from plastic and fertilizer factories
Nickle (ppb)	100	100	3	3	06-15-09	N	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits
Nitrate (ppm)	10	10	0	nd	03-04-09	N	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits
Selenium (ppb)	50	50	0	nd	06-15-09	N	Discharge from petroleum and metal refineries; Erosion of natural deposits; Discharge from mines
Sodium (ppm)	RUL 50	RUL 50	19	19	06-15-09	N	Discharge from petroleum and metal refineries; Erosion of natural deposits; Discharge from mines
Sulfate (ppm)	RUL 250	RUL 250	65	65	06-15-09	N	Discharge from petroleum and metal refineries; Erosion of natural deposits; Discharge from mines
Thallium (ppb)	2	0.5	0	nd	06-15-09	N	Leaching from ore-processing sites; Discharge from electronics, glass, and drug factories
Regulated Disinfectants							
TTHM Total Trihalomethanes (ppb)	80	-	52	5 - 86	2009	N	By-product of drinking water disinfection
HAA5 Haloacetic Acids (ppb)	60	-	27	5 - 39	2009	N	By-product of drinking water disinfection
Chlorine (ppm) 2009	Levels Detected - Average & Highest				MRLD		MRLDG
	0.54		0.66		4.0 ppm		4.0 ppm

PWCC PWS ID NJ1605002										
PRIMARY CONTAMINANTS	MCLG	MCL	PLANT EFFLUENTS SAMPLE RESULTS		TYPICAL SOURCE					
			PWS ID NJ1605002 EWCC	PWS ID NJ1633000 INDWSC						
Turbidity (NTU)	Yes	NA	TT = 1	0.28	0.15	0.36	0.23	100.0%	Soil runoff.	
Total Organic Carbon (%)	Yes	NA	TT = % removal (min 85% required)	100.0%	95%	NA	42%	(85-95% required) (range 25 to 40%)	Naturally present in the environment.	
INORGANIC CONTAMINANTS										
Arsenic (ppb)	Yes	0	5	ND	0.20	ND	ND	0.02	Erosion of natural deposits; Runoff from orchards; Runoff from glass and electronics production wastes.	
Barium (ppm)	Yes	2	2	0.02	0.01	ND	ND	0.02	Discharge of drilling wastes; Discharge from metal refineries; Erosion of natural deposits.	
Chromium (ppb)	Yes	100	100	3 (ND - 3)	ND	ND	1.1	NA	Discharge from steel and pulp mills; Erosion of natural deposits.	
Bromate (ppb)	Yes	0	10	ND	NA	NA	NA	0.05	By-product of drinking water disinfection.	
Fluoride (ppm)	Yes	4	4	ND	0.029	0.05	0.05	0.05	Erosion of natural deposits; Water additive which promotes strong teeth; Discharge from fertilizer and aluminum factories.	
Mercury (ppb)	Yes	2	2	ND	0.038	ND	ND	ND	Erosion of natural deposits; Discharge from refineries or factories; Runoff from landfills; Runoff from cropland.	
Nickel (ppm)	Yes	NA	NA	0.004 (0.002 - 0.004)	ND	ND	ND	ND	Erosion of natural deposits	
Nitrate (ppm)	Yes	10	10	2.29 (0.65 - 2.29)	0.21	0.05	0.61	(0.07 - 0.61)	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits.	
Selenium (ppb)	Yes	50	50	4 (ND - 4)	ND	ND	ND	ND	Discharge from petroleum and metal refineries; Erosion of natural deposits; Discharge from mines.	
RADIOLOGICAL CONTAMINANTS										
Gross Alpha (pCi/L)	Yes	0	15	ND	ND	0.8	ND	ND	Erosion of natural deposits.	
Combined Radium (pCi/L)	Yes	0	5	ND	ND	0.02	2.69 (ND - 2.69)	ND	Erosion of natural deposits.	
PHYSICAL CONTAMINANTS										
Total Coliform Bacteria (100 mL)	Yes	0	>5% of monthly samples positive	INSERT APPLICABLE DISTRIBUTION SYSTEM RESULTS	DISTRIBUTION SYSTEM SAMPLES					TYPICAL SOURCE
Fecal Coliform or E. coli (100 mL)	Yes	0	0	INSERT APPLICABLE DISTRIBUTION SYSTEM RESULTS	DISTRIBUTION SYSTEM SAMPLES					Naturally present in the environment.
Disinfection By-Products (HAA5) (ppb)	Yes	NA	60	INSERT APPLICABLE DISTRIBUTION SYSTEM RESULTS	DISTRIBUTION SYSTEM SAMPLES					Human and animal fecal waste.
Total Trihalomethanes (TTHM) (ppb)	Yes	NA	80	INSERT APPLICABLE DISTRIBUTION SYSTEM RESULTS	DISTRIBUTION SYSTEM SAMPLES					By-product of drinking water disinfection.
Some people who drink water containing trihalomethanes in excess of the MCL over many years may experience problems with their liver, kidneys or central nervous systems and may have an increased risk of getting cancer.										
DISINFECTANTS										
Chlorine (ppm)	Yes	MRDLG=4	MRDL=4	INSERT APPLICABLE DISTRIBUTION SYSTEM RESULTS	DISTRIBUTION SYSTEM SAMPLES					Water additive used to control microbes.
Lead and Copper (ppm)	Yes	1.3	1.3	INSERT APPLICABLE DISTRIBUTION SYSTEM RESULTS	DISTRIBUTION SYSTEM SAMPLES					Corrosion of household plumbing systems; Erosion of natural deposits; Leaching from wood preservatives.
Copper (ppm)	Yes	1.3	1.3	INSERT APPLICABLE DISTRIBUTION SYSTEM RESULTS	DISTRIBUTION SYSTEM SAMPLES					Corrosion of household plumbing systems; Erosion of natural deposits.
Lead (ppb)	No	0	15	INSERT APPLICABLE DISTRIBUTION SYSTEM RESULTS	DISTRIBUTION SYSTEM SAMPLES					Corrosion of household plumbing systems; Erosion of natural deposits.

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

The Safe Drinking Water Act regulations allow monitoring waivers to reduce or eliminate the monitoring requirements for synthetic organic chemicals. Passaic Valley Water Commission received a monitoring waiver for synthetic organic chemicals for the compliance period 2009-2016.

WATER QUALITY DATA

Contaminants (units)	MCL	MCLG	Riverdale Water	Range of Detectors	Sample Date	Violation Y or N	Typical Source of Contaminant
Volatile Organic Compounds							
Methyl tertiary-butyl ether (MTBE) (ppb)	70	70	0.24	0.22 - 0.26	2009	N	Leaking from underground gasoline and fuel oil tanks, gasoline and fuel oil spills
Unregulated Contaminants							
NO MCL'S AT THIS TIME							
Dibromodichloromethane (ppb)	-	-	1.37	0.85-2.01	2009		
Bromoform (ppb)	-	-	0.91	0.79-1.01	2009		
Chloroform (ppb)	-	-	0.78	0.57-1.00	2009		
Bromodichloromethane (ppb)	-	-	1.10	0.92-1.37	2009		
Radioactive Contaminants							
Total Alpha (pCi/l)	15	0	2.60	2.60	11-16-09	N	Erosion of natural deposits
Radium 226/228 (pCi/l)	5	0	0.41	0.41	11-16-09	N	Erosion of natural deposits
Uranium (ppb)	30	0	2	2	11-16-09	N	Erosion of natural deposits

Water Standards Information

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

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

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

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

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

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

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

Table 5. Secondary Contaminants – Plant Effluent

Contaminant	RUL	PWSID NJ1605002 PWVC	PWSC RUL Achieved	PWSID NJ1613001 NJDWSC	NJDWSC RUL Achieved	PWSID NJ0714001 Newark	NJDWSC RUL Achieved	Newark RUL Achieved	PWSID NJ0906001 United Water Jersey City	United Water Jersey City RUL Achieved
Alkalinity, ppm	NA	40-56	NA	30	NA	28	NA	NA	20-54	NA
Aluminum, ppb	200	15-22	Yes	25	Yes	ND	Yes	ND-177	ND-177	Yes
Chloride, ppm	250	85-141	Yes	46	Yes	35	Yes	71-110	71-110	Yes
Color, CU	10	ND	Yes	2	Yes	5	Yes	0-5	0-5	Yes
Copper, ppm	1.3	ND-0.002	Yes	-	-	-	-	-	-	-
Corrosivity	Non-Corrosive (+/- 1.0)	Non-Corrosive	Yes	-	-	-	-	Non-Corrosive	Non-Corrosive	Yes
Hardness (as CaCO ₃), ppm	250	66-176	Yes	55	Yes	54	Yes	64-102	64-102	Yes
Iron, ppb	300	ND-60	Yes	11	Yes	-	-	ND-154	ND-154	Yes
Manganese, ppb	50	5-20	Yes	0.9	Yes	-	-	ND-161	ND-161	No*
Odor, TON	3	ND	Yes	-	-	1	Yes	ND-2C	ND-2C	Yes
pH	6.5 to 8.5	8.0-8.5	Yes	8.0	Yes	7.8	Yes	6.1-8.1	6.1-8.1	Yes
Sodium, ppm	50	55-177	No*	25	Yes	19	Yes	39	39	Yes
Sulfate, ppm	250	46-97	Yes	11	Yes	11	Yes	10	10	Yes
Total Dissolved Solids, ppm	500	283-430	Yes	131	Yes	130	Yes	145-485	145-485	Yes
Zinc, ppm	5	ND-0.016	Yes	0.009	Yes	-	-	ND-0.07	ND-0.07	Yes

*Health Effects:

- **Manganese:** United Water-Jersey City was above New Jersey's Recommended Upper Limit for manganese. The recommended upper limit for manganese is based on staining of laundry. Manganese is an essential nutrient, and toxicity is not expected from levels which would be encountered in drinking water.
- **Sodium:** PWVC was above New Jersey's Recommended Upper Limit (RUL) for Sodium. For healthy individuals, the sodium intake from water is not important, because a much greater intake of sodium takes place from salt in the diet. However, sodium levels above the recommended upper limit may be a concern to individuals on a sodium restricted diet.

Table 6. Organic Compounds – Plant Effluent

Contaminant	MCLG	MCL	PWSID NJ1605002 PWVC	PWSID NJ1613001 NJDWSC	PWSID NJ0714001 Newark	PWSID NJ0238001 United Water Jersey City
Halocetic Acids (HAA5), ppb	NA	NA	28 (4-28)	36 (31-36)	-	-
Total Trihalomethanes (TTHMs), ppb	NA	NA	20 (5-20)	80 (63-80)	-	-
Toluene, ppb	1000	1000	0.20 (ND-0.20)	-	-	-
Ethyl benzene, ppb	700	700	ND	-	-	1.36 (ND-1.36)

Additional inorganic contaminants monitored but not detected in the plant effluent include asbestos, antimony, beryllium, cadmium, cyanide, silver and thallium were monitored but not detected in 2009.

SOURCE WATER ASSESSMENT

The New Jersey Department of Environmental Protection (NJDEP) has prepared Source Water Assessment reports and summaries for all public water systems. The Source Water Assessment, and related questions, for the PWVC system (PWS ID 1605002), North Jersey District Water Supply Commission (PWS ID 1613001), United Water Jersey City (PWS ID 0909001) and Newark Water Department (PWS ID 0714001) can be obtained by logging onto NJDEP's source water assessment Web site at <http://www.state.nj.us/deps/wep> or by contacting NJDEP's Bureau of Safe Drinking Water at 609-292-5550. If a system is rated highly susceptible for a contamination category, it does not mean a customer is - or will be - consuming contaminated water. The rating reflects the potential for contamination of source water, not the existence of contamination. Public water systems are required to monitor for regulated contaminants and to install treatment if any contaminants are detected at frequencies and concentrations above allowable levels. The source water assessments performed on the intakes for each system lists the following susceptibility ratings as indicated in Table 2. Contaminants that may be present in source water include:

Table 2. Intake Susceptibility Ratings

Intakes	Pathogens	Nutrients	Pesticides	Volatile Organic Compounds	Inorganic Contaminants	Radionuclides	Radon	Disinfection Byproduct Precursors
PWVC 4 Surface Water	4-High	4-High	1-Medium, 3-Low	4-Medium	4-High	4-Low	4-Low	4-High
NJDWSC 5 Surface Water	5-High	5-High	2-Medium, 3-Low	5-Medium	5-High	5-Low	5-Low	5-High
United Water - Jersey City 1 Surface Water	1-High	1-Medium	1-Low	1-Medium	1-Medium	1-Low	1-Low	1-High
Newark 1 Surface Water	1-High	1-Low	1-Low	1-Low	1-High	1-Low	1-Low	1-High

ADDITIONAL SOURCE WATER MONITORING RESULTS

Table 3. Source Water Pathogen Monitoring – PWVC and United Water New Jersey – 2008 Data

Contaminant	PWVC Sourcewaters		Typical Source
	Pompton River	Passaic River	
<i>Cryptosporidium</i> , Oocysts/L	0 - 0.4	0 - 0.2	Microbial pathogens found in surface waters throughout the United States.
<i>Giardia</i> , Cysts/L	0 - 0.9	0 - 0.6	
<i>E.coli</i> per 100 ml	16.1 - greater than 2419.6	25.6 - 1553.1	Human and animal fecal waste.

ADDITIONAL TREATMENT PLANT MONITORING RESULTS

Table 4. Additional Monitoring Results – 2006 Data

Contaminant	PWVC Intake	PWVC Plant Effluent	PWVC Plant
Perfluorooctanoic Acid (PFOA), ppb	0.026	0.027	ND
Perfluorooctanoic Sulfonate, ppb (PFOS)	0.0062 (estimated value)	0.0049 (estimated value)	-

Table 4 presents PWVC data collected by the NJDEP as part of a preliminary study to determine the general occurrence of PFOA and PFOS in surface waters in New Jersey. Currently, there is no drinking water standard for these compounds. PWVC continues to participate in and support these types of regulatory and research efforts to maintain a position of leadership in cutting edge water treatment technology. Additional information can be found at <http://www.epa.gov/opptintr/pfoa/index.htm>.

DEFINITIONS of TERMS and ACRONYMS

AL: Action Level; the concentration of the contaminant, if exceeded, triggers treatment or other requirements which a water system must follow.

Inorganic Contaminants: Salts and metals which can be naturally-occurring or result from urban stormwater runoff, industrial or domestic wastewater discharges, oil and gas production, mining, or farming.

CU: Color unit.

CDC: Center for Disease Control

Disinfection By-product Precursors: A common source is naturally occurring organic matter in surface water. Disinfection by-products are formed when the disinfectants (usually chlorine) used to kill pathogens react with dissolved organic material (for example leaves) present in surface water.

EPA: Environmental Protection Agency

Inorganic Contaminants: Contaminants such as salts and metals, which can be naturally-occurring or result from urban stormwater runoff, industrial or domestic wastewater discharges, oil and gas production, mining or farming. These contaminants may be present in source water.

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

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

Microbial Contaminants/Pathogens: Disease-causing organisms such as bacteria and viruses, which may come from sewage treatment plants, septic systems, agricultural livestock operations and wildlife. Common sources are animal and human fecal wastes. These contaminants may be present in source water.

MF/L: Million Fibers per liter.

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

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

NA: Not applicable

ND: Not detected

NJDWSC: North Jersey District Water Supply Commission

NTU: Nephelometric Turbidity Unit

Nutrients: Compounds, minerals and elements that aid growth, that are both naturally occurring and man-made. Examples include nitrogen and phosphorus.

Organic Contaminants/Volatile Organic Compounds: Compounds, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban stormwater runoff, and septic systems. Man-made chemicals used as solvents, degreasers, and gasoline components. Examples include benzene, methyl tertiary butyl ether (MTBE), and vinyl chloride. These compounds may be present in source water.

Pesticides/Herbicides: Man-made chemicals used to control pests, weeds and fungus, which may come from a variety of sources such as agriculture, urban stormwater runoff, and residential uses. and may be present in source water. Common sources include land application and manufacturing centers of pesticides. Examples include herbicides such as atrazine, and insecticides such as chlordane.

pCi/L: picocuries per liter (a measure of radioactivity)

ppb: parts per billion

ppm: parts per million

PWSID: Public Water System Identification

PVWC: Passaic Valley Water Commission

Radioactive Contaminants/Radionuclides: Radioactive substances that are both naturally occurring and man-made and may be present in source water; result of oil and gas production and mining activities. Examples include radium and uranium.

Radon: Colorless, odorless, cancer-causing gas that occurs naturally in the environment.

RUL: Recommended Upper Limit; the highest level of a constituent of drinking water that is recommended in order to protect aesthetic quality.

RUL Achieved: Yes entry indicates the state recommended upper limit was not exceeded. A no entry indicates the state recommended upper limit was exceeded.

TT: Treatment Technique; a required process intended to reduce the level of a contaminant in drinking water.

% Removal Ratio: Actual percent removal divided by required percent removal, multiplied by 100.

ADDITIONAL INFORMATIONAL RESOURCES

PVWC's website: www.pvwc.com

USEPA Drinking Water website: www.epa.gov/safewater

American Water Works Association (AWWA) website: www.awwa.org

New Jersey section AWWA website: www.njwwa.org

USEPA Safe Drinking Water Hotline: 800-426-4791

NJDEP Bureau of Safe Drinking Water: 609-292-5550

New Hours for Borough Hall

Monday, Tuesday, Wednesday

9:00 am to 4:30 pm

Thursday

9:00 am to 7:00 pm

Friday

9:00 am to 1:00 pm

Cub Scout Pack 88

would like to thank
the residents of
Riverdale for
helping with their
food drive this year!



Recreation Department Programs

2010 RIVERDALE REC SUMMER CAMP

Riverdale Community Center

Camp Dates: Monday-June 28 thru Friday-July 31

Hours: 9:00am—2:30pm

Riverdale Children Only can Attend.

Students must be entering

1st Grade up to 8th Grade

Information Packet available Week of May 3.
Packets available @ Riverdale Borough Hall Lobby
or Riverdale Community Center.

REGISTRATION NGHT:

Wednesday-May 12, 6:00pm—8:00pm
(@ Community Center)

\$100 Deposit Required upon Registration.

Final Cost per child will be determined
after this Registration.

DORNEY PARK & WILDWATER KINGDOM

Now offering discounted tickets!

Adult Tickets (48" with shoes) = \$28.50

Junior (under 48" with shoes) = \$20.00

Senior (62 years or older) = \$20.00

All Tickets can be purchased online.

You pick the date & amount of tickets!

For more details, contact Rec Dept Member

Anne (973) 248-9663 or

E-mail to: annemgould@yahoo.com

RIVERDALE SWIM CLASS ACADEMY

New York Sports Club, Route 23 South, Butler

2nd Session Begins: May 3 thru June 27

Large variety of days, times,
& classes to pick from.

Call immediately to Register!

(973) 706-6471 Rec Dept Office

Cost: \$120 per child (ONLY \$15 Class!!)

NEW KREATIVE KIDS

Riverdale Community Center

Instructor: Miss Jean

Class begins: Saturday-May 15 (6 wk-til' June 19)

Time: 10:00am (45 minutes) / Age: 2—5

Cost: \$8.00 Child

Advance Sign Up Required: (973) 706-6471

Community Center Office

Bring your "Kreative Kids" in to join a fun & interactive class. Activities will include a weekly craft plus an interactive story-time plus fun games!

LET'S GO METS !

Wednesday, May 26th

NY Mets vs. Philadelphia Phillies

7:10pm Game time/CITI Field, Flushing NY

Call to reserve: \$40 Ticket

(973) 706-6471 Rec Dept Office

TOT'S MUSIC CLASS

Riverdale Community Center

(Recommended for 18 months thru 4 years old)

Bring your tot's in to participate in a comprehensive preschool music program.

Every Friday, 11:00 am - 12:00 pm

Cost: \$8.00 Class (\$10 Walk-in's)

SPRING KIDDE MULTI-SPORT CLINIC

Falcon Sports Academy at Riverdale Community Center Fields

Clinic begins Sunday, May 2 through June 13

Choose your class time: either 1:00 pm or 2:00 pm

\$15.00 per class (payment in advance required) Includes T-shirt

Awards, Experienced Instructors providing fun and motivating skills plus a Mini-Olympics on the last day. Multi-Sports will teach your young athletes fundamentals through dynamic drills & fun group games. Kids will participate in Soccer, Baseball, Flag Football, Basketball, Tennis, Lacrosse and Golf.

Call 973-706-6471.

NEW BOOTCAMP

Every Monday/ 7:45pm

Cost: \$6.00/Class

NEW PILATES

Every Tuesday/ 7:30pm

Cost \$6.00/Class

YOGA

Every Thursday/ 7:30pm-8:45pm

Cost: \$6.00/Class

Call to sign up or drop by
for any of these classes.

(973) 706-6471

Community Center Office

WOMENS SOFTBALL

Join a Riverdale Woman's Softball Team. This is for fun.

Not competitive! If you are interested, please contact the Rec Dept at your earliest convenience.

We would like to start practice this month!

(973) 706-6471 Rec Dept Office

EXERCISE



My husband was not convinced that chiropractic care was right for our entire family. After I was under care with Dr. Stewart for a while, my husband noticed that my own medical expenses and medical doctor visits had dropped off to almost nothing. (I used to require regular allergy shots which I do not need any longer.) I credit chiropractic.

*Now our entire family receives regular chiropractic adjustments. Thank you Dr. Stewart and chiropractic.
Helen P.*

\$18.95 Special Introductory Offer Helps Families Reign in Healthcare Costs!

Many families are discovering that their life and health are being enriched through regular chiropractic care. This simple, yet powerfully beneficial care may be more affordable than you think.

With medical care costs going through the roof, and reports of bad, sometimes fatal reactions to drugs and surgery appearing in the news almost daily, who can afford **not** to keep their family healthy?!

More and more families are discovering that, with regular chiropractic care, their family's medical costs are actually declining. While, more importantly, families are also finding that with regular chiropractic care, their over-all health is so much better that they would not live without it.

Bring your entire family. Let's discover together how your family might benefit through regular chiropractic adjustments. Let me share with you how chiropractic actually works and what chiropractic can do for your family. Then we will discuss your individual family's needs and together design a program of chiropractic care which is right for your family.



Gary C. Stewart, D.C.

Mention this article and ask for our "Family Introduction to Chiropractic." This is a two step process which includes the whole family:

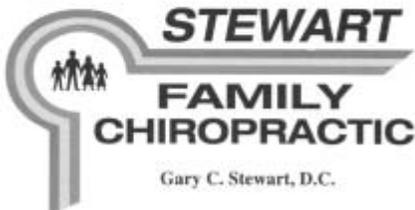
#1 - I will personally consult with you; then, I or my trained staff will perform computerized scans of your spines which help me understand where each member of your family might benefit from chiropractic care. Then, if necessary, I will perform specific spinal x-rays that are right for each person's individual needs.

#2 - After I have reviewed all x-rays and exam information, we will have you return for a "Doctor's Report." At the Doctor's Report I will explain how your family might benefit through regular chiropractic care. Then I will give you a report of my findings, review your x-rays with you, and make recommendations for care.

While medical costs and insurance premiums continue to skyrocket, and medications continue to cause harmful side effects, Stewart Family Chiropractic is doing something to help your family stay healthy naturally. Call today for your Family Introduction to Natural Good Health Through Chiropractic.

Call **973-835-5773** today. You'll be glad you called. There is no obligation to accept care.

- All of this is included for less than the cost of one regular x-ray.
- \$18.95 per person introductory fee applies no matter how many x-rays are necessary.
- A typical exam including 2 to 4 x-rays at regular fees ranges from \$80 to \$170.
- That's a savings of over \$60 per family member when x-rays are recommended!



Stewart Family Chiropractic: gentle, safe, compassionate, natural family healthcare.

973-835-5773

43 Newark Pompton Tpke, Riverdale, NJ



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- A place for everything & everything in its place
- Money in the bank, no more duplicate purchases
- 2 minutes VS 2 hours to find what you need!
- The luxury of free time
- Reduce your time spent cleaning



973
839-6710

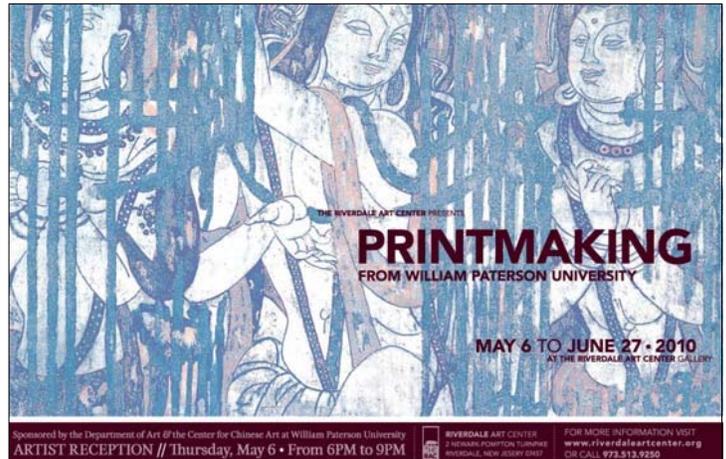
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Thank you for your continued support of the **Riverdale Food Pantry**. Items needed include canned corn, peas, pork and beans; boxed potatoes and rice; soups, macaroni and cheese, peanut butter and jelly; pancake mix and syrup; canned tuna and ham; coffee & tea; laundry and dish detergents, cold cereal; paper products.

ANYONE INTERESTED IN VOLUNTEERING ABOUT 2 HOURS PER MONTH TO ASSIST IN THE PANTRY PLEASE CALL LINDA ROETMAN AT THE BOROUGH HALL. 973-835-4060 X6.



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Pequannock River Coalition Needs Help in Appelt Park on June 26. Japanese Knotweed, an invasive plant, has become a major problem in New Jersey and within the Pequannock River Watershed. This aggressive, non-native plant, with a height of up to 13 feet, creates extensive, thick stands along rivers and streams, shutting out native plants while providing no benefit to wildlife.

Appelt Park covers about 4 acres on the banks of the Pequannock River in Riverdale, where large stands of Japanese Knotweed have developed. PRC's plan is to fully assess and document the extent of it within the park, then attempt alternate removal strategies and review the results. The removal will be accomplished by volunteers under PRC supervision. Three dates are scheduled this year, starting June 26. They also intend to educate local citizens, officials and DPW staff to the danger of these invasive plants and the best methods for control/removal. A follow-up project in 2011 would replant the areas of removal with native shrubs and trees.

Ross Kushner, executive director of the Pequannock River Coalition, said, "We are excited about reclaiming these lands for native plants to benefit of our wildlife. This could serve as a spark to braider control of these weeds across our area. We hope local folks will give us a hand!" Riverdale Mayor William Budesheim was also looking forward to the project: "PRC has been a great friend of the borough and we are happy to assist them in any way we can toward protecting this vital natural resource."

Funding for the project was provided by the Watershed Institute and the members of the Pequannock River Coalition with additional assistance from the Borough of Riverdale. The first work date is scheduled at Appelt Park for June 26 from 10AM to 2 PM. Volunteers will meet in the park at 9:45 and will be given the necessary equipment and instructions. There are tasks to suit any age or energy level.

For more information on the project, please visit the PRC website, phone them at 973-492-3212, look them up on Facebook, send an email to pequannockriver@optonline.net or write them Post Office Box 392, Newfoundland, NJ 07435. Thank you!



Camp Vacamas Teen Program Promotes Healthy Lifestyles

Today, one in three youngsters in the US are overweight. This alarming statistic is being addressed through the nationwide campaign entitled *Let's Move*. It targets four pillars: getting parents more informed about nutrition and exercise, improving the quality of food in schools, making healthy foods more accessible for families and focusing more on physical ed.

New Jersey non-profit organization Vacamas Programs fro Youth has joined in the fight to address this critical issue through its 19-day 2010 summer session Healthy Lifestyles: an exciting, dynamic program designed to help teenagers develop healthy eating habits and to encourage physical fitness.

To learn more about the camp or to sign up for a life-changing summer, email Our Camp Registrar or contact her at 973-838-0942 or visit the website www.vacamas.org.

The Riverdale Art Center (The RAC) today announced it will host a major new exhibition, "Printmaking from William Paterson University," from May 6 through June 27, 2010. The exhibition, sponsored by the university's Art Department and its recently inaugurated Center for Chinese Art, is drawn from the works of Professors Zhiyuan Cong and Jill Sluka, and their printmaking students. An artists' reception will be held on Thursday, May 6 from 6pm to 9pm, and is open to the public.



With more than 50 original prints on display, the show presents a broad range of printmaking media. The artists have used either oil- and water-based inks and employed techniques such as etching, lithography, linocut, silkscreen, and blue film etching to achieve the desired effects. Additive and subtractive techniques were also used to create many of the monotypes on view.



Most of us don't think much about inflammation. Bump your knee or cut your finger and, of course, the area swells and reddens. No big deal, right? Inflammation is the body's response to trauma, and it's an essential part of the healing process. But chronic internal inflammation - caused by more subtle forms of trauma inside the body - can undermine your health.

"Every disease process - cancer, heart disease, type II diabetes and more - involves internal inflammation as a cause, a symptom or both," says Jack Challem, author of *The Inflammation Syndrome: Your Nutrition Plan for Great Health, Weight Loss and Pain-Free Living* (Wiley).

Long-term ailments and ongoing exposure to environmental toxins can contribute to persistent, low-grade inflammation. "But let's be clear," says Challem. "The major cause is dietary - and the main culprit is heavily processed foods loaded with chemical preservatives. The solution is to eat whole, fresh foods." And it's important to start now; it's difficult to know whether you suffer from inflammation until it manifests itself as a disease or "-itis."

Many foods in the standard American diet (including sugar, red meat, dairy, most fast food and food additives) aggravate inflammation (for a list go to naturalhealthmag.com/allfredup). "For someone on such a diet, the body can become like a dry field of grass waiting for a match," says Challem. "Once the match is lit, it's hard to put out the fire, but the body is quite capable of making its own anti-inflammatory compoindns, when we eat the right foods." Taken from *Natural Health*, April/May 2010.

Next month: The foods to eat to clear up the inflammations.



Think beyond "calories out". Cardiovascular exercise is the key to burning calories, but you may get as much benefit, if not more, from yoga. A recent study at the Fred Hutchison Cancer Research Center in Seattle found that an ongoing yoga practice correlates nicely with a healthy weight - and not only because of the calorie burn. Yoga practitioners were found to be more aware of what they were eating and better able to stop when they were full, characteristics that the study attributes to mindfulness.

"When you practice yoga, you are developing a deeper and much more subtle awareness of your body," explains Ashley Turner, M.A., a Los Angeles yoga teacher who drew on her experience as a mind-body psychotherapist to create the DVD *Yoga for Weight Loss* (Element). "Smoothing out the brain waves and calming down the nervous system give you an opportunity to notice the moment of choice," she adds. "You get to ask yourself, 'Do I really want to eat more?'" Most of us never even encounter that moment." Turner suggests doing 45 minutes of yoga, three times a week. *Natural Health* magazine.

Don't forget Riverdale Recreation has Yoga Classes each week.

YOGA

Every Thursday at the Community Center 7:30pm-8:45pm

Cost: \$6 per Class



Riverdale News & Events

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Summer Concerts start Wednesday July 14 Kickoff Concert: The Happenings

Annual Fishing Tournament

Saturday, May 8 from 8:00 AM to 12:00 Noon

**Independence Park at the fishing hole. Over 300 Trout stocked. Riverdale Residents Only.
Prizes for Fish Caught in Each Age Group: 5 to 7; 8 to 10; 11 to 13 and 14 to 18 years of age.**

Sponsored by

The Riverdale PBA, The Riverdale Police Pistol Team in coordination with Riverdale Recreation

Rain Date: Sunday, May 9

Memorial Day Parade

Monday, May 31

Starts at 10:00

Parade starts at the Fire House on Post Lane, up Mead Avenue,
Hamburg Turnpike on to the Newark Pompton Turnpike.

**Memorial Day Ceremony at the conclusion of the Parade at
the War Memorial on the front lawn of the Borough Hall.**

Special dedications of the colonial lampposts on the Newark Pompton Turnpike
honoring **Fire Auxiliary Charter Member Grace Peine** and
50 Years of First Aid Service by Gerry McMinn.

Annual Street Fair on Labor Day