

RIVERDALE NEWS & EVENTS

News for and about the residents of Riverdale

May 2015

Volume 10 Number 5



Pam Sylvestri in front of her booth at Glenburn. Pam spearheaded the event to raise funds for Veterans in need.

William Budesheim, Editor
Lori Clinton, Associate Editor

Columnists

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

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BEHIND THE SCENES Report

Mayor William Budesheim's

Good News! The 2015 Budget has been adopted and it provides for a zero tax increase!

Some interesting notes about the budget of which we should all be aware. For instance, even though the borough portion of the tax rate stayed the same we will be collecting \$32,000 less in tax revenue. That is due to tax appeals, and we have had more reductions in local property assessments again this year.

On Sheet 30 of the budget you will see that spending actually increased in the General Appropriations by \$90,780.

Fortunately we did have some increases in miscellaneous revenues that allowed us to keep the tax rate the same. The Municipal Court generated an additional \$70,000 in revenue last year that gave us the ability to plan on anticipating that again this year. We realized additional revenues in fees and permits.

Fortunately, I became aware of more than \$60,000 in an unclaimed escrow fund that I was able to get released to the Borough and that went into our surplus to be used for tax relief this year.

We now finally get to reap the full benefits of our shared services and restructuring of the front office.

When we calculate the salary paid plus benefits we are enjoying a savings this year of more than \$232,000! Without those saving we would not have been able to keep the tax rate at the same level this year. I would like to thank the members of last year's Personnel Committee, Gary Mastrangelo and Steve Revis for their assistance and guidance through this reorganization.

We are going to have to be extra vigilant this year in our administration. I am still challenging Verizon's claim that they don't owe us a large chunk of their property taxes—\$100,000 worth. Also we are having recurring conferences in fighting the tax appeals of the large commercial properties. Every dollar less they pay in property taxes means that the rest of us get stuck paying that dollar. We will continue to keep an eye on that.

We are getting a break this year, but in the future in order to have meaningful tax stability we will have to continue to find ways to cut spending. Relying on miscellaneous revenues to bail us out each year will not work for the long haul.

Thank you,



Memorial Day Parade & Ceremony

The Borough of Riverdale is holding its annual Memorial Day Parade and Ceremony. We would be honored to have your organization participate in this Special Day honoring those who gave their lives in defense of our great country.

Monday, May 25

Parade starts 10:00 a.m. at Freedom Park

If you or your organization is interested in participating in the Parade please contact:

- | | | |
|-------------------------|-------------------|-----------------------|
| Lori Clinton | 973-616-4406 | lclinton99@gmail.com |
| Mayor William Budesheim | 973-835-4060 x215 | mayor@riverdalenj.gov |

The Seniors' Corner



The April 6th meeting was conducted by 2nd Vice-President **Jean Snyder**, sitting in for **President Dorothy Bowersox** who was away. In honor of the season, **Chaplain Elaine Peacock** read a piece entitled "Welcome Spring". This was followed by the flag salute, club pledge, and singing of "Easter Parade".

Elaine then reported on ill members, which is normally handled by 1st Vice-President **Grace Chiesa**, but she is recuperating from an operation. Feel better soon Grace! Sheps then read the names of members with April birthdays, who stood up and were serenaded with a birthday song.

The Treasurer and Secretary reports were read, followed by Committee Reports. **Gerry Mahler** announced that the Library Book Sale was very successful, reaping a similar amount of money as last year. Sheps then read a list of varied planned library events. **Antoinette Kajor** reported on the Firemen's Auxiliary upcoming Spaghetti Dinner. **Warren Sheps** finalized the theater trip "info" and seating arrangements.

As no formal program was scheduled, the meeting was closed. **Mary Gambino** conducted the raffle and read another great joke, refreshments were served and Bingo was played.

The second meeting of the month was conducted by **President Dorothy Bowersox**. She thanked those officers who stepped in while she was on vacation, and while **Grace Chiesa** was recuperating. Dorothy was happy to see the number of people who attended on this very rainy Spring day. **Chaplain Elaine Peacock** read a poem entitled "The Garden of Spring". 1st

Vice-Pres. Grace Chiesa reported on ill members, thanked everyone for their prayers and cards, and she was welcomed back by Dorothy, as was **Bob Boucher**.

We were informed that the Seniors were invited to walk or ride in the Memorial Day Parade. Those that wish to ride should let Dorothy know. Dorothy has also received a request from the Ballroom Dancers to entertain us again, and this is being considered. She is in favor of upbeat programs that are within our budget.

The Secretary and Treasurer reports were given. 2nd Vice-Pres. **Jean Snyder** announced that she has placed many new pictures in our scrap book for us to see. **Warren Sheps** of the Trip Committee said that the trip to see "West Side Story" at the Westchester Dinner Theater was very successful. It was a wonderful production, and the two leads, Maria and Tony were worthy of Broadway. Thanks for a great day out on a beautiful warm day! Warren is also on the Police Committee and at the most recent meeting, the Morris County Prosecutor supplied them with much information on the workings of the Prosecutor's Office, which is separate from the Sheriff's Dept. or the local police departments. One bit of interesting statistics from the Police Chief was that from 2013 to 2014 traffic violations were up considerably, criminal activity was down.

While we were waiting for our visitors, the raffle was conducted and several of our members read some very entertaining jokes.

Our visitors today were the Riverdale Superintendent of Schools and the Business Administrator, who gave a Power Point presentation on the school budget, followed by a question and answer period. They asked that we get out to vote.

The meeting was closed, refreshments served and Bingo played.

Chicken and Broccoli Rice

Ingredients:

- 1 package of saffron
- 3 Cups minute rice
- 2 heads of broccoli (cleaned and chopped into small pieces)
- 2 Chicken cutlets (one cutlet per person)
- 1 box chicken broth
- Italian bread crumbs
- 1 egg
- Butter
- Salt and pepper for taste



Linda Vogel,



Directions:

Steam broccoli on stove and when finished put aside. Scramble egg in bowl with salt and pepper for taste. In another bowl put Italian bread crumbs. Dip cutlets on both sides in egg and then in bread crumbs. When making rice use chicken broth instead of water and add saffron packet with butter until it boils, add rice with broccoli and stir together. Cover until broth is gone. Fry chicken cutlets in frying pan with olive oil until no longer pink inside.

FARMERS MARKET

EVERY TUESDAY

2:30 - 7pm

June - October

Glenburn

211 Hamburg Turnpike, Riverdale

 Riverdale Land Conservancy, Inc.



BY and LARGE

Best Friends Forever – A Tribute to My Mom This Mother’s Day

By Elaine Peacock



Mom and I have always been best friends even before my Dad passed away. When I was a little girl we always did things together. Mom didn't drive but that didn't stop us we would hop the #86 bus to Paterson for a bit of shopping and lunch at the Grant's 5 & 10 lunch counter. In later years lunch would be at Quackenbush's or Meyer Brothers. One special trip we would take each year was to Newark on the #114 bus the day after

Thanksgiving to see the Christmas displays in Bamberger's and Orhbacks'. We would make a stop at Tall Towne to see if we could find a school outfit for me and end the day with lunch at Hahne and Company's Pine Room or Child's. We would always end up in a fit of giggling on the way home.

Mom was always a class mother and I was always volunteering her to make cupcakes for our school parities. After my Dad passed away we spent the next 5 or 6 Christmas' away visiting Disney World, Williamsburg and Washington, D.C. Our favorite thing to do was take a ride to the Jersey shore, High Point, or up Route 23 past the reservoir when the fall foliage was at its peak. Of course a lunch stop was always in the plans. I really think the ride was secondary; where we went usually depended on the lunch stop choice. When I revisit or drive through our favorite places I feel a bit sad but then I remember the laughter too. So Mom until we meet again I love you.

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

Drastic Plastic! Don't store light and dark soft plastic items together. At the right temperature, the plasticizers in the plastic become "active" and will transfer color to, and stain, the lighter of the two. And this is one stain that can't be cleaned out or off.

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

Post-birthday blues. Wax drips on your tablecloth or carpet? You're in luck if you have an iron. Just set a clean absorbent cloth over the wax and hold a hot iron to it. The iron will melt the wax and the wax will pull it up into the cloth. Any stain that remains can then be blotted out with dry cleaning fluid.



Movie Trivia
THE PATRIOT 2000

- ◆ When teaching Mel Gibson and Heath Ledger how to shoot a muzzle-loading rifle, technical advisor Mark Baker gave them the advice to "aim small, miss small", meaning that if you aim at a man and miss, you miss the man, while if you aim at a button (for instance) and miss, you still hit the man. Gibson liked this bit advice so much he incorporated it into the movie, just prior to the ambush scene.
- ◆ In addition to Marion, Mel Gibson's character is also based on the life of South Carolina militia leader General Andrew Pickens. Pickens had his estate torched and lost a son before he went back into action and led the militia forces at Cowpens.
- ◆ Kevin Spacey was the first choice to play Tavington, but after paying Mel Gibson his \$25 million there was not enough in the budget to pay Kevin too.
- ◆ Aunt Charlotte's house is the same one used in Forrest Gump (1994), with slightly different interior paneling. The stone hedge visible in Forrest Gump is camouflaged with bushes in this film.
- ◆ The character Benjamin Martin was originally written with six children, but Mel Gibson added one more because he himself had seven children.
- ◆ The character of Benjamin Martin is loosely based on the real life soldier Francis Marion, aka The Swamp Fox. The Swamp Fox taught soldiers guerrilla tactics.
- ◆ Screenwriter Robert Rodat called the final battle a hybrid between the Battle of Guilford Courthouse and the Battle of Cowpens: The mixture of militia and Continental army in the battle. The militia's reputation of not holding and the tactic of using that to lure the British in. The militia only firing a couple of volleys before a planned retreat to a secondary line composed of the Continental army. The Continental army firing and then performing a bayonet charge.
- ◆ After the explosion of the cargo ship we see (or hear, actually) Tavington smashes his glass when placing it down. He really just places it down, but it was decided to add a smashing sound for comic effect. We never actually see the glass breaking.
- ◆ Among the American cavalry officers who participated in the real Battle of Cowpens was Lt. Col. William Washington - General George Washington's cousin, who went Mano-a-Mano with Banastre Tarleton in a saber clash.
- ◆ The Battle of Cowpens, upon which this movie is based, took place on January 17th, 1781. This battle has been commemorated by the U.S. Navy, which named two ships after it. USS Cowpens (CVL 25) was a WWII light aircraft carrier which won 12 battle stars, more than any other light carrier in the war and was the first ship to enter Tokyo Harbor and land Marines on the Japanese mainland. USS Cowpens (CG 63) is an Aegis Guided Missile Cruiser serving in the Pacific fleet from San Diego, CA.
- ◆ The scene where Benjamin Martin (Mel Gibson) returns the dogs to General Cornwallis (Tom Wilkinson) may be based on a similar story told about General George Washington. During the Revolutionary War, Washington reportedly noticed the terrier of a British general wandering the battlefield. He subsequently negotiated a cease-fire, and both sides stopped firing until the dog was returned to the British commander.
- ◆ The score used in the film is also used as the opening music in the 2004 television series Jack & Bobby (2004). Both featured Logan Lerman who played Benjamin Martin's youngest son William, and future president Robert (Bobby) McCallister.
- ◆ Heath Ledger performed his own stunts.
- ◆ Jake Gyllenhaal auditioned several times and was considered for the role of Gabriel Martin, but eventually lost out to Heath Ledger.
- ◆ Screenwriter Robert Rodat wrote 17 drafts of the script before there was an acceptable one.
- ◆ When they are bushed at the bridge the kid who they focus the camera on is Thomas as a British soldier
- ◆ Roland Emmerich: Seen in the tavern where Martin recruits for his militia, also seen on a wine bottle label.
- ◆ The character of Col. Tavington is loosely based on Col. Banastre Tarleton, who was Cornwallis's cavalry commander. Col. Tarelton had a bad reputation, but some say he was not nearly as cold-hearted and evil as the fictitious Col. Tavington (though many historians portray them equally). In the movie, Colonel Tavington died at the end of the Battle of Cowpens. The real Banastre Tarleton lived to grow old until 1833, became a general and even served in the British Parliament.
- ◆ During a rough day of filming, producer Dean Devlin noticed most of the extras looking tired and stressed from doing several takes while wearing heavy costumes in the 100-degree South Carolina heat. During a break, Devlin suggested to Mel Gibson that he recite his famous "freedom" speech from Braveheart (1995) to cheer them up. Gibson got on a horse and proceeded to give the speech, which he still had memorized, boosting their morale.
- ◆ One of the "redcoats" (actually dummies) that is floating face down in the river after the "trap" is a dummy of John Travolta.
- ◆ Great Danes were not known by that name until the late 19th century, before that they were called "Boar Hounds".
- ◆ The British soldiers are referred to as "Redcoats," though this was not actually a term applied to British soldiers until the 1870s. (This is a common historical error.)
- ◆ Benjamin Martin shoots a British soldier who is on a moving horse using a flintlock pistol at a range of approximately 100 yards. Hitting a moving target at that distance would be difficult even with a modern pistol. The effective range of a black powder pistol is about 20 feet as the barrel is too short to allow all the powder to burn before the ball leaves the barrel (too low a muzzle velocity to achieve any sort of range)
- ◆ In the scene where Tavington is after Martin's children at Charlotte's plantation, Susan is seen looking out a window covered with a venetian blind. Venetian blinds weren't invented till the late 1800's - 100 years after the time period of the movie. The most accepted "invention" of blinds was by a man from Chile named Hernando de Venuto on May 20, 1857. Clearly, in the home used, they forgot to remove one set.
- ◆ When Aunt Charlotte takes in the children after the family's home is destroyed her hair is down. Women only wore their hair down during sickness or bedtime, as long tresses in public were considered to be risqué. During the day, out in the world, and during evening socializing hair was always pinned up or tucked under a bonnet.
- ◆ When Tavington is searching for the child hiding under the table his boots are clearly visible and certainly of the "Left-Right" variety. Boots were made on straight lasts until the 1800s.
- ◆ When the militia are about to be hanged, just before Benjamin Martin rides in, you see the British prepare for the hanging by testing tying sandbags to the noose and opening the trap doors. In actuality, hanging with trap doors didn't happen until after the war. (In the DVD commentary, the director acknowledges this and says they did this because "it looked cool".)

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

The Riverdale Woman's Club hosted a "President's Tea" on April 24, 2015.



Traditionally a tea is held to thank and honor the outgoing president of a club, and this one was no exception.

The Community Center was decorated with various candy and candy decorations as our theme was "Dolores, she's so sweet...she served as president twice"!

Invited guests included New Jersey State Federation of Women's Clubs President Jill Passaretti who thanked Dolores for her service to her club, Federation and the community. Ramapo District club presidents, District Chairmen as well as Federation Board members from the Ramapo District were invited. As each

guest was introduced, they congratulated Dolores and wished her the best as she retired from the office of President.

Although called a "President's Tea" there was so much more served than just tea. Guests enjoyed sandwiches, home-made salads and punch. After dinner it was time for our entertainment.

We enjoyed the performance of "Ricochet" a Sweet Adeline Barbershop Quartet. Their repertoire consists of various music from old standards, to 50's music, to classic barbershop music. These four talented women traveled from Toms River, Little Ferry, Brick and Hazlet to entertain us and did they ever entertain us!

After the entertainment, Dolores cut the cake which was enjoyed with coffee and.... now comes the TEA!

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?

- ◆ Thomas Jefferson played the fiddle.
- ◆ Actress Sally Struthers was once the voice of "Pebbles" on *The Flintstones* cartoons.
- ◆ The most frequently sung tune in the U.S. is *Happy Birthday to You*.
- ◆ William Phelps Eno (1885-1945) originated stop signs, one-way streets and other roadway regulations to earn himself recognition as the "Father of Traffic Safety". Eno never learned to drive a car.

- ◆ Herb Alpert named his son after the first two notes of the musical scale—*Dore*.
- ◆ Alexandre Dumas used blue paper to write his novels, yellow paper for his poetry, and white paper to write his magazine articles.
- ◆ Montague and Capulet were better known by their first names—Romeo and Juliet.
- ◆ The pound cake's name comes from the pound of butter used to make it.
- ◆ The Statue of Liberty's pedestal was more expensive than Lady Liberty herself.

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Question

The month of February in 1984 contained 5 Wednesdays. There is, of course, nothing remarkable in this fact, but it will be found interesting to discover the last year prior to 1984 and the first year after 1984 that had 5 Wednesdays in February.

Answer on P. 20.

APPLES CUT STROKE RISK



An apple a day not only keeps the doctor away, it greatly cuts the risk of stroke. A study published in the American Heart Association's journal *Stroke*, found that the stroke risk was reduced by 32 percent for every 200 grams of fruit eaten daily—about the size of a large apple—and 11 percent for every two grams of vegetables.

The information came from a compilation of 20 studies published during the last 19 years that included more than 760,000 people. Eating fruits and vegetables was found to cut the risk of strokes caused by both blood clots (ischemic) and bleeding (hemorrhagic).

Non-Profit CEO compensation and how much of each dollar contributed REALLY goes to do good (via Snopes)		Am't of each dollar that goes to the needy
these are the good guys - they really help		
Salvation Army	CEO salary \$13,000	\$ 0.93
Ronald McDonald Houses	CEO has NO salary	\$ 0.90
Lions Club International	\$ 196,847	\$ 0.84
The Veterans of Foreign Wars	\$ 238,211	\$ 0.83
St. Jude Children's Research Hosp	\$ 824,000	\$ 0.81
World Vision	\$ 184,000	\$ 0.81
Make a Wish Foundation	\$ 441,336	\$ 0.75
watch your back here - don't be a sucker		
UNIC (CEO has use of a Rolls Royce)	\$ 1,200,000	\$ 0.14
March of Dimes	\$ 495,000	\$ 0.10
United Way	\$ 1,026,017	\$ 0.09
American Red Cross	\$ 1,030,022	\$ 0.08
Goodwill Industries	\$ 2,300,000	\$ 0.08



HOW ARTIFICIAL SWEETENERS ARE HAZARDOUS TO OUR HEALTH

ALL artificial sweeteners are harmful in one way or another.

This includes aspartame (NutraSweet, Equal), sucralose (Splenda), saccharin (Sweet'N Low) and others.

What is aspartame? You may know aspartame by one of its brand names: NutraSweet or Equal. Aspartame was originally developed as a drug for stomach ulcers, but once its sweet taste was discovered it transformed into a food additive that is *200 times* sweeter than table sugar (sucrose). Aspartame is made up of three chemicals: aspartic acid, phenylalanine, and methanol. (*Methanol gets broken down and stored in the body as formaldehyde, yikes!*)

What is sucralose? Sucralose, marketed under the brand name Splenda, is the best-selling artificial sweetener around the world. Although Splenda is said to be made from sugar, it is not natural... in fact it is a chlorinated artificial sweetener, said to be chemically *more like DDT than sugar*. Recently, one report concluded that sucralose *destroys gut bacteria*, which is vital in maintaining healthy digestive and immune systems.

DO NOT USE SPLENDA FOR COOKING! An in-depth scientific review of sucralose published in the *Journal of Toxicology and Environmental Health* revealed an extensive list of safety concerns, including toxicity, DNA damage, and heightened carcinogenic potential when used in cooking. When heated the chemicals formed

are in the same category as those used in *DDT and Agent Orange!*
Side Effects: Many of these reactions are very serious, including seizures and death. A few of the 90 different documented symptoms are: headaches/migraines, dizziness, seizures, nausea, muscle spasms, weight gain, depression, fatigue, insomnia, anxiety attacks, memory loss, joint pain, gastrointestinal problems, allergic reactions, blood sugar increases, rashes and irritability.

Bottom line: Artificial sweeteners are dangerous and must be eliminated from your diet!

What to look for on food labels: aspartame, saccharin, sucralose, neotame, acesulfame K, acesulfame potassium.

Try these substitutes instead: Local raw *organic* honey, coconut palm sugar, date sugar, Stevia, Lo Han Guo (Chinese fruit sweetener), raw sugar, Agave Nectar (be sure to avoid those made with high fructose corn syrup!)

For more information, check out this informative: www.youtube.com/watch?v=TB6L9S_jc5E#t=205



MYTH	REALITY
Artificial sweeteners/sugar-free products have zero calories, so they will help me lose weight.	They fool the body into thinking it has received sugar and actually trigger the hunger mechanisms and fat storage processes, leading to increased appetite (carb cravings) and belly fat.
Sugar is bad for me, so an artificial sugar substitute is a better choice.	The brain can recognize sugar and process it accordingly. The brain cannot recognize the chemicals in artificial sweeteners, which triggers a cascade of unhealthy responses.
Artificial sweeteners have no negative health consequences.	Aspartame accounts for over 75% of the adverse reactions to food additives reported to the FDA. Over 90 different reactions/symptoms have been linked to artificial sweeteners.

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



Announcements

◆ Happy 11th Birthday Matthew Soto, on May 9th. We love you lots!!!! Dad, Mom, Tyler, Joseph, & Ryan!

◆ **Julia Grace Budesheim** was baptized on April 25 at Our Lady of Fatima Chapel. She is the daughter of Adam and Tori and joins siblings, Caroline, Elizabeth and Stephen.



“A photographer went to a socialite party in New York. As he entered the front door, the host said 'I love your pictures - they're wonderful; you must have a fantastic camera.' He said nothing until dinner was finished, then: 'That was a wonderful dinner; you must have a terrific stove.’”

-Sam Haskins-

- To keep car battery terminals from corroding, rub them with lip balm.
- Wipe nails and screws with lip balm so they'll go into wood more easily.
- Got tiny rust specks on your tools? Stop those little spots from turning into big ones by washing and drying tools, then dabbing them with lip balm.

Amazing Animal Facts

Common Toads often live in very dry areas for most of the year, moving to ponds, lakes and slow-moving rivers to breed. They have a good sense of smell, and this is thought to play an important part in helping them to move long distances to find their breeding sites each year.

Toads tend to come out of hibernation during February and March—usually a few weeks later than common frogs. Their thick, loose skin and nocturnal habits help to protect them from drying out.

Rather than laying clumps of spawn, as frogs do, common toads release a long double strand of spawn that becomes entangled in pondweed. In warm weather, tadpoles metamorphose in about eight weeks.

Toads are very fond of ants, and use their sticky tongues to catch them. They

are eaten less commonly than frogs because of foul-tasting chemicals released by glands in their skins. If threatened, the common toad will also inflate its body and rise up on its legs, looking two or three times as big as usual.

Common toads are olive brown and covered in warts. They move by walking rather than hopping as frogs do. The males are smaller and tend to have fewer warts than the females. Only the males of the species croak.

Foods: Insects, spiders, slugs and worms, sometimes small snakes and mice. **Size:** 3-6 inches.

Breeding: 600-4,000 eggs laid. **Maturity:** 4 years. **Life span:** 40 years. **Distribution:** Europe, north-western Africa, Asia and parts of Oceania.



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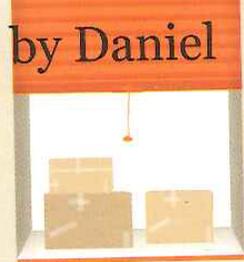
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ECZEMA: THE BRIGHT SIDE

Scientists at King's College London have discovered that the same inflammatory response that causes eczema helps prevent skin cancer.

This means that there is an unexpected upside to suffering from the itchy, scaly skin condition—less of a chance of suffering skin cancer. Researchers believe the same immune-system response that causes eczema also causes the body to shed precancerous cells from the skin before they can form tumors.

"I hope our study provides some small consolation to eczema sufferers—that this uncomfortable skin condition may actually be beneficial in some circumstances," said researcher Fiona Watt.



Granpa's Old Fashioned Know How

IMPROVE THE EFFICIENCY OF YOUR SEPTIC TANK

You will need the following ingredients:

1. *Quart of warm tap water*
2. *Pound of brown sugar*
3. *Envelope of dried yeast (fresh)*

Place the ingredients into a medium bowl and gently mix well. Allow the mixture to stand for 10 minutes, then flush down the toilet. This will initiate the growth of anaerobic bacteria.

1975 Cost of Living

New House:	\$48,000
Average Income:	\$12,686
New Car:	\$3,800
Minimum Wage:	\$2.10/hour
Movie Ticket:	\$2.03
Gasoline:	59 cents/gallon
Postage Stamp:	13 cents
Sugar:	\$2.20/5 gallons
Milk:	\$1.65/gallon
Coffee:	\$1.12/pound
Eggs:	84 cents/dozen
Bread:	28 cents

BRITISH DOCTORS DON'T LIKE STATINS

Just like their American counterparts, British doctors write their patients millions of prescriptions for statin drugs every year, but many won't take the cholesterol-lowering medications themselves, according to a new report.

They believe the risk for side effects is worse than studies show, since much statin research is based on evidence provided by drug manufacturers. According to the report, by the respected Cochrane Collaboration, studies by pharmaceutical companies are more likely to conclude with favorable results than those not supported by drug manufacturers.

Statins: Lipitor, Mevacor, Altacor, Livalo, Pravachol, Crestor, Zocor.



Enjoy a short stack for a tall cause.

Meal includes: Pancakes, sausage, scrambled eggs and a beverage (coffee, juice, soda, tea)

You're invited to an
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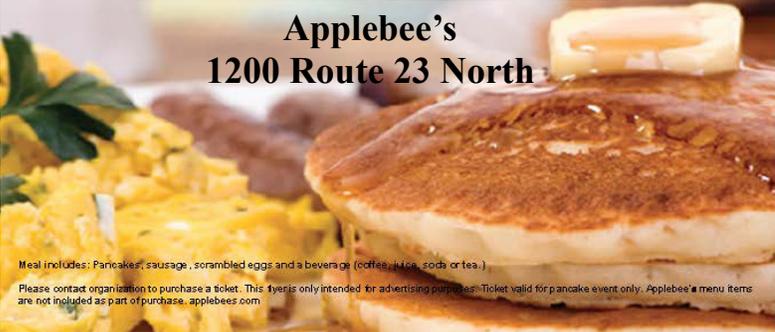
Tickets Cost: \$10.00

June 7

8:00 - 10:00 am

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 kimmytjr@msn.com

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Meal includes: Pancakes, sausage, scrambled eggs and a beverage (coffee, juice, soda or tea.)

Please contact organization to purchase a ticket. This flyer is only intended for advertising purposes. Ticket valid for pancake event only. Applebee's menu items are not included as part of purchase. applebees.com

CANDIDATES' NIGHT



The Riverdale Woman's Club is sponsoring a Candidates' Night on Thursday, May 14, 2015 at the Riverdale Community Center. Please arrive no later than 6:45 to place any written questions in the question box. The program will start promptly at 7PM.

The evening will include opening statements, written questions from the public read by Woman's Club members, as well as questions from the audience. At the conclusion of the questions, there

will be a brief closing statement by each of the candidates.

There are four candidates running in the Republican Primary which will be held on Tuesday June 2.

Two candidates are running for the Mayoral nomination:

William Budesheim
Paul Carelli

Four candidates are running for Council nominations.

Will Felegi
Dave Desai
Gary Mastrangelo
Matt Oswald

Please join the Riverdale Woman's Club at Candidates' Night for a chance to meet the candidates and hear their views and plans for our borough so that you can cast an informed vote on June 2nd.

The Story of Blue Jeans

BLUE JEANS. In a world where fashion is notoriously fickle, blue jeans have been a wardrobe basic for more than a century. As fast as clothes styles change, rugged denim remains popular and in demand from year to year, season to season, even generation to generation, with only minor evolutions. The cloth may fade away.



Original Levi's didn't have rivets in their seams. A Russian immigrant tailor named Jacob Davis invented riveted pants for a miner who complained that simply stitched denim wasn't rugged enough to hold his tools. Strauss bought the idea from Davis in 1873 for \$69, the price of a U.S. patent application. Few other changes were made over the next century. Zippers replaced button flies in 1920.

Denim has a long history, the name comes from "serge de Nimes," or serge, a strong, twill cloth, made in Nimes, France. Originally it was made from wool. During the 1700s, however, weavers added cotton to the cloth; later it was used to make sails. Eventually some savvy Genovese sailors decided the strong material would make great pants, or "genes" - the origin of "jeans."

Jeans were blue because denim was treated with a blue dye from the indigo plant. Indigo has been used as a dye since 2500 B.C. in Asia, Egypt, Greece, Rome, Britain, and Peru. Blue jean manufacturers imported indigo from India until the twentieth century when synthetic indigo was developed.

Blue jeans, as they're known today, were invented in 1853 by Levi Strauss, a German immigrant. Strauss was a San Francisco merchant with extra bolts of blue denim in his storeroom. He noticed that miners who flocked to California looking for gold needed tough work pants. He designed and marketed denim pants as "Levi's," and within 10 years miners, farmers, and cowboys wore them daily.

How Things Are Made
 by Sharon Rose and Neil Schlager.

Blowtorch Cleaning. When cleaning fireplaces, if there's even the slightest chance any live coals remain, don't even think of using your vacuum. The rapid air flow would convert your vacuum into the effective flame thrower you've ever seen. Shovel the ash out first.

Garage & Yard Sale Safety

by Riverdale Resident and Columnist
Bill Lango

With warmer weather welcomes the Garage sale and Yard sale season for many residents. Should you choose to have a garage or yard sale, please include some thoughts to your safety before you have your sale!

- * Under no conditions, or for any reason, let any strangers in your house to use your bathroom. They could be casing your home for potential valuables. They could even disable your alarm system!
- * Lock all side doors and back doors to your house.
- * Keep a cell phone on your person.
- * Never give your home phone number.
- * Keep all your pets leashed and close to you.
- * Ask your friends, or family to help you conduct your sale.

- * Make eye contact and greet everyone walking up to your sale.
- * Keep your money on your person in either a carpenter's apron or a fanny pack.
- * When someone hands you a large bill to pay for an item, leave the bill out in plain view until change has been made.
A "Short-Change-Scam" artist may try to claim that they gave you a \$20 bill when they actually gave you a \$10 bill.
- * Keep track of your sales and money and put your extra money in your house.
- * Put string tags on all your jewelry and small valuables so they cannot be easily removed by a potential buyer.
- * Don't be distracted.



Garage sales are a lot of work, especially if you're not used to holding them. If you decide to hold one, best of luck to you for a profitable sale.

Girls Scouts



The girls of Troop 70323 enjoyed a fun winter weekend at Lake Rickabear in Kinnelon.



Troop 70323 got a tour of the Pompton Lakes Police Department from Officer Kouefati, who was outstanding in explaining the roll of law enforcement officers in the town as well as showing the girls the ins and outs of the police station.



All SMILES at our Girl Scout cookie booth sale. SOLD OUT and SUCCESS for Brownie Troop 94886. The girls have a great end of year celebration planned for all their hard work. Great job done!



Taylor Gosson of Troop 70323 teaches some Brownies the importance of listening for clues during a workshop entitled "Who Stole The Cookie from the Cookie Jar?" This workshop, run by Troop 70323, taught Girl Scouts from Kindergarten up through 8th grade how to search our clues to solve a mystery.

RIVERDALE SCHOOL NEWS

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

It gives me great pleasure writing this with firsthand knowledge of our budget passing. Thank you for executing your right to vote in the School Elections on Tuesday, April 21. With the continued dedication of our school community, our budgeted funds will certainly be utilized to support the needs of our learners as we strive to meet or exceed our state standards. In accordance with our public constituents, it is our intention to address the needs of our students through quality classroom instruction including the following items that are a part of our budgeted funds: continuation of full day kindergarten, professional development with emphasis on best practice instruction, related arts opportunities, kindergarten screening, reading strategies for all learners, curriculum materials to enhance instructional opportunities. With your support, we are able to maintain current staff and programs at all grade levels. Thank you.

Our children have their whole life ahead of them! Truthfully, the limits lie in one of my favorite adages, "Never settle for less than your best!" I do believe that if all of us work to do our very best in everything that we tackle, there is really no limit to the possibilities! This applies (or should apply) in every aspect of each of our daily lives. In our school district, not settling for less than your best should be modeled on a daily basis as best as we each can. Encouragement of healthy risk taking is the norm! In that way our children will surely have the models of "working toward one's potential" at their every turn. This is certainly one aspect of a strong home-school connection whereby dedication and hard work are modeled in each area of our children's lives both at home and in school! Your support of our programs shows your belief in the entire process.

It was wonderful to see so many of you at the school's presentation of The Wizard of Oz held in April. What a pleasure to see the talents of so many children as they shared the journey along the infamous yellow brick road! Again, thank you for your support in this aspect of educating the whole child; it is certainly appreciated. Feel free to come support us in the many activities that are yet to happen, including our softball and baseball games after school. Please note that as the school year is already in the last marking period, be reminded that the End of the Year (EOY) PARCC testing is upon us. Please make sure your children get plenty of rest for those long days of testing. Students across the grade levels have worked very hard throughout this school year, and we want to make sure they are well-rested and ready to face the challenges ahead! As always, we appreciate your partnership with our school district in this way and we all realize the pressure that your children, our students, may be

feeling is real!

In closing, we ask that you continue to work with us in the education of our youth. In addition to the state testing, students are being assessed and instructed to help them reach their ultimate potentials. As stated at various times throughout the year, educating the whole child is important to all of us. Continue to be involved in your child's education, and attend those special school events as you are able. Being involved in your child's school happenings is such an important aspect of the educational process. We welcome your participation!

UPCOMING SCHOOL EVENTS AND REMINDERS:

8 th Grade Cap and Gown Photos	May 1	
PARCC EOY Assessment	May 5-8 (Grades 6, 7,8)	
Board of Education Tentative Meeting Date	May 6 - 7:30	Library
PARCC EOY Assessment	May 12-14 (Grades 3, 4,5)	
SEPAC Meeting	May 12 - 7:30	Library
School Planning Team Meeting	May 13 - 2:40	Library
Coffee with the Principal Special Guest-Mrs. Marianne McCarthy with Summer Reading Tips	May 14 1:15 – 2:00 <u>OR</u> 6:15 – 7:00	Cafeteria
PTA Meeting	May 14 - 7:30	Cafeteria
Luau Dance	May 15 – 6:30	Gym
PARCC EOY Makeup Assessments	May 18 - 22	
Kindergarten Tea	May 20 – 9:00	Cafeteria
Board of Education Tentative Meeting Date	May 20 – 7:30	Library
Memorial Day—School and Offices Closed	May 25	
Grade 5 Health Program	May 27 – 7:00 a nd 8:00	Cafeteria
Gr. 4&8 NJ ASK Science Assessment	May 27	
Field Day	May 29 (Rain date June 8)	Outdoors
Spring Concert	June 2 – 7:30	Gym

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? Anissa Jones— Family Affair: With her curly blonde pigtails and ever-present Mrs. Beasley doll, Jones played Buffy on the late '60s sitcom. (Pictured with her is Sebastian Cabot as Mr. French.) She didn't act after the show went off the air in 1971. Five years later, at age 18, she died of a drug overdose.



My Brush With Greatness: Meeting Kurt Vonnegut



Back in 2005, I worked at a media building in midtown Manhattan. One day, there was an old guy wandering around the lobby. He looked vaguely familiar, but I didn't place him until the desk clerk called his name.

"Hey...aren't you Kurt Vonnegut?"

It was Kurt Vonnegut. He looked the same as he did on the back cover of my copy of *Slaughterhouse Five*. Only older, with wilder hair. The desk guy shook Vonnegut's hand. I did, too.

"*Cat's Cradle* is one of my all-time favorites," I said. I wasn't lying. The novel, about the development and deployment of the atomic bomb, introduced a fictional weapon called "ice-nine," which turns water into a solid at room temperature. Later, The Grateful Dead formed Ice Nine Publishing to pay homage to Vonnegut's novel. Kurt Vonnegut was counterculture *cool*!

The elevator doors opened a moment later, and Vonnegut and I got on. I was alone with one of my literary idols. I felt a little giddy and nervous.

"Doing an interview with NPR today?" I asked.

National Public Radio was on the seventh floor of our building. I'd run into other celebs on their way to NPR before. In the late '90s, I shared an elevator with Paul McCartney and his supermodel wife, Heather Mills, but that elevator had been crowded and the ride short, so I didn't say anything. But I wasn't going to let this opportunity slip away.

"Yep, NPR. That's what they tell me," Vonnegut said.

An awkward pause followed. I kept staring at Vonnegut, and I think it made him uncomfortable. He looked away. I had roughly another minute before we reached NPR's floor. I cleared my throat.

"I do some fiction writing myself," I said.

"Yeah? What do you write?" Vonnegut asked.

"Science fiction. Mostly horror."

"You sell it?"

The question surprised me. Evidently Vonnegut judged writers the same way literary agents, publishers, and the public-at-large did. If a writer's stuff didn't sell, it must not be very good.

"I've sold a couple of things," I said. "Small press stuff."

The most I'd been paid for a piece of fiction was fifty bucks. I won first place in a short story contest once. The prize was a plaque and ten copies of the magazine (which folded after issue #2). Welcome to the glamorous world of professional publishing.

"Good for you," Vonnegut said. "Keep at it."

I had time for one more thought.

"Writing is sort of a solitary profession, don't you think?" I said.

Editors or collaborators may make suggestions, but only one person, working alone, with just their thoughts and a computer keyboard for company, does the writing. Only one person wrestles with the words. Sometimes it's a difficult, lonely job.

Vonnegut laughed nervously, but he looked right at me over the top of his glasses. There was sadness in his eyes, and something else...something that looked like fear. The elevator doors slid open. We had reached his floor.

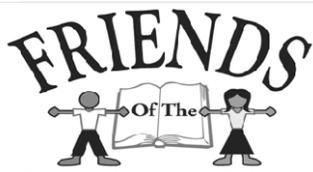
"Stick with paperbacks," Vonnegut said as he stepped out. "I'm into paperbacks now. That's all anyone ever reads these days."

I had no idea what Kurt Vonnegut was talking about. Was he urging me to seek paperback publishers for my science fiction tales? Was he encouraging me to read more paperback novels? Maybe he was answering a question someone else had asked him hours earlier. I don't know.

Instead of asking for clarification, I shouted, "Thanks!" as the elevator doors slid closed. Kurt Vonnegut was gone and I was alone again, pondering just what the 82-year-old author might have meant, and hoping against hope that if I ever make it to 82, I'll still be publishing...and getting paid.



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.



The Friends of the Riverdale Library met and announced that they made **\$5,603** at the annual Book Sale! Many thanks for all those who helped with the sale.

Riverdale Public Library The Friends voted to fund Ancestry.com which is a powerful data bases for Riverdale residents who want to learn more about their family history.

The Friends are looking into having a link where people who use Amazon to shop. Also helps to raise funds for The Friends.

The Friends also allocated funds for plants at the Library...hopefully these won't be taken like the ones in the past!



We hope you will join the Friends this year. It is a lot of fun deciding how to fulfill the Library's wish list using the funds raised.



Members will receive a I love the library magnetic.

(no money was used from the friends to purchase magnets, they were funded with a private donation in hope of raising the awareness of the Friends)

Our next meeting is Thursday, May 21. Hope to see you there!



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?*



July 9 had received the Declaration. A resolution was adopted unanimously approving the Independence for which their delegates had been restrained from voting, and stating that the members of the New York Congress would "at the risk of our lives and fortunes, join with the other colonies in supporting it."

The British now marked for special vengeance all members of Congress whom they suspected of having signed for Independence. Most of the delegates were busy in Philadelphia, leaving their families and property exposed to frenzied attacks by spiteful Loyalists who were aiding the enemy.

With the invading fleet already at their shores, the four New York delegates—**Francis Lewis, William Floyd, Philip Livingston, and Lewis Morris**—practically signed away their property when they put their names to the Declaration. This they knew, and they also felt the gravest concern for their families. These men were wealthy aristocrats, with luxurious town houses and county estates filled with attractive loot for plundering.

New York's Provincial Congress had moved to White Plains for safety, and on

Late in August, the British and their mercenaries, the Hessians, were ready to pounce upon General Washington and his little army, gathered in slender forces to protect New York City against attack. On the twenty-seventh, enemy forces landed on the southwest shore of Long Island, about 25,000 strong. They advanced in three divisions, inflicting terrible losses upon the stubborn colonials. About one fifth of Washington's men were killed, wounded or captured.

Following the Battle of Long Island, the commander in chief and his generals met in the elegant country house of Philip Livingston on Brooklyn Heights, and decided to evacuate. Leaving their campfires burning, the remnants of the American troops escaped by night across the river and took up a position on Harlem Heights.

A woman Loyalist sent her servant to warn the British, but he was seized by

Hessian soldiers who understood only German. They detained the fellow until someone who spoke English could take his message. By that time, the Americans had retreated safely northward through the city of New York.

The conquering army swarmed over Long Island. They burned and plundered the home of Signer Francis Lewis at Whitestone, and carried off his wife as a prisoner. Mrs. Lewis was confined in a filthy barracks and treated with great brutality. She had no bed to lie on, and no change of clothing for months. This disgraceful treatment came to the attention of Congress. General Washington then arranged for her exchanged for two women prisoners of the Americans.

Mrs. Lewis had suffered so severely that she never regained her health, and died two years later.

Francis Lewis was a merchant, born in Wales and educated in Scotland and England. His extensive travels had taken him twice to Russia. He early became one of the Sons of Liberty. At sixty-two, he was elected to Congress. His business acumen proved valuable to the committees on which he served.

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



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www.riverdalelibrary.org
 to sign up!

ADULT PROGRAMS

Documentary Screening - *The Imposter* — Mon., May 4, 6:30 p.m. Rated R, 99 min. A young Frenchman appears in the lives of a grieving Texas family, claiming that he is their 16-year-old son who has been missing for three years.

Introduction to Genealogy — Thurs., May 7, 7:00 p.m. Carolyn Dorsey, a librarian at The North Jersey History and Genealogy Center at the Morristown and Morris Township Public Library in Morristown, will present an introductory program discussing the basics of genealogy research, as well as how to use databases, internet resources and the special collections at the History Center to discover your family's history.

Friday Matinee - *Unbroken* — Fri., May 8, 1:00 p.m. Rated PG-13, 137 min. After surviving a plane crash in WWII, Olympian Louis Zamperini spends 47 days in a raft before being captured by the Japanese Navy and sent to a POW camp. Rated PG-13, 137 minutes.

ADULT COMPUTER PROGRAMS

Excel — Wed., May 6, 6:00-7:30 p.m. Learn how to create a simple worksheet. You will input data, create simple formulas and use basic formatting techniques. We will discuss tips to view your worksheet, and how to print a presentable report. *Prerequisite: Comfortable using a computer, keyboard and mouse; familiarity with Microsoft Word.*

iPad and Tablet Users Group — Fri., May 15, 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.

Microsoft Word Part 2 — Wed., May 20, 6:00-7:30 p.m. Learn to create columns, tables, headers and footers and page numbers. We'll also cover page borders, page breaks and mail merge basics. *Prerequisite: Word Part 1 or familiarity with Word.*

PowerPoint — Wed., May 27, 6:00 p.m.-7:30 p.m. Design a PowerPoint presentation with text, clip art, and animation. You'll learn about formatting, the design options

CHILDREN'S PROGRAMS — GRADES K-5

Marvelous Moms — Wed., May 6, 4:00-5:00 p.m. Make a card to show your mom, grandma, aunt or big sister how special she is.

Puppy Pals — Wed., May 13, 4-5 p.m. A fun way to encourage reading skills! Children can choose a book to read to Justice and Liberty, certified therapy dogs from Creature Comforts Pet Therapy.

Breakfast Book Club — Sat., May 16, 10:15-11:30 a.m. Grades 2-5. Enjoy bagels and juice, talk about the book of the month, and create a cool project! Pick up your free copy of *Stranded* by Jeff Probst at the circulation desk.

Lego Lab — Wed., May 27, 4-5 p.m. You bring your imagination and we'll supply the LEGOs plus a great story!

INFANT & PRE-SCHOOL PROGRAMS

Programs run the week of April 13 through June 2.

Baby Time: Up to 2 years w/caregiver. Mon., 11-11:30 a.m.

Totally Twos: 2 year-olds w/caregiver. Mon., 10:15-10:45 a.m.

Preschool Pals: Ages 3-5, Tues., 10:15-11:00 a.m. OR 1:30 - 2:15 p.m.

TWEEN PROGRAMS — GRADES 4-6

For the Birds — Wed., May 20, 4:00-5:00 p.m. Welcome spring by "upcycling" materials into colorful feeders for our feathered friends.

New magazines added to our collection:

Disney Frozen, Fine Gardening, Knit Simple,
 and *Vogue Knitting.*

Stop by and browse our magazine collection! And don't forget our digital magazine collection available for download on your computer, tablet or Smartphone. *Bon Appetit, Bloomberg Businessweek, National Geographic* (interactive) and 73 other digital versions of popular magazines are always available. Click the Zinio link on the library website home page to see a full listing and to download your magazine.

MONTHLY

Adult Book Discussion Group — Mon., May 18, 6:30-8:00 p.m. *The Night Circus* by Erin Morgenstern.

Photo Club — Mon., May 18, 6:30-8:00 p.m.

Friends of the Library meeting — Thurs., May 21., 7:00 p.m.

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

RIVERDALE



Bethany Hanlon - An author in our midst?

That's right. Riverdale has a new published author, self-published, but published, none-the-less.

Bethany Hanlon hosted a release party at the Community Center on April 19th to celebrate the debut of "Toilet Paper for Peanuts", a memoir of her travels and adventures during her college years at Arcadia University.



More than 100 family and friends attended the open house in honoring Bethany and her book.

For the last 2 ½ years, after leaving a high school teaching position in south Texas, Bethany returned to Riverdale to write about studying abroad in Spain and Scotland. Attending a Model UN conference and being awarded a scholarship which sent her to an orphanage in Guatemala. Bethany also has tales from London, Costa Rica, Prague and her walk of the Camino de Santiago.

If you are interested or would like further information about "Toilet Paper for Peanuts" please visit the website at www.toiletpaperforpeanuts.com



Kayla Stygar, Tyanno Cano and Brooke Lesko of Troop 70323 traverse the high ropes at the Palisades Mall. This five story course challenged the girls to face their fears and they did AWESOME!



The Riverdale Women's Club "planted" their annual *Pinwheel Garden* in observance of "Prevent Child Abuse Month" in the front lawn of the Municipal Building.



New message board in front of the Riverdale Library giving us the latest Recreation News and other events of interest to the residents.

DAILY NEWS

Thank you, Steve Frast!



After 13 years as President of the Friends of the Riverdale Library, Steve Frast has stepped down. Many thanks to Steve and his wife, Friends Secretary Ann, for *such dedication* to our wonderful Library. Through their efforts over \$40,000 has been donated to the Library.



Steve and Ann Frast with incoming President of the Friends, Dennis Harsley.

Craft Fair at Glenburn in Support of Veterans



Dawn Dube-Kessararis with her daughter, Dana.



Dawn Gosson



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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 May 9 & Saturday June 6
at Riverdale Community Center
Children ages 7 – 14 years Beginner to Advanced.
10:00am – 4:30pm
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

Family Discount Golf Night

at GOLF 23 (410 Rt. 23 N. Pompton Plains)
THURSDAY, MAY 21
anytime between 3:00-9:00pm
Mini Golf: \$2.75 per person Driving Range: 25% off
Show your Drivers License or School ID to get the Discount.
(you must be a Riverdale or Pompton Lakes Resident to receive the discount). Come on out and have some fun!



Hula Hoop Fun

Tuesday, May 26, 3:00-4:00pm
Riverdale Community Center
Children in K, 1st and 2nd grade
Cost: \$12.00

Come out and have some Hula Hoop Fun
and Games after school!

Make & Play Hula Hoop Fun!

Wednesday, May 27, 3:00-4:00 pm
Riverdale Community Center
Children in 3rd, 4th and 5th grade
Cost: \$12.00

Decorate your own Hula Hoop and learn some fun
Hula Hoop tricks and take it home to keep practicing!

Sign up in advance (we need to plan for supplies)
Email riverdalerec@gmail.com or call 973-835-4060 x232

2015 Summer Rec

LAST CHANCE to Sign up !!

Wednesday, May 6th

email RiverdaleRec@gmail.com
or call 973-835-4060 x232 today!

2015 Summer Rec After Care

For children attending Riverdale Summer Rec ONLY.
June 29 - July 31 * Monday - Friday * 3:00 - 5:00 pm
Riverdale Community Center
\$10 an hour per child, per day.
Must sign up and pay in advance to assure enough
supervision is scheduled
Deadline to sign up: June 17th

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

KIDS CARDIO BOXING

Thursdays, 4:00-5:00pm
Riverdale Community Center
Students in grades 3-7

8 week session \$48, Walk-ins \$8.

This class combines a challenging workout along with
boxing skills on focus mitts. Each class ends with an
active group game. Come on out and have some fun!

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



JUNE edition of Riverdale News & Events will be published on or about Saturday, May 30. Copy, photos, articles, announcements are due Friday, May 22.

ADULT OIL PAINTING CLASS

Wednesdays May 6, May 13, June 10 & June 17
6:00 – 9:30pm

Cost: 35.00 includes all supplies.

Saturdays May 16, May 30, 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

Walking Club

In conjunction with Pompton Lakes Recreation.
Thursdays, May 7 thru August 20 7:00-8:00 pm
Hershfield Park in Pompton Lakes.

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.

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



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Athletes Who Died Too Soon

Roberto Clemente August 18, 1934 - December 31, 1972. Born Roberto Clemente Walker, Clemente played with the Brooklyn Dodgers' minor league team before making his major league debut with the Pittsburgh Pirates in 1955.



As a professional baseball player, Clemente ranks among the best of all time. He was, in baseball parlance, a "complete player" and his record proves it in multiples. In addition to the Most Valuable Player Award, Clemente received 12

Gold Glove Awards, 4 National League batting titles, 12 All-Star Game selections, 2 World Series Championships, and reached the 3,000-hit milestone. Only ten players in the history of the major leagues recorded 3,000 hits before Roberto. The highlight of his long and prosperous career came in 1971, when he earned the World Series MVP Award for his superb performance in the Fall Classic against the heavily favored Baltimore Orioles. Clemente batted .414, hit two home runs, and turned in several standout defensive plays to carry the Pirates to one of the most surprising results in World Series history. With a massive television audience witnessing the seven games of this historic Series, Clemente gained the kind of nationwide recognition that had eluded him throughout his career.

But there's another Clemente record. It is written in cornerstones of schools, hospitals, and other public buildings, inscribed on monuments and statues, struck on coins, imprinted on collectibles and book covers — it is simply his name, Roberto Clemente, and it is evidence of his impact beyond baseball. He led the National League in batting four times during the 1960s, and played in the 1971 World Series. He died in a plane crash to deliver goods to Nicaragua in 1972.

Clemente became known for his fierce ethnic pride and for his unusual capacity to bear a much larger identity—not just for Puerto Rico but for all of Latin America. It was a responsibility he embraced and carried with dignity and admirable grace.

He didn't see himself as merely a representative of Latin America to the world through baseball. He saw his career in baseball as a way to help Latin Americans — especially underprivileged Puerto Ricans — make their lives better.

Clemente's philanthropy was not calculated to gain public or private recognition. He simply wanted to help people in need. For some, his generosity was financial; with others he freely shared his chiropractic knowledge — learned as a result of his own back injury in 1954; and for many others, particularly children, Clemente's kindness came as free lessons in the game of baseball.

Clemente always cared about children. Despite his busy schedule, he made time to hold baseball clinics for kids, especially for those from low-income families. He dreamed of building a "Sports City" where Puerto Rican youth would have ready access to facilities, coaching, and encouragement in many sports. It was another way of working toward a Puerto Rico that was healthier, happier, and fairer.

To remove white water spots from leather, cover them with a thick coat of petroleum jelly. Leave it on for a day or so, and wipe it off with a soft cloth.

Influential Women

Martha Raye

(August 27, 1916 - October 19, 1994) Known as "The Big Mouth" and considered the female equivalent to Bob Hope, Martha Raye was an American icon in her own right.



She was born Margy Reed in Butte, Montana, to Maybelle Hazel (Hooper) and Peter Reed, Jr., vaudeville performers. She had Irish, German, and English ancestry. Raye made her acting debut before the age of 10 as she toured the nation with her parents variety show "Reed and Hopper". In her late teens she was hired by band-leader Paul Ash as his lead vocalist and was spotted by a Hollywood talent scout during a New York City concert in 1934. She soon relocated to Hollywood where she began making a name for herself appearing in a string of successful screwball comedies alongside the likes of Bing Crosby, Jimmy Durante, W.C. Fields, and Joe E. Brown.

With the outbreak of World War II she took a break from film making to focus on entertaining servicemen and women traveling with the USO on many tour stops. She soon became even more famous for her dedication to America, its values, and its soldiers which helped earn her the beloved nickname "Colonel Maggie".

She continued acting into the late 1980s dividing her time between movies, TV guest spots, and occasional stage appearances. She passed away on October 19, 1994 after a long battle from pneumonia and was buried with full military honors at the Fort Bragg Main Post Cemetery, Fort Bragg, North Carolina. Martha "Colonel Maggie" Raye was 78 years old.

Received the Women's International Center (WIC) Living Legacy Award in 1988.

Awarded the Presidential Medal of Freedom in November 1993 by President Bill Clinton.

Was an honorary Green Beret. Visited U.S. Army Special Forces in Vietnam without fanfare. Registered nurse Lt. Colonel, helped out when things got bad in Special Forces A-Camps. Affectionately known by Green Berets as "Colonel Maggie."

Martha Raye, the only woman buried in the Special Forces cemetery at Fort Bragg, NC. Martha Raye joined the USO SOON After the US entered WWII. During WWII, the Korean War, and the Vietnam War, she traveled extensively to entertain our troops, despite her extreme fear of flying. In 1966 she went to Vietnam to entertain two platoons of airmen, both were called out on a mission. She held the show there till they returned. She often served as a nurse on these trips.

SKUNK ODOR-OUT TONIC

When a skunk comes a-callin' bucket and thoroughly saturate and leaves some fragrant walls, stairs, or anything else evidence behind, reach for this your local skunk has left his mark easy remedy.

- 1 cup of bleach or vinegar
- tbsp. of dishwashing liquid
- 2 1/2 gallon of warm water

Mix all of these ingredients in a

Caution: use this tonic only on nonliving things, not on pets or humans.



Neighbors in Nature

by award-winning photographer and Riverdale resident, Don Pruden



This year my mid-February crocuses finally arrived the first week of April. The honey bees did not arrive until the next week but only two were seen. By mid April only one bumble bee had been seen. Our winter here was more like those I experienced for my few years in the Rochester, New York area or my 34 years East of Albany, New York.

None of my crocus seeds germinated and those probably needed a colder habitat than my window sill could provide. Certain plants need to have their seeds frozen for some period of time before they will germinate. I have an excellent book that brings this up at times.

The Gardener's A-Z Guide to Growing FLOWERS from Seed to Bloom, by Eileen Powell, Storey Publishing -1953.

She mentions another early spring flower that seems easy to grow called "Glory of the Snow" (*Chionodoxa luciliae* and *Chionodoxa sardensis*). I never planted them here in the first place. They were my mothers plants well before 1993. And now like an occasional Crocus, a few come up in the lawn. Eileen Powel's book mentions that these seed will germinate in soil at 55 degrees. The six petals of the flower are a light blue fading white at the very center. The entire flower spans a bit less than one inch.

The two Butterfly Bushes at the library are doing well and have been pruned back for their spring start up. The bush nearest the sidewalk is one of the first I ever started from seed. Though the seeds for this bush were from a plant that had all white flowers, a recessive color, all of the offspring plants had blue flowers and blue is a dominant color. Obviously the visiting bees did not care too much about dominance or recessive in this case.

The seeds for the second butterfly bush were from that bush by the sidewalk at the library and could have produced a plant with white flowers, at least there was a 25% chance of white flowers. Again, we also had no control over the visiting bees either!!!!

Linda Vogel at the Riverdale Library successfully raised her own butterfly bush from seeds from that same Library plant. Bravo, Linda!

Introducing a new monthly column by Riverdale Resident John Morley

JMOR Tech Corner

We Don't Trust Strangers; Why are you Trusting the Internet?

Computers, Smart Phones and other portable electronic devices may seem to have no sharp corners or indicate the slightest bit of danger, but what we don't know can hurt us. Personal information is deemed to be anything you wouldn't want falling in the wrong hands, i.e., (your last name, address, city, state, zip, Credit Card Information, License Information, Bank Account Information, Passwords, and more).

Understanding and admitting is the first step to solving this problem and the second thing one needs to do is prevent yourself from just giving it out your personal information freely over the internet. Next personal security or Identify fraud is more than a serious issue and I can't even begin to explain the severity of not taking the advice that I want to share with all of you.

Many of you shop on line; yes, is that the problem? No; shopping on line in itself is not the problem. Is confiding in someone a problem? No but it is the same thing, it's not what you confide it is who you can confide in and knowing that the person is trustable. Thus, shopping on line is the same thing; the act of shopping on line is ok as long as we know the site we are visiting is trustable. How do you know you can trust someone?

Trusting someone is not easy, but it takes time and mutual understanding to build trust. Then how long does it take for me to trust a website; that's a great question, just seconds. Many websites will have either http:// or https:// (hypertext transfer protocol) or (hypertext transfer protocol secure). One is a plain website that doesn't encrypt or secure the information that is being entered and https site does prevent third parties from being able to deceive the information thus it is encrypted. Again, this could be a whole book I itself but what I want you to understand is to only enter personal information on https sites which display a solid lock the top right corner of your browser. If you are going to use a credit card then the site should not only be https but also the bar should go green in addition to having a solid lock on top right of the browser.

Safeguard your personal information and just as you take time to trust others, take at least a few seconds to make sure where you are shopping is a trusted site with a solid green bar or extended validation certificate. Did you know you can even double click on the green lock and you will see who the certificate was issued to and their validated company information?

John C. Morley
JMOR Sr Engineer
(973) 394-1000 x.108
Web: jmor.com



When your feet feel so tired and achy that you don't think you can stand up for another minute, reach for three or four Cucumbers. Chop them up, toss the pieces into your blender or food processor, and whirl them into a thick pulp. Put an equal amount into each of two pans that are big enough to hold your feet. Then sit back in your easy chair, put a tootsie into each pan. The next thing you know, you'll be ready to go out and dance the night away.



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

ANSWER to question on Page 7.
The first year is 1984. Then we make the jump to 2012 and the previous year was 1956. It occurs every 28 years.

Got an unpleasant odor in your car? Make it fade fast by pouring a little vinegar into a shallow bowl and leaving it in the car overnight. Take the dish out before you go for a spin, or your car will smell like salad dressing!

To remove a stubborn bumper sticker, coat it with vinegar, wait until the liquid has thoroughly penetrated the paper, and scrape it away with a plastic scraper.

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Summertime, and the livin's easy!



The warm, sunny weather allows for plentiful outdoor activities for you and your pup to enjoy. But nothing is ever easy, right? When the warm weather starts, so does the activities of some pretty nasty creepy crawlies – the tick and the mosquito. Both of these insects can cause a lot of harm

to you and your pet, but there are simple methods you can employ to stay safe.

Ticks are most notorious for transmitting Lyme disease. Lyme disease is caused by the bacterium *Borrelia burgdorferi* and is transmitted to humans and pups through the bite of infected blacklegged ticks. Typical symptoms in humans include fever, headache, fatigue, and a characteristic skin rash called erythema migrans. The dominant clinical feature in dogs is recurrent lameness due to inflammation of the joints. Unfortunately, Lyme is just one of many diseases transmitted by ticks, including babesiosis, anaplasmosis, powassan encephalitis, tick paralysis, tularemia and bartonella.

Mike's Feed Farm carries myriad preventatives to keep ticks far away from you and your pet. Pet Lock or Frontline is a tick preventative applied monthly. After you apply it on your pets' shoulder blades, the solution enters their bloodstream and is stored in the oil glands in their skin. Over the course of 30 days, the solution will distribute itself onto your pets' hair and through their follicles. When fleas or ticks come into contact with their hair, they will die.

A Seresto collar is a collar you put on your pet that lasts for about 8 months and deters fleas and ticks. (Do not use Pet Lock/Frontline and the collar, choose one or the other.) Zodiac and Adams carry flea and tick collars, foggers, carpet sprays, yard sprays to keep the harmful insects far away. Mike's also carries all natural products for pet owners who prefer to try preventative avenues without using chemicals. The Natural Chemistry line offers drops and yard spray for your pets and upholstery. Stop in to Mike's Feed Farm any day and chat with our staff to determine what the best line of attack is for you.

Another insect that can cause significant damage to your pet is the mosquito. Heartworm is caused by foot-long worms (yes, you read that right, FOOT long worms!) that live in your pet's heart, lungs and blood vessels. The worms can cause severe lung disease, heart failure and damage to other organs in the body. Heartworm disease affects dogs, cats and ferrets, but the worms can also live in wolves and coyotes, both of which live in our area and can increase the chances of your pet becoming infected.

Here's how the mosquito plays a critical role in the transmission of heartworm. Adult worms living in dogs, foxes or coyotes reproduce baby worms called microfilaria. A pesky mosquito comes along and bites the infected animal, taking in blood... and the baby worms swimming in it. Then, when the infected mosquito bites your dog, cat or ferret, the larvae are deposited into their skin through the mosquito's bite wound. Once inside your pet, the larvae will take their sweet time to mature - approximately six months! The baby heartworms mature and will begin to reproduce and grow... and reproduce more worms. Heartworms can live for five to seven years in a dog and two to three years in a cat. It is important to understand that the longevity of these worms can significantly increase the likelihood of your pet becoming infected during mosquito season.

Heartworm is very difficult and very expensive to treat for dogs. The medication costs about \$1,500 and your pup needs to be crate restricted for months while the worms die off. In cats, the worms are atypical and do not reproduce, so the treatment is a little easier with Heartgard, but it still difficult to get rid of all the worms. To avoid this lethal disease and costly treatment, it is critical to administer a monthly heartworm treatment you can purchase from your veterinarian.



Dogs available for adoption.

Three Chihuahuas in a basket, oh my! These three chis are looking for their forever home. They come to New Jersey all the way from California, where Chihuahuas fill the city shelters and are at most risk for euthanasia. To learn more about any of these three chis, please email Erin Earley at erin.earley@aspc.org.

16th Annual Fire Auxialiary Spaghetti Dinner a Success!



Officers of the Riverdale Fire Dept Auxiliary—1971.

Mrs. Shirley McCracken, Mrs. Marge Norton, Mrs. Annette Dedio, Mrs. Honey Martinez, Mrs. Elsie Post, Mrs. Doris Card



Karson McDermott sitting upon Riverdale fire truck giving a thumbs up for the spaghetti dinner that he enjoyed with his family.



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



GARLIC. According to a 3,500 year old Egyptian scroll, healers even then believed garlic could help a person fight cancer. Dioscorides who lived in the first century A.D. was a surgeon and physician in the Roman armies. He described garlic with regard to the Doctrine of Signatures. This is the notion that the medicinal properties of the plant are revealed symbolically by its outward form. Thus, a plant such as garlic, with a long hollow stalk, would be good for all diseases of the windpipe.

As a medicinal plant, Garlic can be used extensively for disease prevention. Internally, it can be used against infection of all kinds. Externally, it has been used for eye, ear, nose and throat infections and because of the thiamin content, it is used to prevent mosquito bites. Garlic has measurable amounts of germanium (a mineral strengthens the immune system), an antioxidant for aiding in physical endurance and is of excellent benefit in wound healing.

Nutritionally, garlic has been found useful for some control in glucose tolerance for both hypoglycemia and hyperglycemia, possibly by helping to reduce insulin requirements. It is useful in orchestrating and blocking atherosclerosis and in reducing blood cholesterol. Garlic has also been shown to lower serum cholesterol and triglycerides, while also raising HDL levels in both healthy individuals and patients in coronary heart disease. It helps protect against narrowing of the arteries. Garlic is known to dissolve LDL (harmful) cholesterol and to lower triglycerides, while increasing HDL (beneficial) cholesterol levels.

Garlic owes most of its strong aroma to allicin, which is produced by the enzymatic action of allinase on alliin (a Sulphur-containing amino acid). This action does not take place until garlic is bruised, thus the aroma of fresh garlic is not offensive until it is crushed or cut. There are some that have discovered a way to prepare a garlic product devoid of the sulfur smell by removing the allicin, however, it is the consensus of opinion that allicin is the ingredient that destroys fungus and possesses other medicinal benefits.

Most of the beneficial effects of garlic are thought to be the result of its sulfur compounds. The plant is easy to grow and its strong odor serves a useful purpose in the garden. It helps to discourage insects that might prey on other plants.

Researchers at Loma Linda University have found compounds in garlic that activate enzymes in the liver that destroy aflatoxin, a potent carcinogen produced by mold that can grow on peanuts and grain. Aflatoxins are claimed to be a leading cause of liver cancer.

- ◆ It is known for being able to stimulate the lymphatic system to throw off waster materials.

- ◆ It works to relieve pain resultant from insect bites.
- ◆ Garlic rids the respiratory tract of phlegm and works to rid the bowels of parasites.
- ◆ Because it is a natural antibiotic, it helps to control fevers and works to combat viruses.
- ◆ Garlic helps to control disorders of the blood. It is even good for expelling thread worms from the body.
- ◆ Garlic has been used in enemas and colonics, having the ability to rid the colon of intestinal parasites.
- ◆ Garlic also has the ability to destroy harmful bacteria and at the same time leave behind beneficial bacteria for the body to utilize.
- ◆ Garlic strengthens blood vessels and is a powerful detoxifier providing protection against pollutants and heavy metal toxicity.
- ◆ Evidence continues to mount that of the 50 compounds in garlic, 10 are active in reversing cancer development.
- ◆ Garlic has been used in cough remedies for centuries.
- ◆ Garlic strengthens the heart, it also nourishes and has a positive effect on the stomach, spleen and lungs.
- ◆ It protects against cancer-causing agents as found in cigarette smoke, charbroiled meat and polluted air. It is a specific anti-tumor agent used as a preventive for many types of cancer and other degenerative diseases.
- ◆ Garlic improves circulation, while it stimulates the immune system. It contains an anti-coagulant which normalizes blood platelet adhesion by reducing the "stickiness of the blood" thereby improving circulation.
- ◆ Garlic is effective in treating arthritis and may help prevent breast cancer, heart disease, strokes and some viral infections.
- ◆ Research in the 1970s has shown that oils extracted from garlic inhibited blood clotting.
- ◆ Garlic is one of many super foods that some consider to be one of the most potent healing herbs in the world.
- ◆ Garlic is effective in treating respiratory conditions such as asthma, bronchial and lung problems. It is a superior expectorant, helping to expel phlegm from the lungs.
- ◆ Garlic with Capsicum and Vitamin C taken internally at the first notice of a cold can help.
- ◆ Allicin is active against fungi which includes Candida Albicans. It is even more effective than Nystatin. There are also microbes that are inhibited by Allicin-rich garlic, including the influenza viruses.
- ◆ Garlic is good as mosquito repellent, when applied to the body with olive oil.

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).



Photography—Panning.

What if you want to show motion and also have the subject appear sharp? Use a slow shutter speed and *pan* the camera to follow the subject while you shoot. Start tracking the subject through the viewfinder before it gets to the point where you want to record it, release the shutter when the subject reaches the desired point, and remember to follow through—don't abruptly stop panning after you trip the shutter.

Panning sort of reverses reality. In reality, the subject is moving and the background is stationary. When you pan the camera to track the subject, however, you're "stopping" the subject on the film and causing the background to "move." the result is a picture with a sharp subject

against a blurred background, which is a great way to emphasize the speed of a race horse or racing car. Again, the best shutter speed for a given subject depends on the subject's speed and distance, but 1/30 is a good starting point.

It takes some practice to master panning. Especially when using long lenses, it's not easy to keep a speeding race car in the viewfinder at all, much less centered therein.

For panned shots, stand facing the spot where you want to photograph the subject. Keeping your feet planted in place, turn your upper body to face the approaching subject. "Capture" the subject in the viewfinder and pan the camera to track it by turning your body back toward "centered." You can sense when you are pointed straight ahead, and thus will know when to press the shutter button to make the picture.



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



The Jillian Gorman Fund establish memory of his daughter by Riverdale resident Richard Gorman

16 year old Jillian Lauren Gorman was a normal teenager, independent in her ways. In September 2009, her family enrolled Jillian at Mary Help of Christian Academy in North Haledon, New Jersey for her freshman year. While reluctant at first, over time Jillian came to enjoy and profit from this academically challenging yet nurturing and family oriented environment. She became a responsible high school student, and life was very good.

Then everything changed. At just 16 years old, Jillian was diagnosed with aggressive Acute Myeloid Leukemia (AML,) a form of blood cancer; a condition with 5 year survival rates of less than 50% for children. The news, as well as the long road ahead, was devastating. Three and half years of grueling treatments – continuous rounds of chemotherapy, 3 bone marrow transplants, a kidney transplant, 2 full years of dialysis, hospital stays, bills, emotional roller coasters, and sleepless nights. Despite three hopeful periods of remission, Jillian eventually lost her valiant battle on March 3, 2013.

During her treatment Jillian managed to stay active and productive and became an inspiration to many others. While a student of Mary Help of Christian Academy, some of her activities included: “Gospel Roads” retreat in 2011 in Tampa, Florida, painting houses, clearing fields, and feeding the poor (while on Dialysis and awaiting her kidney transplant); Worked with disadvantaged children at a summer camp teaching and providing support and guidance; Gave witness talks to children and incoming high school students that would be attending gospel roads retreats. When hearing Jillian’s story during her hospital stays, students

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

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

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

Our Mission

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

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

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

John C. Morley **jmor.com**

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COFFEE IS GOOD FOR LIVER. Two cups of coffee a day cuts the risk of dying from cirrhosis by 66% in patients whose disease is caused by non-viral hepatitis, says a new study published in the journal *Hepatology*. Cirrhosis is one of the world’s biggest killers, causing 1.3 percent of deaths worldwide. It is the 11th leading cause of death in the U.S.

RELIGION PROTECTS AGAINST DEPRESSION. Columbia U. researchers have found that religion appears to cause structural brain changes that protect against depression. Using brain MRIs, scientists found that certain areas of the brain cortex are thicker in people with strong spiritual beliefs. This cortex feature is associated with a lower risk of clinical depression. Cortex thinness seems to make people depressed.

SMARTPHONE CAUSES WRINKLES. Your smartphone could be causing you to age quicker, according to researchers at CACI, a British cosmetic procedure company. People who regularly use electronic devices tend to develop something called “tech neck,” wrinkle lines that develop around the neck and chin caused by constantly looking down at computers and cellphones. Take frequent breaks from device use.

21 Uses Of Lemons That Will Totally Blow Your Mind

1. **Freshen the Fridge** Remove refrigerator odors with ease. Dab lemon juice on a cotton ball or sponge and leave it in the fridge for several hours. Make sure to toss out any malodorous items that might be causing the bad smell.
2. **High Blood Pressure** Lemon contains potassium which controls high blood pressure and reduces the effect of nausea and dizziness.
3. **Prevent Cauliflower From Turning Brown** Cauliflower tend to turn brown with even the slightest cooking. You can make sure the white vegetables stay white by squeezing a teaspoon of fresh lemon juice on them before heating.
4. **Mental Health** Lemon water can also prep up your mood and relieve you from depression and stress. Long distance walkers and world travelers as well as explorers look upon the lemon as a Godsend. When fatigue begins, a lemon is sucked through a hole in the top. Quick acting medicine it is, giving almost unbelievable refreshments.
5. **Refresh Cutting Boards** No wonder your kitchen cutting board smells! After all, you use it to chop onions, crush garlic, and prepare fish. To get rid of the smell and help sanitize the cutting board, rub it all over with the cut side of half a lemon or wash it in undiluted juice straight from the bottle.
6. **Respiratory Problems** Lemon water can reduce phlegm; and can also help you breathe properly and aids a person suffering with asthma.
7. **Treating Arthritis and Rheumatism** Lemon is a diuretic – assists in the production of urine which helps you to reduce inflammation by flushing out toxins and bacteria while also giving you relief from arthritis and rheumatism.
8. **Prevents Kidney Stones** Regular consumption of the refreshing drink — or even lemon juice mixed with water — may increase the production of urinary citrate, a chemical in the urine that prevents the formation of crystals that may build up into kidney stones.
9. **Keep Insects Out of the Kitchen** You don't need insecticides or ant traps to ant-proof your kitchen. Just give it the lemon treatment. First squirt some lemon juice on door thresholds and windowsills. Then squeeze lemon juice into any holes or cracks where the ants are getting in. Finally, scatter small slices of lemon peel around the outdoor entrance. The ants will get the message that they aren't welcome. Lemons are also effective against roaches and fleas: Simply mix the juice of 4 lemons (along with the rinds) with 1/2 gallon (2 liters) water and wash your floors with it; then watch the fleas and roaches flee. They hate the smell.
10. **Anti-Aging** Lemon water reduces the production of free radicals which are responsible for aging skin and skin damage. Lemon water is calorie free and an antioxidant.

...continued next month



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SLATER'S MILL

Slater's Mill traces its roots to the early 1700s, when a grist mill operated on the property. Five years after a fire destroyed the mill, and a new one was built, Joseph Slater bought it in 1849 and converted the operation into a felt factory. After his death in 1871, his son, Robert took over and expanded the business, employing 16 workers who produced a steady supply of

hatter's furs. A major buyer was the famous J.B. Stetson. Who hasn't heard of the Stetson hat? With large crowns, wide brims and Old West flair, the hats were worn by the likes of the first Lone Ranger Clayton Moore, country singer Gene Autry, and John Wayne. Fueled by water, the mill lost its source of power in 1903 when a dam at the mill's pond was destroyed by flood. The long vacant mill is on the state and national registers of historical places.

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

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/>.

I think it would be safe to say that people know that tea comes in different forms. The most popular forms we see are bagged and loose. What with Teavana and DAVIDSTea stores popping up in every mall practically across the US, it's hard to ignore the growing loose tea scene. However, few people know about two other serving methods – powdered and in a brick. So, what is it that makes these tea-packing methods so different from one another and why should we as consumers care?

Over the next few entries, we are going to explore each type of tea, the pros, the cons, and even a few tricks involved with each.

Let's start with ever-so-popular bagged tea. Bagged tea can come in a pyramid, in a bag, or you can even make your own tea bags using coffee filters, some sewing skills, and tea to make cute shapes (a popular idea is to make heart-shapes tea bags for Mother's Day! Hint hint, that is right around the corner). Back in the 1900s, American tea merchant Thomas Sullivan was sending customers tea wrapped in silk. Customers, not knowing how to drink tea (being tea was just starting to become popular) would plunk the bags into the tea instead. Apparently, not only did this push the teapot out of the line up for serving tea, it also meant that the tea cup had to be upgraded to a heartier, larger tea mug.

The pros of using a tea bag? It's fast, easy, and transportable. When I am running out of the house and I am bringing a travel mug of tea, sure enough, you will see a string trailing out of my cup, indicating I have some bagged tea in my cup. Disposal is also a breeze, since all you have to do is fish out the bag and then toss it in the trash. And, as you might have noticed, brewing from a tea bag is almost instantaneous, whereas with loose tea, you have longer brewing periods. Basically, think of tea bags as the busy man's tea.

The cons? The tea within the bag does not have room to open up and allow all the juices to flow. This creates a tea that is less quality for you, and you do not get to enjoy the complex tastes that you can find in tea otherwise packaged. Tea bags also produce a lot more waste. Certain tea companies, such as Celestial Seasonings, intentionally try to cut down on the amount of packaging found in their teas. For example, they do not have the tea string and staple or glue that you typically see on a bag of Lipton's tea. While it might not seem like an awful lot, the fact is, it does add up.

Finally, tea bags often contain what are known as tea dustings or tea fannings, which are the broken bits of the tea plant. Sometimes, your tea can even contain twigs and dirt along with the tea. Some tea companies are cracking down on this to produce a higher quality of tea, though. At my Tea Love talks, people seemed to be impacted the most when I pass around the loose tea I keep for show in order for them to feel, smell, and see the difference between what one finds for loose tea versus what is found in a bag. Needless to say, people seem to find the bagged tea much less appealing afterwards. My rule of thumb is that, if you have to use a tea bag, the more you can actually see and distinguish, the better.

Want to make your own tea bags where you can not only decide the quality of the tea, but the shape of the bag as well? It's very simple. Take a coffee filter and cut the filter in the shape that you would like. Remember, you need to sides of a tea bag, so if you want a heart, make sure you cut two hearts out. Gently, stitch up most of the tea bag, leaving a small opening. Put your tea in, and finish sewing the bag closed. If you want, put a string on with a custom-made label and staple the string to the bag. All done! Make your mom's favorite flavor using high-quality tea and maybe some add-ins (chocolate nibs are usually a huge hit).



Happy Healthy Pets

Submitted by Animal Control Officer, Lisa Perry
973 838-8959

Your pets can bring you incredible pleasure and companionship; but pets come with obligations and responsibilities. Your pet's health and happiness depends on you, the choices you make and the care you provide. Give your pet the love, care and attention he needs and deserves every day to ensure a

happy and long life. Provide the basics such as fresh water, food and a comfortable spot for him to call his own, as well as a safe area out doors.

Leaving your pet unattended outdoors could cost him his life. If your outdoor area does not have a physical fence you should provide a cable tie out that is securely fastened to a tree or post. Preventing your pet from wandering off your property is your responsibility; chasing deer and other critters this time of year is a common occurrence. Unfortunately some interactions with wildlife are very dangerous, make certain his rabies vaccine and license are current. Up to date information on his collar and tags can get him back home safely if he were to get lost and found. Make the best choices for your pet, he's counting on you!

2015 Easter Egg Hunt





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Home Safety

for People with Disabilities

There's nothing like being at home, relaxing in a warm bed, enjoying the aroma of a pie coming out of the oven, sharing a laugh with family and friends. But did you know that the majority of fire deaths occur in the home? It's important to take precautions to provide adequate fire safety for everyone.



Home Fire Sprinklers

Home fire sprinklers can contain and may even put out a fire in less time than it would take the fire department to arrive. In choosing an apartment or purchasing a home, look for a residence that has home fire sprinklers.

Smoke Alarms

- » Test your smoke alarm at least once a month by pushing the test button. If you can't reach the alarm, consider getting alarms that you can test with a flashlight or a television remote.
- » For added safety, interconnect all the smoke alarms so that when one sounds they all sound. This gives everyone more time to escape.
- » Smoke alarms with non-replaceable (long-life) batteries are designed to remain effective for up to 10 years. They can be helpful for people who have difficulty changing batteries.

People who are Deaf or Hard of Hearing

- » Smoke alarms and alert devices, called accessories, are available for people who are deaf. Strobe lights throughout the home are activated by smoke alarms and alert people who are deaf to fire conditions. When people who are deaf are asleep, a high intensity strobe light is required along with a pillow or bed shaker to wake them up and alert them to fire conditions.
- » Smoke alarm alert devices, called accessories, are available for people who are hard of hearing. These accessories produce a loud, mixed low-pitched sound. This equipment is activated by the sound of the smoke alarm and is usually installed next to the bed. People who are deaf may find that a pillow or bed shaker is also helpful to wake them.



Escape Planning

Include everyone in planning and practicing home fire drills. People with disabilities can provide input on the best methods for them to escape.

Ask the Fire Department

to review your escape plan. Some departments have voluntary registries for people who may need extra assistance. If you have a **service animal**, discuss with your fire department plans to evacuate the animal with you. **Keep a phone by your bed** for emergency calls in case you become trapped and are unable to escape.



Your Source for SAFETY Information

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

www.nfpa.org/education
www.nfpa.org/disabilities

CONSUMER CONFIDENCE REPORT

Riverdale Water Department
PWSID# NJ1433001

Reporting Period - January 1, 2014 to December 31, 2014

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

Some people may be more vulnerable to contaminants in drinking water than the general population. Immune-compromised persons such as persons with cancer undergoing 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 stations, 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 2014 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, 2014 and December 31, 2014. 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 contamination.

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	2014	N	Naturally present in the environment
Fecal coliform and E. coli	0	0	0	0	2014	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	15.6	15.6	06-05-12	N	Naturally occurring element
Chloride (ppb)	250	250	44.7	44.7	06-05-12	N	Erosion from natural deposits; Discharge of human and animal wastes; Discharge from industry
Color (Color Units)	10	10	2	2	06-15-09	N	Physical characteristic
Corrosivity	+/-1.0	-	0.16	0.16	06-05-12	N	Physical characteristic
Hardness (ppm)	250	250	154	154	06-05-12	N	Naturally occurring minerals
Iron (ppb)	300	300	0	nd	06-05-12	N	Naturally occurring element
Manganese (ppb)	50	50	56	56	06-05-12	Y	Naturally occurring element
Odor (Threshold Number)	3	3	4	4	06-05-12	N	Physical characteristic
pH (Standard Units)	6.5 - 8.5	6.5 - 8.5	8.02	8.02	06-05-12	N	Physical characteristic
Silver (ppb)	100	100	0	nd	06-05-12	N	Naturally occurring element
Total Dissolved Solids (ppm)	500	500	220	220	06-05-12	N	Erosion of natural mineral deposits
Zinc (ppb)	5000	5000	6.07	6.07	06-05-12	N	Naturally occurring element
Lead and Copper							
Lead (ppb)	AL=15	15	0.0	0 - 1.48	06-13-12	N	Corrosion of household plumbing systems; Erosion of natural deposits
Copper (ppm)	AL=1.3	1.3	0.036	.009 - .092	06-13-12	N	Corrosion of household plumbing systems; Erosion of natural deposits; Leaching from wood preservatives

WATER QUALITY DATA

Contaminants (units)	MCL	MCLG	Riverdale Water	Range of Detections	Sample Date	Violation Y or N	Typical Source of Contaminant
Inorganic Contaminants							
Antimony (ppb)	6	6	0	nd	06-05-12	N	Discharge from petroleum refineries; fire retardants; ceramics; electronics; solder
Arsenic (ppb)	5	0	1.79	1.79	06-05-12	N	Erosion from natural deposits; Runoff from orchards; Runoff from glass and electronics productions wastes
Barium (ppm)	2	2	0.047	0.047	06-05-12	N	Discharge of drilling wastes; Discharge from metal refineries; Erosion of natural deposits
Beryllium (ppb)	4	4	0	nd	06-05-12	N	Discharge of metal refineries and coal-burning factories; Discharge from electrical, aerospace, and defense
Cadmium (ppb)	5	5	0	nd	06-05-12	N	Corrosion of galvanized pipes; Erosion of natural deposits; Discharge from metal refineries; Runoff from waste batteries and paints
Chromium (ppb)	100	100	0.93	0.93	06-05-12	N	Discharge from steel and pulp mills; Erosion of natural deposits
Cyanide (ppb)	200	200	0	nd	06-05-12	N	Discharge from steel/metal factories; Discharge from plastic and fertilizer factories
Fluoride (ppm)	4.0	4	0.063	0.063	06-05-12	N	Erosion from natural deposits; Water additive which promotes strong teeth; Discharge from fertilizer and aluminum factories
Mercury (ppb)	2	2	0	nd	06-05-12	N	Discharge from steel/metal factories; Discharge from plastic and fertilizer factories
Nickle (ppb)	100	100	0.83	0.83	06-05-12	N	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits
Nitrate (ppm)	10	10	0	nd	03-12-14	N	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits
Selenium (ppb)	50	50	0.6	0.6	06-05-12	N	Discharge from petroleum and metal refineries; Erosion of natural deposits; Discharge from mines
Sodium (ppm)	RUL 50	RUL 50	21	21	06-05-12	N	Discharge from petroleum and metal refineries; Erosion of natural deposits; Discharge from mines
Sulfate (ppm)	RUL 250	RUL 250	65	65	06-15-09	N	Discharge from petroleum and metal refineries; Erosion of natural deposits; Discharge from mines
Thallium (ppb)	2	0.5	0	nd	06-05-12	N	Leaching from ore-processing sites; Discharge from electronics, glass, and drug factories
Regulated Disinfectants							
TTM Total Trihalomethanes (ppb)	80	-	33	5.63 - 66.7	2014	N	By-product of drinking water disinfection
HAA5 Haloacetic Acids (ppb)	60	-	16	1.24 - 35.37	2014	N	By-product of drinking water disinfection
Chlorine (ppm) 2014	Levels Detected - Average & Highest		MRDL		MRDLG		
	0.60	0.71	4.0 ppm	4.0 ppm			

WATER QUALITY DATA

Contaminants (units)	MCL	MCLG	Riverdale Water	Range of Detections	Sample Date	Violation Y or N	Typical Source of Contaminant
Unregulated Contaminants							
Dibromodichloromethane (ppb)	-	-	1.80	1.54 - 1.95	2014		NO MCL'S AT THIS TIME
Bromoform (ppb)	-	-	1.22	0.84 - 1.55	2014		
Chloroform (ppb)	-	-	1.05	0 - 1.46	2014		
Bromodichloromethane (ppb)	-	-	1.25	1.12 - 1.50	2014		
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 the manganese test results, the average manganese level of 56 ppb in 2012 exceeds the State's maximum goal of 50 ppb. Manganese is a naturally occurring element in most well waters. The recommended upper limit for manganese is based on staining of laundry, and toxicity is not expected from levels which would be encountered in drinking water.

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

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

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

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

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

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

Water Quality Results - Table of Contaminants Detected in 2014					
PRIMARY CONTAMINANTS	Compliance Achieved	MCLG	MCL	Water Treatment Plant Results	
				North Jersey District Water Supply Commission (NJWSC) Wanaque-WTP PWS ID NJ1613001	TYPICAL SOURCE
TURBIDITY AND TOTAL ORGANIC CARBON				Highest Result	
Turbidity, NTU	Yes	NA	TT = 1	0.28	Soil runoff.
	Yes	NA	TT = percentage of samples <0.3 NTU (min 95% required)	100%	
Total Organic Carbon, %	Yes	NA	TT = removal ratio	1.0 - 1.22	Naturally present in the environment.
INORGANIC CONTAMINANTS				Highest Result	
Barium, ppm	Yes	2	2	0.013	Discharge of drilling wastes; discharge from metal refineries; erosion of natural deposits.
Fluoride, ppm	Yes	4	4	0.112	Erosion of natural deposits.
Nitrate, ppm	Yes	10	10	0.32	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits.
ORGANIC CONTAMINANTS				Highest Result	
Methyl tert-butyl ether, ppb	Yes	NA	70	0.16	By-products of industrial petroleum production.



SOURCE WATER ASSESSMENT

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

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

SECONDARY PARAMETERS – TREATMENT PLANT EFFLUENT

Contaminant	N.J. Recommended Upper Limit (RUL)	NJWSC Wanaque WTP PWSID NJ1613001	
		Result	RUL Achieved
ABS/LAS, ppb	500	23	Yes
Alkalinity, ppm	NA	42	NA
Aluminum, ppb	200	35	Yes
Chloride, ppm	250	74	Yes
Color, CU	10	2	Yes
Corrosivity	Non-Corrosive	Non-Corrosive	Yes
Hardness (as CaCO ₃), ppm	250	72	Yes
Hardness (as CaCO ₃), grains/gallon	15	4	Yes
Iron, ppb	300	12	Yes
pH (optimum range)	6.5 to 8.5	8.31	Yes
Sodium, ppm	50	40	Yes
Sulfate, ppm	250	10	Yes
Total Dissolved Solids, ppm	500	198	Yes

DEFINITIONS OF TERMS AND ACRONYMS

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

IMPORTANT INFORMATION ABOUT 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. **[INSERT SYSTEM NAME]** is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline at 800-426-4791 or at <http://www.epa.gov/safewater/lead>.

INFORMATION ABOUT DRINKING WATER CONTAMINANTS

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 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.

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. Food and Drug Administration regulations establish limits for contaminants in bottled water which must provide the same protection for public health.

ADDITIONAL INFORMATIONAL RESOURCES

- EPA Drinking Water website: www.epa.gov/safewater
- NJDEP Water Supply website: www.nj.gov/dep/watersupply
- American Water Works Association (AWWA) website: www.awwa.org

- EPA Safe Drinking Water Hotline: 800-426-4791
- NJDEP Bureau of Safe Drinking Water: 609-292-5550
- AWWA New Jersey Section website: www.njawwa.org

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