

RIVERDALE NEWS & EVENTS

News for and about the residents of Riverdale

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

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

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BEHIND THE SCENES Report

Mayor William Budesheim's

It seems as if it were only a couple of weeks ago we were talking about our plans for the summer, and now Labor Day is upon us. That bill will continue to come from JCP&L. The anticipated savings will be from five to eight percent. This should help a little with your monthly budget.

This summer saw the resurgence of the Summer Concerts in the Park with increased attendance. Each week Recreation Director Krista Osborne invited a civic group to promote their cause and conduct raffles to raise funds. The Blue Star Mothers, the Riverdale PTA, the Fire Auxiliary, and the First Aid Squad benefited from the concert goes generosity. It was a great idea that underscored the community spirit of the weekly concerts.

This coming Monday is our annual Labor Day Street Fair. Hope you can make it and enjoy strolling down the Newark Pompton Turnpike visiting the hundred booths offering crafts, food and bargains of all kinds.

We have received a number of inquiries regarding the change in our electric bills. Riverdale joined with other Morris County towns to purchase less expensive electric. The new provider is IDT. However, you will still receive only one electric bill each month, and

So far three streets have indicated an interest in connecting to the sewers—Parkway, Newbury, and Brown. Some of the other streets notified are close to getting the 51% approval. Hopefully we will hear from the rest soon.

We had another hearing with Tilcon Quarry for their license renewal. More information has been asked of them and they should be responding soon. It is great to see the residents come to the meetings participating in the process, especially since the quarry operations affect just about everyone in town. Few issues cut across the board as much as this one does. Thank you!

As we close our pools, buy school supplies, get ready with the rakes I wish everyone a great autumn, in my opinion the most spectacular of all the seasons.



William Budesheim

Mayor William Budesheim

Announcements



Happy 3rd Birthday to **Reilly Grace Hamilton**, on September 19. "We love you all the way to the moon." Love, Mommy, Daddy, and Seamus



PEOPLE WILL QUESTION ALL THE GOOD THINGS THEY HEAR ABOUT YOU BUT BELIEVE ALL THE BAD WITHOUT A SECOND THOUGHT.

- If you have 23 people in a room, there is a 50% chance that 2 of them have the same birthday.
- It's never said that Humpty Dumpty was an egg in the nursery rhyme.
- The Ottoman Empire still existed the last time the Chicago Cubs won the World Series.
- We went to the moon before we thought to put wheels on suitcases.
- Harvard University was founded before Calculus existed.

The Seniors' Corner



The August 3rd meeting of the Riverdale Seniors was opened by **President Dorothy Bowersox**. Our Annual Club Summer picnic luncheon will be held today following our meeting. **Chaplain Elaine Peacock** read an inspirational message titled "The Joys of A Summer Day",

followed by the Flag Salute and Club Pledge. President Dorothy Bowersox led us in singing "My Country 'Tis of Thee."

First Vice President Grace Chiesa announced August birthdays and we sang Happy Birthday. Secretary and Treasurer reports were read. **Trip Coordinator Warren Sheps** reminded us that payment is due for our boat trip on the River Belle in Point Pleasant. Warren advised us a sign-up sheet is available for our "Oktoberfest" trip.

The new Membership List was distributed.

Members applauded **Bill Bowersox** on the celebration of his 50 years of service with the Fire Department. Congratulations, Bill!

The meeting was closed. **Mary Gambino** conducted our raffle. Members then enjoyed our delicious picnic luncheon.

Our second meeting was held on August 17th and conducted by President Dorothy Bowersox. Our next meeting will be held on September 21st, due to the Labor Day holiday. Dorothy led us in singing "Let There Be Peace on Earth". Chaplain Elaine Peacock felt we might like a change from summertime tributes and read an inspirational message titled "Irish Blessings", followed by the Flag Salute and our Club Pledge. Secretary and Treasurer Reports were read. Grace Chiesa reported on ill members.

Second Vice President Jean Snyder announced that our Club Albums are on display today for members to view and enjoy. Thanks to Jean for keeping our Club Albums current. Trip Coordinator Warren Sheps reminded us of our upcoming "Oktoberfest" trip. Sounds like a fun trip! Warren entertained us with an amusing story.

The meeting was closed. Mary Gambino conducted our raffle and told us a joke. We enjoyed our refreshments and we had time to socialize and play Bingo.

Presented by Jean McMichael

- ◆ April Fools Day is the one day of the year that people critically evaluate news articles before accepting them as true.
- ◆ The object of golf is to play the least amount of golf.
- ◆ Now that cellphones are becoming more and more waterproof, pretty soon it will be okay to push people into pools again.
- ◆ "Go to bed, you'll feel better in the morning" is the human version of "Did you turn it off and turn it back on again?"
- ◆ In the future, imagine how many Go-Pros will be found in snow mountains containing the last moments of people's lives.
- ◆ Your shadow is a confirmation that light has traveled nearly 93 million miles unobstructed, only to be deprived of reaching the ground in the final few feet thanks to you.
- ◆ Since smart watches can now read your pulse, there should be a feature that erases your browser history if your heart stops beating.
- ◆ We should have a holiday called Space Day, where lights are to be shut off for at least an hour at night to reduce light pollution, so we can see the galaxy.

Scrumptious Mac and Tuna Salad

Ingredients:

- 1 box of elbow macaroni
- 2 stalks of celery (diced small)
- 1 medium size yellow onion cut in fourths
- 2 cans of white tuna in water (drained)
- ½ green pepper (diced small) (optional)
- ½ red pepper (diced small) (optional)
- Adobo (without pepper)
- 3 Tbsp. Mayonnaise



Linda Vogel, Librarian

Directions:

Cook macaroni as directed on box. Dice celery and peppers. Put onion that you cut up in food processor or blender and grind till almost liquid. Add celery, peppers and onion to macaroni when completed. Add mayonnaise and mix. (Over time in refrigerator mayonnaise will disappear so add more when needed). Take adobo and sprinkle over the entire top of the macaroni and mix. Refrigerate a couple hours. Enjoy!

FARMERS MARKET

EVERY TUESDAY

2:30 - 7pm

June - October

Glenburn

211 Hamburg Turnpike, Riverdale

 Riverdale Land Conservancy, Inc.



BY and LARGE

SEPTEMBER IS SENIOR SUMMER TIME

By Elaine Peacock

September is definitely senior summertime. The kids are back in school, the crowds have thinned, the roads aren't bumper to bumper and best of all the hottest days of summer are behind us. This is when the seniors hit the road or take a bus tour to their favorite places. Just look at what the local senior clubs are doing most of them have great trips planned for September and right on through the autumn season.

How about a trip to the mountains or the Jersey shore? How about a trip closer to home a visit to some of the local farms for yummy locally grown fruits and vegetables? You have a fun day out bring back something from a local farm stand all on a tank of gas. Or how about some goodies from a bakery in a little town you have never visited or one of your favorite places you haven't visited in a while? Nothing beats a stroll past shop windows with an ice cream cone in your hand.

OK seniors now it's your time to shine everyone else's vacation is over and yours is just getting started so get out there and enjoy GOD's beautiful world. Isn't it great to be retired? This is what you worked for the freedom to enjoy each new day on your time and terms. Make the most of the beautiful days of September and enjoy all the blessings that GOD will send your way each day.

Aspirin. This potent painkiller arrived on the scene and it almost didn't make it. A French chemist named Charles Gerhardt invented the substance in 1853, but after a few tests, he lost interest. Forty years later, Felix Hoffman, a young chemist working at the Bayer Drug Company in Germany, stumbled upon M. Gerhardt's formula, and a thought struck him: This stuff just might ease his father's arthritis



He mixed up a batch and gave it to his dad. It worked, something no drug on the market had done! By 1899, Bayer was manufacturing aspirin in powdered form. The tablets that we know today first appeared in 1915.

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

Riverdale Food Pantry

Thank you for your generous and continued support.

This Month's Shopping List

- ◆ Pasta and sauces
- ◆ Canned Tuna Fish & Chicken
- ◆ Canned Vegetables
- ◆ Cereals
- ◆ String Beans & Peas
- ◆ Pork 'n Beans
- ◆ Box Potato Flakes
- ◆ Kids Snacks & Cookies
- ◆ Soup
- ◆ Paper towels-Tissues-Napkins
- ◆ Personal Soap & Hair Products
- ◆ Toothpaste



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.

Kristina & Peter Bankuti want to thank everyone for the donations of Ensure, and everyone who has been in charge of packing up the packages and delivering them to their home.

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.

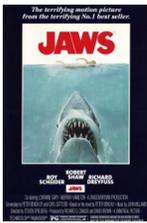
We accept Visa - MC - Discover - American Express
As well as Electronic Checks from your personal checking account.

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

Headache magically disappear if you rub 1/2 of a fresh lime on your forehead. Try it—the throbbing will be gone.

The easiest way to remove a splinter? Just put a drop of white glue all over the splinter, let it dry, and then peel off the dried glue. The splinter usually sticks to the glue.



Movie Trivia JAWS 1975

- ◆ When it was initially released in the summer 1975, over 67 million Americans went to see the movie, making it the first summer "blockbuster".
- ◆ Roy Scheider stated in an interview that in the scene where Lee Fierro (Mrs. Kintner) smacks him in the face, she was actually hitting him. Apparently, the actress could not fake a slap and so the 17 takes were some of the "most painful" of his (Scheider's) acting career.
- ◆ Several decades later, Lee Fierro, who plays Mrs. Kintner, walked into a seafood restaurant and noticed that the menu had an "Alex Kintner Sandwich". She commented that she had played his mother so many years ago. The owner of the restaurant ran out to meet her - none other than Jeffrey Voorhees, who had played her son. They hadn't seen each other since the original movie shoot.
- ◆ The mechanical shark spent most of the movie broken-down, and was unavailable for certain shots. This led Steven Spielberg to use the camera as the "shark", and film from the shark's point of view. Many think this added to the "chilling/haunting" quality in the final release saying that it would have made it too "cheesy" had they shown the shark as much as originally planned.
- ◆ According to writer Carl Gottlieb, the line "You're gonna need a bigger boat" was not scripted but ad-libbed by Roy Scheider.
- ◆ Robert Shaw could not stand Richard Dreyfuss and they argued all the time, which resulted in some good tension between Hooper and Quint.
- ◆ According to Steven Spielberg, the prop arm looked too fake in the scene where Chrissie's remains are discovered, so instead they buried a female crew member in the sand with only her arm exposed.
- ◆ After the shark was built, it was never tested in the water, and when it was put in the water at Martha's Vineyard, it sank straight to the ocean floor. It took a team of divers to retrieve it.
- ◆ According to The Making of Steven Spielberg's 'Jaws' (1995) documentary, the shooting star that appears during the night scene where Brody loads his revolver was real, not an optical effect.
- ◆ Composer John Williams conducted the orchestra during the 1976 Academy Awards, so when it was announced that he won the Oscar for Best Score, he had to run up to the podium to accept his Oscar and then run back to continue conducting the orchestra.
- ◆ An accident during filming caused the Orca to begin sinking. Steven Spielberg began screaming over a bullhorn for the nearby safety boats to rescue the actors. John R. Carter, already up to his knees in water on the sinking Orca, held his Nagra (tape recorder) up over his head and screamed, "F*** the actors, save the sound department!" During the accident, the film camera was submerged, so its film, still submerged in sea water, was flown to a NYC film lab where technicians were able to save the film.
- ◆ When composer John Williams originally played the score for Steven Spielberg, Spielberg laughed and said, "That's funny, John, really. But what did you really have in mind for the theme of Jaws (1975)?" Spielberg later stated that without Williams's score, the movie would only have been half as successful.
- ◆ Peter Benchley has mentioned that if he had known about the actual behavior of sharks, he would have never written the book.
- ◆ Steven Spielberg named the shark "Bruce" after his lawyer.
- ◆ Preview audiences screamed when the head of a shark victim appears in the hole in the bottom of the boat. Director Steven Spielberg re-shot the scene in editor Verna Field's swimming pool because he wanted them to "scream louder".
- ◆ Three mechanical "Bruces" were made, each with specialized functions. One shark was open on the right side, one was open on the left side, and the third was fully skinned. Each shark cost approximately \$250,000.
- ◆ The tax problem Robert Shaw was facing was that if he spent more than a certain amount of time in the U.S. he would face a tax liability. To circumvent that, Shaw was flown to Canada on his days off.
- ◆ Author Peter Benchley was thrown off the set after objecting to the climax.
- ◆ The line "that's some bad hat, Harry", at 16:35, is the slogan for Bad Hat Harry Production Company. Their ad page features a cartoon rendition of Martin and Harry sitting by the beach, with a shark fin in the water in the background.
- ◆ Martha's Vineyard, Massachusetts, was used as Amity Island primarily because even 12 miles out to sea, the sandy bottom was only 30 feet down, allowing the mechanical shark to function. Residents were paid \$64 to scream and run across the beach as extras.
- ◆ In the actual Jersey Beach shark attacks of 1916 (which Hooper mentions in the film), the sequence of attacks is similar to that of the film: a swimmer in the surf; a dog; a boy; and the leg of a man in a tidal slough.
- ◆ The average summer tourist population of Martha's Vineyard before the film was released was approximately 5,000 people. After it came out, the population skyrocketed to 15,000.
- ◆ Jaws (1975) opened on only 409 screens. Within 78 days it had become the highest grossing film of all time but even then it was still showing in less than 1000 screens.
- ◆ Brody's dog in the movie was actually Steven Spielberg's real dog, Elmer.
- ◆ To create the sound of a drowning woman during post-production, Susan Backlinie was positioned, head upturned, in front of a microphone, while water from above was poured down into her throat.
- ◆ As most of the seaside resorts in 1975 experienced a downturn in visitors, some of the establishments would resort to innovative ways to lure in customers. One recorded example was a seafood restaurant in Cape Cod which proudly displayed the sign "Eat Fish - Get Even".
- ◆ Tommy Johnson was the tuba player whose ominous sounds announced the sharks' arrival.
- ◆ The "forward tracking, zoom out" shot used when Brody realizes Alex Kintner has been eaten has been called "the Jaws shot" by some video teachers who instruct students on using this move. However, this shot is merely a reverse of the "forward zoom and reverse tracking" shot invented by Irmin Roberts for the disorienting height shots in Vertigo (1958). A similar shot appears to have been used for the dream sequences in Truffaut's Fahrenheit 451 (1966), in which Montag runs down an apparently endless corridor, passing doors on both sides but seems to never get closer to the end.
- ◆ The gray and cloudy sky in water scenes is artificial. It is an image on a giant wall placed in the Universal studios. In front of the wall is a huge artificial lake, the "Falls Lake", which - together with the wall - was a backdrop for more than 20 movies already, including Jaws (1975).
- ◆ This was the first time that Martha's Vineyard was used as a location for a feature film.
- ◆ To get the crabs to move in the scene with the arm part on beach, the property master poured some hot coffee on them.
- ◆ After Brody (Roy Scheider) empties his pistol at the shark from the bow of the Orca, a meteor can be seen traveling from right to left.

ENHANCE YOUR CHILD'S PERFORMANCE

Give your child every advantage, in the classroom and on the sports field.



All of your child's abilities, whether academic or physical, come through their nerve system.

Everything they learn is experienced through their nerve system.

- Your child's spinal cord is key.
- Your child may have Spinal Subluxations - spinal bones just slightly misaligned because of falls, twists, or sports activities, causing interference to the flow of nerve messages along their spinal cord.
- Spinal Subluxations often **DO NOT** hurt. Yet they impair spinal cord nerve message transmission.
- **Correcting Spinal Subluxations can often enhance performance, reflexes, cognition, and attention span, while also raising resistance to colds, ear infections, and other childhood conditions. START NOW FOR A HEALTHIER SCHOOL YEAR.**

Have your child checked **TODAY** for Spinal Subluxations.

Only chiropractors are specifically trained to detect and correct Spinal Subluxations.



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*If necessary. Offer expires 9/30/15

Call Today!

Vintage Aerosol Spray Paint Cans – A New Collectible?

By Bill Lango

Those of us who deal in the ever changing world of antiques and collectibles are always on the look-out for the next “hot” collectible. So when a fellow collector friend mentioned that he noticed some vintage spray paint cans – also known as rattle cans—sold for hundreds of dollars and up among graffiti artists, I became curious.

Now this was puzzling to me, because I’ve seen plenty of old spray paint cans being offered for sale at yard sales, garage sales, estate sales, and even at flea markets. Venues where they were always sold cheaply strictly for their potential practical use in spray painting objects such as fences, bikes, tools, etc. But I’ve never seen old spray paint cans being offered for sale as collectibles.

It’s well documented that humans collect just about everything and anything, yet, no matter how much I tried, I still couldn’t imagine an old can of spray paint being considered collectible and selling for much money. That was all about to change when I began doing research on the subject.

I started off by doing some Google Internet searches, which really didn’t enlighten me at all. It wasn’t until I searched eBay for vintage spray paint, when I discovered that some obviously more desirable vintage spray paint cans recently sold for prices in the hundreds of dollars for a single old can.

In fact, on July 20, a single can of vintage Red Devil Spray Paint, in Sea Green color, with a paper label sold for \$449 at auction. And on August 18, a can of vintage Wet Paint received a total of 18 bids and sold on eBay for the crazy price of \$736.99.

Because collecting old spray paint cans is such small niche, there is no official price guide on the subject, making it very difficult to learn all the nuances that add to the desirability, and ultimately the collectability of a vintage spray paint can.

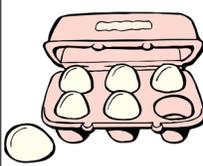
One way for us curious outsiders to learn more is by keeping a keen eye on the descriptions used in current and recent eBay sales of cans which sold for top dollar, as well as keeping track of prices realized.

I’m sure spray paint collectors are a tight community all to their own. Where you know someone who has that rare can, or that rare can is just an urban legend and doesn’t exist. These insiders don’t use the vintage spray paints in their graffiti artistic endeavors, but instead use them in decorative displays in their private collections

So I guess on the basis of some old spray paint cans selling among collectors for hundreds of dollars and up, they definitely can be classified as being collectible.



How Old Is That Egg?



Fill a small, deep bowl about 3/4 full with cold water. Gently drop in an egg. If it sinks to the bottom and lies on its side, it’s fresh. If the egg stays on the bottom at a 45° angle, it is three to

five days old. If it stays on the bottom and stands straight up, it is 10 to 12 days old. But if the egg floats to the top, it is bad and should be thrown away. Older eggs are more buoyant because the yolk and white have lost moisture and the air pocket gets larger. Eggshells are porous, and moisture evaporates through them.

Question: BIBLICAL ARITHMETIC

If you multiply the number of Jacob’s sons by the number of times which the Israelites compassed Jericho on the seventh day, and add to the product the number of measures of barley which Boaz gave Ruth, divide this by the number Haman’s sons, subtract the number of each kind of clean beasts that went into the Ark, multiply by the number of men that went to seek Elijah after he was taken to Heaven, subtract from this Joseph’s age at the time he stood before Pharaoh, add the number of stones in David’s bag when he killed Goliath, subtract the number of furlongs that Bethany was distant from Jerusalem, divide by the number of anchors cast out when Paul was shipwrecked, subtract the number of persons saved in the Ark, and the answer will be the number of pupils in a certain Sunday school class. How many people are in the class? *Answer P. 21*

Reluctant Popcorn

If your popcorn won’t pop, you can remedy the problem by putting the popcorn in an airtight jar or container, adding a little water, and refrigerate it overnight.

Non-sticky Pasta

To prevent pasta from becoming sticky after cooking, drain it in a warmed colander and serve it in a warmed dish. The secret is to keep it warm. As the pasta cools, the starch in it gets sticky.



Or sprinkle grated Parmesan cheese over the drained spaghetti and toss. It not only keeps the pasta separated, it flavors it as well.

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Did You Know?

- ◆ We may see a *man in the moon* but the Chinese think they see a *rabbit*.
- ◆ The Mormon Tabernacle Church in Salt Lake City, Utah was built without any nails.
- ◆ In England long ago, if people had something to stew about, it was good, clean fun. A public bath was called a stew during the reign of Henry II.
- ◆ Llamas have extremely bad breath.
- ◆ An armadillo can be housebroken.
- ◆ If anyone asks you to name all the letters on an eye chart, they are: C, D, E, F, L, O, P, T, Z.
- ◆ The covering on the back of a chair is an *antimacassar*—from “Macassar” which was a popular hair oil.
- ◆ Lloyd Copeland is credited with the initial development of the microwave oven. His granddaughter is Linda Ronstadt

If you change your car’s oil yourself, you have guaranteed rust protection for your garden tools — even through the toughest, wettest winter. Just pour that used **Motor Oil** into a plastic garbage can filled with sand, and plunge the metal business ends of your shovels, rakes, etc. into the mix. They’ll stay as clean and sharp as they were when you put them to bed.

You’ve hung a painting exactly where you want it on the wall, but no matter what you do, the danged picture keeps slipping to one side. Here’s how to solve that problem in a hurry: Take the artwork down, and cover the center 2 inches or so of the wire with **Masking Tape**. This will enable the wire to get a better grip on the hook.





Should you use antibacterial Soap?

By: Dr. Hailey Coonrad

The FDA announced a new position on antibacterial soap: Manufacturers have to show that it's both safe and more effective than simply washing with conventional soap and water, or they have to take it off the shelves in the next few years.

The active ingredient called triclosan is found in about 75% of liquid antibacterial soaps and 30% of bars. The drug, which was originally used strictly in hospital settings. The chemical can also be found in wipes, hand gels, cutting boards, mattress pads and all sorts of home items, as people try their best to eradicate any trace of bacteria from our environment. The controversy here is that triclosan's use in over-the-counter products was never fully evaluated by the FDA. The agency was ordered to produce a set of guidelines for the use of triclosan in home products. The report notes that the costs of antibacterial soaps likely outweigh the benefits. Here's the rundown of five reasons why the benefits may not outweigh the risks:

1. Antibacterial soaps are no more effective than conventional soap and water. After 42 years of testing there is little evidence to prove that triclosan and other antibacterial products are superior to conventional soap and water.

2. Antibacterial soaps have the potential to create antibiotic-resistant bacteria. Heavy use of antibiotics can cause resistance, which results from a small subset of a bacteria population with a random mutation that allows it to survive exposure to the chemical. If that chemical is used frequently enough, it will kill other bacteria, but allow this resistant subset to proliferate. If this happens on a broad enough scale, it can essentially render that chemical useless against the strain of bacteria. Health officials say that further research is needed before we can say that triclosan is fueling resistance, but several studies have hinted at the possibility.

3. The soaps could act as endocrine disruptors. A number of studies have found that, in rats, frogs and other animals, triclosan appears to interfere with the body's regulation of thyroid hormone, perhaps because it chemically resembles the hormone closely enough that it can bind to its receptor

sites. If this is the case in humans, too, there are worries that it could lead to problems such as infertility, artificially-advanced early puberty, obesity and cancer.

4. The soaps might lead to other health problems, too. There's evidence that children with prolonged exposure to triclosan have a higher chance of developing allergies, including peanut allergies and hay fever. Scientists speculate that this could be a result of reduced exposure to bacteria, which could be necessary for proper immune system functioning and development.

5. Antibacterial soaps are bad for the environment. When we use a lot of triclosan in soap that means a lot of triclosan gets flushed down the drain. Research has shown that small quantities of the chemical can persist after treatment at sewage plants, and as a result, USGS surveys have frequently detected it in streams and other bodies of water. Once in the environment, triclosan can disrupt algae's ability to perform photosynthesis.

The chemical is also fat-soluble—meaning that it builds up in fatty tissues—so scientists are concerned that it can biomagnify, appearing at greater levels in the tissues of animals higher up the food chain, as the triclosan of all the plants and animals below them is concentrated. Evidence of this possibility was turned up in 2009, when surveys of bottlenose dolphins off the coast of South Carolina and Florida found concerning levels of the chemical in their blood.

What Are Your Options? If you're planning on giving up antibacterial soap—like Johnson & Johnson, Kaiser Permanente and several other companies have recently done—you have a couple options.

One is a non-antibiotic hand sanitizer, like Purell, which doesn't contain any triclosan and simply kills both bacteria and viruses with good old-fashioned alcohol. Because the effectiveness of hand-washing depends on how long you wash for, a quick squirt of sanitizer might be more effective when time is limited. But overall a simple hand wash should do the trick. The water doesn't need to be hot, and you're best off scrubbing for about 30 seconds to get properly clean.

Valley Natural Health; Paramus;
www.valleynaturalhealth.com

Neighbors in Nature

by award-winning photographer and Riverdale resident, Don Pruden

In last month's Neighbors in Nature I had mentioned finding a colorful beetle in my garden's lilies. These lilies are the *Lilium lancifolium* types. They are not of the "Day Lily" species. These garden lilies have a stem that is often more than six feet tall with several flowers hanging in single arches from the stem top. There are whorls of leaves from the ground level to the top. At the joint where a leaf joins the stem you will find a small black colored bulblet. At maturity these bulblets drop to the ground and can become new lily plants next season.

My mother was the family gardener (dad did the digging), and we have had many of her flowers including this type of lily in the garden since we moved to Riverdale in the late summer of 1949. These hardy lilies are offspring of her planting.

This season I noticed an occasional small, shiny, scarlet beetle on these plants. To a nature photographer they were a very attractive subject. However my personal library, a National Audubon Society *Field Guide to North American Insects and Spiders*, a National Wildlife Federation *Field Guide to Insects and Spiders of North America*, nor a Peterson *Field Guide to Beetles* had no mention of this insect. Soon I noticed some damage on the leaves of the lily plants and then noticed some of the lower black bulblets had started moving, sort of pulsing. Inside the moving black pulp was a white grub. These white grubs in the black pulp turned out to be the source of the shiny scarlet beetles.

We had two of our 11 year old grandchildren with us for a week and this led to an excursion to Barnes & Noble. Voila!!! I discovered a very large book titled *Beetles*, over 500 pages and 1700 color photos of beetles! A quick check in the index led to "Lilioceris lili (Scopoli) - The Scarlet Lily Beetle" and its photograph. A visit to our library yielded that the Scarlet Lily Beetle was the number one destroyer of North American (and European) lilies (but not Day Lilies)! Aaarrg! Action has to be taken! You also have to treat the ground as well as the beetle lays its eggs in the ground under the plants - next year's invasion!

Then a week or so ago, over night, I discovered all of the garden spiders I had been photographing had disappeared! Over night! At the worst it could have been the work of several species Blue-black Wasps that sting bees and that only stuns the bee. The stunned bee is then dragged away and put in a nest of dried mud or into a burrow into the ground with the wasp's egg on it. Some wasps even steal the stunned bees from other species of wasps and put the stunned bee in its own chambers. The hatched larva then feeds on the juices of the stunned bee until maturity of the larvae, pupation, and a new wasp. Again, "aarrg!"

Another alternative is called estivation. The body temperature of certain wildlife is whatever the temperature of its environment becomes. If it gets too high, just like us, they can die from the heat. Some wildlife protects itself from very hot weather by going into a form of hibernation referred to as "estivation". Box turtles and wood turtles also estivate by burrowing into cool mud in very hot days. Some insects and spiders go into this type of "hibernation". This morning after a very cool night, after almost 10 days, the spiders have suddenly reappeared in their webs! They had been in estivation. Oh! Joy!



PHOTO Tip of the Month

By John J. Prezioso

Shoot the picture... You never know if a special moment will ever present itself again. So, even if you shoot the photo with your cell phone, take the picture. It may become one of your prize possessions.

- ✓ What kind of camera should I buy?
- ✓ Came I take that picture?
- ✓ There's not too much light...
- ✓ ...but the sun was right in my face
- ✓ The kids were dirty and full of mud...
- ✓ I wasn't ready...
- ✓ But I only have my cell phone...
- ✓ I only take pictures of my grandchildren
- ✓ How do I digitize my old slides, prints and negatives?
- ✓ Where and How can I store my old photos?
(prints, slides negatives) (digital pictures)
- ✓ Which lens should I buy?
- ✓ Does anyone still use film?



These are only a few of the questions that The Riverdale Photography Club & Workshop members have and could get answers.

Whether you're a "Weekend Warrior" or a serious "photog", whether you shoot birds, dogs, kids, scenery, insects, sports, entertainment... you should come to a meeting or two.

The Riverdale Photography Club & Workshop is a place where "Members" and non-member participants can come to ask questions, share photos, swap stories with new friends, meet some very interesting people and hear and share the experiences of others. Whether you have traveled the world or remain right here in New Jersey, you are invited to come to any of our regularly scheduled monthly meetings. We may even plan an opportunity for you to exhibit your photos in the future.

Next meeting of the **Photography Club**
Monday, September 28, 6:30-8:00 p.m.

According to age-old and gänger, meaning German folklore, all living "goer") to refer to such creatures have a spirit specters.

double who is invisible but identical to the living **Cash on the Barrelhead** individual. These second Immediate payment, as in selves are perceived as They won't extend credit; being distinct from ghosts it's cash on the barrelhead or (which appear only after no sale. The lexicographer death), and sometimes they Charles Earle Funk are described as the spiritual surmised that this term originated in the days when opposite or negative of their upended barrels served as human counterparts. In 1796, German writer Johann both seats and tables in bars, Paul Richter, who wrote and customers were under the pseudonym Jean required to pay for their Paul, coined the word drinks immediately, literally **Doppelgänger** (from putting their money on the doppel, meaning "double," top (head) of a barrel.



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Granpa's Old Fashioned Know How COUGH SUPPRESSANT

You will need the following ingredients:

- 1 Cup of pure honey
- 3 Tablespoons of lemon juice
- ¼ Cup of warm tap water

Place the honey and lemon juice in a small bowl and slowly add the water while mixing. The mixture should be stored in the refrigerator in a sealed jar and used as needed. One to two tablespoons is the normal dosage.



CALLING ALL JUNIOR GIRLS

The Riverdale Woman's Club has some exciting news to share with all Riverdale girls who are going into their Junior year in High School. We are seeking a delegate to attend the 78th Girls Career Institute for 4 days in June.



Girls' Career Institute (GCI) is a program offered by the New Jersey State Federation of Women's Clubs of GFWC (NJSFWC) for girls who are completing their junior year in high school. The dates for the 2016 GCI are Monday, June 6th through Thursday, June 9th.

Delegates are sponsored and the entire cost is underwritten by a local NJSFWC club, in this case The Riverdale Woman's Club. Delegates are selected on the basis of interest, community service and participation in school activities.

GCI offers a "mini college experience." Delegates will experience a sample of college life by living in a dorm, eating in a cafeteria, attending lectures and workshops. They will learn about career choices and how to network with other delegates from all over the state of NJ. Many establish lasting friendships with one another.

Being chosen as a GCI delegate is an excellent addition to your resume for college applications. Pompton Lakes High School has always been very accommodating in allowing the delegates to attend GCI as an excused absence.

The theme for this 2016 adventure is "You Can Make It Happen". Successful women who have gained prominence in their chosen professions will challenge the delegates. The presenters have a wide range of skills and careers including a physician, FBI agent, lawyer, business executive, nurse, and scientist to name a few.

Organized sports activities, swimming, crafts, and after dinner sessions in the dorms are just a few of the activities available during free time.

Moms don't worry - Clubwomen volunteer their time to act as housemothers for each wing. A nurse is on duty at all times. Delegates must be in their wing by 11:00 pm with lights out at 12:00 midnight. They will be housed in a Dormitory, on Douglass Residential College Campus.

Each Delegate will receive a packet with the necessary forms, requirements and the name and contact person of the sponsoring Club. She will be invited to attend an Orientation reception/meeting approximately 1 month before GCI begins.

The Riverdale Woman's Club invites all interested girls to call Jean Revis at 973-835-3269 to arrange for an interview or more information.



Do You Shop AMAZON.COM?

- If so, you can help support our local library without it costing you a cent!
- When you go onto Amazon.com sign into "Amazon Smile" and under Search, type:
 - The Friends of the Riverdale Library, Inc.**
- Save this charity and on all purchases the Friends will received 5% of your purchase!! This is a great way to help us provide programs and 'wish list' items for the library.
- If you wish to contact the **Friends of the Riverdale Library** we have a new e-mail address: FriendsOfTheRiverdaleLibrary@gmail.com.

Cortana and New Social Media Applications May Cost You More Than Money by John Morley

Remember that game of 'Telephone' you used to play when you were a kid? Whether you were playing while hanging out around a camp fire or in school, the goal was to pass secrets from one person to another on the same team clearly yet quietly, without the other finding out. The Team that is able to send the most secrets clearly and quickly without distortion is the winner.

'Telephone' may be a kid's game, but if you don't secure Cortana, the new personal assistant that is part of the Windows 10 Operating system, you may experience a bit of déjà vu that reminds you of the experience, as Cortana may be trouble if you're not careful. And this time, the danger of discovery isn't to a randomly whispered word, but your private data.

The game of 'Telephone' is just that: a game, and the messages sent are not really secrets that would affect any of us. Thus, if any of these "secret messages," did get revealed even to a third party, no real consequence would result. Playing 'Telephone' as children seemed pretty innocent, since the secrets being shared were not really private or confidential, and the only consequence for revealing too many of the secrets would be losing the game. Unfortunately, in the real world, the stakes are much higher.

Opening Pandora's Box

So what's so dangerous about Cortana? In a nutshell, Cortana and other third party Applications like Google Voice, require you to permit access to either your mobile device and/or your computer's personal information, enabling potential access to everything from databases and files, to microphones and video capture devices.

In other words, using Cortana without protecting yourself is pretty much like opening a big Pandora's Box. First off, there's the vulnerability that your data, decisions and secrets will be tracked and noted. Cortana and these applications gather your data and, thanks to their built-in conduits, will then allow this data to be sold to other unknown third party aggregators. These aggregators will then in turn take this information and sell it to companies that want to learn about you and your habits so that they can market to you and exploit you by bombarding you with ads designed to make your personality type buy now.

But the even bigger danger is what happens next. Once Cortana accesses your private data, it's not just accessible to those wanting to use your choices to sell you things. It's also vulnerable to a host of much bigger potential dangers. Since this information may be out in the third party world, there's no real monitoring of its safety and security. This means that your private information, including pictures, spoken words and more, may appear on the Internet without your authorization.

Easy Steps for Protecting Your Data

Cortana comes with a price, and that price is confidentiality and discretion. But you can protect yourself and your information using a few easy steps that will minimize your exposure to this privacy issue.

If you use a local account for Windows 10, you can limit Cortana's access and powers so that the application won't be able to access your information and share it by taking the following steps from within Windows 10:

1. Click on Start and type 'settings' in the Windows Search field, then press 'Enter'
2. In the search results, click 'Privacy Settings' Click 'General'
3. Turn everything off except for the second option. In the second option, turn on Smart Screen Filter
4. Under Location, turn off Location Services
5. Under Speech Inking & Typing, make sure it says 'Get to Know Me.' If not, click on the link to turn off Cortana

This is just a brief overview to protecting your secrets from Cortana, and not the entire solution to all your privacy, security and confidentiality issues. Please note that you can still certainly choose to use these devices and applications – just be mindful that you're being monitored, and that the decisions you make are being seen and noted. It's something to keep in the back of your mind when you speak to one of these applications.

In short? Don't tell Cortana—or any other voice application—anything you wouldn't want the world to know.



Tea Love: Instilling a Love of Tea, One Sip at a Time

Feature – L'Amour du Thè
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/>.

Hi all!

So, here I am, back from a mini Sabbatical. Turns out, August was a bit of a slow month in the tea world, so I sat back, relaxed a little, and waited for things to speed up again.



First, I want everyone to mark their calendars! On Thursday, October 8th, I will be up at Pequannock Township Public Library, 477 Newark Pompton Turnpike, Pompton Plains, for a Tea Love talk! The talk starts at 7 PM and will take you through a brief introduction on tea, as well as a tea tasting. Bring your own mugs to this,

and make sure to get their nice and early to get a good spot! For any questions, contact Debbie Maynard, library director, at (973) 835-7460.

Now, onto the next topic. I have to brag, that when you are sitting down reading this newsletter, I am sitting at a quaint café overlooking the Seine with my sister-in-law Amanda and our friend Pam, sipping our own cuppa in Paris, France! It's a trip I've dreamed of since I was a little girl stealing my brother's French books in order to learn more about the language and culture, and I am so excited to be going with some great people.

But when we hear about Paris, we often think about coffee. After all, aren't they more popular for their *café du lait* than they are for their *thè*? *Non, non, monsieurs et madams!* They also have a nice tea culture!

One can stroll along the cafés and find exclusive tea places as well. Blogger Annelies Zjderveld of *Mighty Leaf* explains that she would often see announcements of *salon de thè* (tea salons) along with beer and food printed on the store fronts. Stores such as Asian-style tea houses that had long lists of teas, as well as others that were quite literally walled with canisters of tea.

Herbal teas are quite popular in France. Why? Not only are they seen as being good for digestion after a meal, they also do not have the caffeine that can be found in traditional tea. You might see Verbena and tileul teas, as they are native to the South of France. I must admit, I have not tried either of these, though I am excited to now!

Verbena, writes Zjderveld, has a buttery citrus profile. This sounds like it would be nice to sip after having a heavy chocolate dessert, like an éclair or a slice of chocolate cake.

The other, Tileul, is made with the dried leaves of the Linden tree and has a woody profile to it.

The Parisians also seem to like their mint tea. Since I like chocolate, I am going to think of a mint tea with some chocolate mousse.

In terms of true teas, Paris seems to enjoy their black teas. You can find the common English Breakfast and Earl Greys there, though sometimes, you can also find the fruited blends, which are also becoming more popular with the youth.

Are You Chronically Tired: This Powerful Recipe Is Just For You!

Ingredients:

- 12 cloves of Garlic
- ½ Liter of Red Wine



Preparation:

After cleaning the garlic cloves, cut them into quarters and place them in a jar. Add half a liter of red wine and close the jar tight.

Keep it on a sunny / bright place for about two weeks. Give the jar a good shake each day so that the ingredients are mixed well.

After two weeks, strain the contents of the jar and put the liquid in a glass bottle.

Take one teaspoon three times a day for a month.

In order to prevent the toxin buildup in your bloodstream, you should perform this "blood cleansing" regularly. Retention of toxins in the blood causes us to be chronically tired, suffer from bloating and have circulatory problems.

These problems can be removed with this simple drink that you can prepare in your kitchen. All you need is some garlic and red wine. This elixir purifies the blood, removes excess fat and salt from the body and speeds up your metabolism.

Warning:

This is a powerful drink for cleaning and strengthening the blood, so after taking it for that 1 month, make sure to take a six months break before you start a new treatment.

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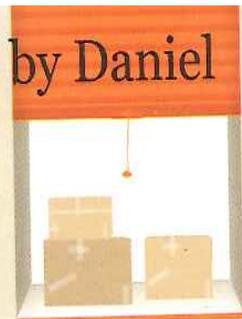
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RIVERDALE SCHOOL NEWS

From the desk of Riverdale School Superintendent, Mrs. Vicki Pede

By now, I am sure that all of our students are ready for school to begin on Tuesday, September 8, 2015! Amidst the excitement of a new school year, there will be a number of new faces in Riverdale. Although not new to education, one new face in our school will be our school principal. It is with great pleasure that I use this medium to introduce our school principal, Mr. Sean Bowe, to you at this time. Mr. Bowe comes to us from North Haledon, New Jersey where he has been an assistant principal for two years. According to his biography, Mr. Bowe lead efforts in North Haledon to expand the use of technology in the classroom, to manage the writing of all special-area curricula, to update the student code of conduct, and to provide training to staff in the preparation for successful state testing. Prior to his move into school administration, Mr. Bowe was a discrete trial aide and taught in grades three (3) and five (5); he also has an extensive background in technology from his years in Corporate America. Since approved by the Riverdale Board of Education in late July, Mr. Bowe has worked diligently with me during August in preparation for the upcoming school year. We will continue to work on specific areas as we forge ahead in this educational direction!

As the August days go by, I continue to see overwhelming evidence that the 2015-2016 school year is just around the corner. Teachers are in daily to assure their classrooms are ready to introduce the students to a new school year! So many folks have worked diligently throughout the summer to assure that the school is ready to open to all of our students in less than two (2) weeks! Our facilities are shining with a number of visible initiatives that we have undertaken. The School Board has adopted specific goals for our district and we continue to work towards these adopted goals each and every day!

Mr. Bowe and I plan on opening school with targeted information for the teaching staff in the realm of our expectations and the need to continue to work together. Just as there are different crayons in a crayon box used to make drawn pictures come to life when used together, we need to work as a cohesive unit in making our team the best as it can be! We want everyone to be part of the team in the best interests of our children in Riverdale. We are confident that we can count on each and every one of you in our team building efforts!

As a reminder, we hope to see you at our Back to School Nights on Tuesday, September 15th and Thursday, September 17th. Please take time out of your busy schedules to see us then as strong home-school connections are certainly a secret to the success of education. Remember, according to William Butler Yeats, "Education is not the filling of a pail, but the lighting of a fire!"

UPCOMING SCHOOL EVENTS AND REMINDERS:

TEACHER IN-SERVICE DAYS	9/1/15 9/2/15 9/3/15	PER SCHEDULE
SCHOOL STARTS FOR STUDENTS	(Tues.) 9/8/15	PER SCHEDULE
SCHOOL BOARD MEETING	9/9/15	LIBRARY
PTA MEETING	9/10/15	CAFETERIA
TEACHER IN-SERVICE: SCHOOL CLOSED	9/14/15	ROSH HASHANAH
BACK TO SCHOOL NIGHT preK-5	9/15/15	PER SCHEDULE
BACK TO SCHOOL NIGHT 6-8	9/17/15	PER SCHEDULE
SCHOOL CLOSED	9/23/15	YOM KIPPUR
SCHOOL BOARD MEETING	9/23/15	LIBRARY



It's time to register for the best organization around: Girl Scouts!!**

Tuesday, September 22 from 7-9pm

or

Saturday, September 26th from 9-12pm

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

*****Look for us at Back to School Night!*****

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

For more information, please contact:

Paulette Brauch at 973-390-5066 or letuna1@hotmail.com

The Girl Scout Promise

On my honor, I will try:
To serve God and my country,
To help people at all times,
And to live by the Girl Scout Law.



Be a Volunteer!

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Free training is provided!

Family fishing trip is the catch of the day

It was early Sunday morning, and my six-year-old daughter wanted to go fishing.

It was a beautiful sunny day, but I was reluctant. The kids and I went fishing four times last summer and we never caught a fish. It was discouraging, especially the last time, when my daughter and I saw fish swim up, check out our bait, and swim away.

“What’s wrong, Dad?” my daughter asked. “Why aren’t we catching any fish?”

“I guess they’re not hungry,” I said. “Or they don’t like our bait. I thought those pieces of ham and cheese looked yummy. And the trout eggs are supposed to be a delicacy.”

I was expecting a similar result on our latest fishing expedition. But we brought something extra along this time that made all the difference.

Mommy.

Mommy joined us on our fishing trip, and, within five minutes of casting her ham-baited hook, had landed a sunny.

“Clearly, Mommy is good luck,” she said. My daughter was awed. I tried to do my part and get the fish off the hook. When was the last time I removed a hook from a fish lip? Twenty years ago? Twenty-five? I was way out of practice. I tried to figure out a way to pin the fish to the ground with my shoe, when my wife told me to step aside.

“Give me that.” She picked the fish up with one hand and worked the hook loose with the other. Sometimes I forget she grew up on a lake. She handed the fish to my daughter to toss back in the water.

“My Dad said we were welcome to go fishing with him, but he always made us bait our own hooks and take the fish off the line ourselves if we caught one,” she said. With four daughters, it was probably the only way the guy could go fishing with his kids and actually get to fish. I spent most of our previous fishing trips baiting hooks and untangling lines.



But today was different. My daughter caught a sunny no longer than my finger a few minutes later, and went on to catch three more fish that morning. My wife caught another, and I caught one, too. My son hasn’t shown much interest in fishing yet, but was content watching the frogs splash around at the water’s edge.

“This is what it’s all about,” I said to my wife.

“What?”

“Everything,” I said. “The next time you wonder what it’s all about, the answer is ‘fishing with our kids.’”

My wife had to leave for work, but I stayed in the park a little while with the kids. We played on the playground, and climbed to the top of a hill. It was the same hill we rode sleds on last winter, the same hill I played on when I was a kid. At the top, I asked my kids to look up at the sky with me. It was brilliant blue and cloudless.

“Today is a great day,” I said. “Let’s give thanks for this beautiful day, kids, and for all of our blessings. We’re a very lucky family.”

“It was a good day for fishing,” my daughter said. “I caught four fish.” I could tell she was already thinking about what the rest of the day would bring. She’s always thinking about what’s next, the next activity, the next destination.

“That was awesome, but it wasn’t only the fishing,” I said. “What makes a day great isn’t what you do, or where you go. What makes a day great is who you spend it with.”

I doubt either of my kids understood what I was getting at. Maybe someday they will. They were more interested in lunch than Dad’s hilltop epiphany.

On the way home, my daughter asked for a bottle of water. I passed one back to her.

“Yuck!” she exclaimed. “Gross!”

“What is it?”

“My hands smell disgusting!” she said, emphasizing the point with fake vomiting sounds.

Ah, the joys of fishing...and parenting.



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 next time your head starts pounding, tell that ache to dry up. Heat a few tablespoons of **Salt** in a dry pan until it’s hot, but not too hot to touch. Pour the salt into a thin dish towel, and fold it up into a packet. Then hold it to the back of your head, and gently rub. The dry heat should draw the pain right out.



Got a stuffy nose? Clean it out the way Grandma did, with a simple saline solution (just like the ones they sell in the drugstore). Dissolve ¼ teaspoon of **Salt** and ¼ teaspoon **Baking Soda** in 1 cup of water. Use a medicine dropper to spritz the liquid into your nose whenever you need some air.

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? Keith Thibodeaux

I LOVE LUCY: The drumming prodigy, billed on the sitcom as Richard Keith, was “Little Ricky,” pint-sized sidekick to dad Ricky Ricardo (Desi Arnaz). Thibodeaux later played in a band called David and the Giants. Now 62, he runs Ballet Magnificat!, his wife’s Christian ballet company.



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?

Pennsylvania's Signer James Smith was a witty, well-educated Irishman who had begun his law practice in the western wilds. He later moved to York, Pennsylvania, and went into the iron business. Colonel Smith foresaw the break with Britain and trained militia long before war began. When Congress moved from Baltimore to York, the Board of War occupied his law office.

The colonel was full of funny stories, and his speeches in Congress were often highly entertaining. He could joke about almost anything—even the large fortune he lost and the two superintendents who helped him lose it through mismanagement of his business while he was absent on patriotic duties. But there were two things about which he never joked—religion and George Washington, whom he greatly admired.

In the spring of 1777, General Washington and financier Morris, two of the busiest men of the time, appeared at the little upholstery shop of John and Betsy Ross on Arch Street in Philadelphia, near the State House. Accompanying them was John's uncle, George Ross. The three had brought a design for an American flag which they wanted Betsy to make. This design indicated six-pointed stars on a blue square in the upper left-hand corner of a field of red and white stripes. Betsy suggested



that five-pointed stars be used. With a fine stitch, she proceeded to make the first Star-Spangled Banner, with thirteen stars and thirteen stripes to honor the colonies that had agreed to the Declaration of Independence. On June 14,

Congress approved this design.

Jolly Uncle George Ross was a prominent lawyer of Lancaster, Pennsylvania, who had served in the First Continental Congress. He was not re-elected to the Second Congress until the change in delegates in July of '76.

Ross had a sister Gertrude who was married to Delegate Signer George Read, vice-president of his state. Gertrude was in Philadelphia with her husband and family when he was summoned home to succeed the president (governor), who had been taken prisoner by the enemy. To avoid capture themselves, the Reads proceeded cautiously along the Jersey shore of the Delaware River.

An armed barge from the British men-of-war pursued them as they crossed the river. The tide was out. Their boat went aground. Quickly, they removed all identifying marks from their luggage. As the British officers came alongside, Reade assumed the role of a country gentleman returning home with his family. Whereupon, the British sailors good-naturedly helped carry Signer Read's mother, Gertrude, and the small children to shore!

While many of the Signers were born to wealth and fine educational advantages, there were those whose early days were difficult and humble. In fact, George Taylor began his life in America as a bond servant! He gave up studying medicine in

Ireland and, without even a sixpence in this pocket, boarded a vessel bound for America as a redemptioner. A man who owned an iron works in Bucks County, PA, paid his expenses.

Young George was set to feeding coal to the blast furnaces. He developed such blisters that his employer, perceiving the boy's intelligence, suggested that he might handle a pen better than a shovel. So he became a clerk, though a bond servant still.

Apparently George made out well at the iron works. Some years later, at any rate, he married the widow of the man who paid his passage to America.

Taylor expanded the industry and acquired a considerable fortune. He served in the Provincial Assembly and consistently opposed British imperialism. His neighbors called him a "fine and furious Whig." His period in Congress was brief. But he served his country diligently in deals with the Indians and suffered financial losses because he was away so much.

Also an immigrant was the stern, nearsighted Scot, James Wilson, who had come to America ten years before the Signing. He had studied at the Universities of St. Andrews, Glasgow, Edinburgh.

Wilson was a bold, decided man with a powerful voice who became one of the eminent lawyers of Pennsylvania. Dr. Rush said of him, "Not a word ever fell from his lips out of time, or out of place, nor could a word be taken from or added to his speeches without injuring them." He was among the first to declare that Parliament had no authority to rule over the colonies.

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



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HOURS

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

R I V E R D A L E
Public Library

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

Registration for programs is required.
 Call (973) 835-5044 or visit www.riverdalelibrary.org to sign up!

ADULT PROGRAMS

The Pompton Mutiny — Wed., Sept. 9, 7:00 p.m. After enduring horrendous winter encampments in the winters of 1777-1778 and 1779-1780, many Continental Army soldiers had reached their breaking point. Tom Riley, B.A., M.A., M. Ed., will share some of the experiences of these soldiers in a re-enactment of this pivotal period in our nation's history.

Movie Night - Child 44 — Wed., Sept. 16, 7:00 p.m. In the Soviet Union, a Russian intelligence agent is sent to work on a case involving multiple murders of children. His efforts are complicated by the government, which does not believe that serial killers exist in Russia. Rated R; 137 min. Shown on our new 60" TV! Refreshments served.

Stroke Prevention - Thurs., Sept. 17, 1:00 p.m. Lynn Squillacote, MSN, RN, and Stroke Coordinator at Chilton Medical Center, will discuss not only the warning signs, symptoms and risks of stroke, but also new methods of diagnosis and drugs for prompt emergency treatment which could mean the difference between life and death.

Jack the Ripper, Mystery of Mysteries — Thurs., Oct. 1, 7:00 p.m. The murders committed by Jack the Ripper rocked London to its core in 1888, when at least five women were attacked and killed in the slums of eastern London, and the unknown assailant vanished without being caught or identified. What do we know about Jack the Ripper? How did he commit the murders without being caught? Why did he stop killing? These and other aspects of the story will be discussed by Dr. Mark R. Vogel, a clinical psychologist who has studied the case and visited the murder sites himself.

ADULT COMPUTER PROGRAMS

Excel — Sat., Sept. 12, 11:00-12:30 p.m. Learn 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.

iPad and Tablet Users Group — Fri., Sept. 18, 1:00-2:00 p.m. New to using a tablet? Bring your device and learn the basics in this monthly workshop for tablet users looking to increase their skills and share knowledge and experience. Learn how to access public Wi-Fi, change settings, set up email, and install and remove apps. Attend once, or as many sessions as you need.

Microsoft Word — Wed., Sept. 23, 6:00-7:30 p.m. Learn to type text in Word, edit, spell-check, save, and print documents.

PowerPoint — Sat., Sept. 26, 11:00-12:30 p.m. Design a PowerPoint presentation with text, clip art, and animation. You'll learn about formatting, the design options available, presentations views, and how to run a slide show.

Katherine M. Mahoney begins September 1 as the Riverdale Public Library's **Youth Services Librarian**. Kate is a 2011 graduate of Muhlenberg College, and a 2013 graduate of Rutgers School of Communication & Information, with a Master's Degree in Library and Information Science. She comes to us from Denville Public Library where she was a Children's Librarian and from Madison Public Library where she was a part-time Reference Librarian. Please stop by and say hello to "Miss Kate." She'll be planning programs and activities, and the program schedule will be available very soon!

Meet the Artist: Leonid Gore — Join us on Sat., Sept. 12, 12:00-2:00 p.m. to meet the award-winning artist, illustrator and author! Refreshments will be served.

INFANT & PRE-SCHOOL PROGRAMS

Programs run the week of September 14 through October 27.

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.

**Lego Lab Fun!**

Leo and Cecelia display their creations at Lego Lab in August!

CHILDREN'S PROGRAMS — GRADES K-5

Puppy Pals — Wed., Sept. 9, 4:00-5:00 p.m. Independent readers can choose a book to read to Liberty and Justice, certified therapy dogs from Creature Comfort, while younger children can "read" a story by discussing the pictures.

Lego Lab — Wed., Sept. 16, 4-5 p.m. You bring your imagination and we'll supply the LEGOs plus a great story!

TEEN PROGRAMS — GRADES 6 AND UP

Write Your Best College Essay — Wed., Sept. 30, 7:00-8:30 p.m. College Coaching with Care presents a workshop for high school students and their parents on writing those important college essays. You will learn how to create successful essays that reflect your best attributes and true passions, as well as practical methods to help you master the writing process and convey the unique qualities you bring to any school.

MONTHLY

Friends of the Library Meeting — Thurs., Sept. 17, 7:00 p.m.

Adult Book Discussion Group — Mon., Sept. 28, 6:30-8:00 p.m. *The Goldfinch* by Donna Tartt.

Photo Club — Mon., Sept. 28, 6:30-8:00 p.m.

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

RIVERDALE



Eagle Scout

Summer C



Tyler Soto, with his fellow Scouts, in front of his Eagle Project. Tyler designed, planned and built the wishing well at Glenburn. The well was designed based on photos from the original, which blew down during a storm. The workmanship of this one should last another hundred years. Thank you, Tyler and the rest of the Scouts!



The crowds were back enjoying our free concerts in Thank you, Krista Osborne, for all that you did to season.


**Riverdale Recreation will be hosting
 it's Annual Fright Night**
Tuesday, October 20 6:00 - 8:00 pm
(Rain date Wednesday, October 21)
Glenburn Estate
211 Hamburg Turnpike
There will be lots of activities for the kids to enjoy
More details to come!
Local Businesses/Organizations: For more information about sponsoring a booth or activity,
please contact Krista Osborne at 973-835-4060 x232 or email RiverdaleRec@gmail.com


DAILY NEWS

Concerts

Champions!



The traveling baseball team - **8U Riverdale Quarry** - won their Championship game. They played very hard and we are so proud of them. We would like to congratulate them! Photo of the boys with their coaches and trophies. *Submitted by Dana McConnell*

ts in the park with a better selection of bands. d to make this a memorable summer concert

Annual Street Fair

LABOR DAY - Monday, September 7

10 to 5



- ◆ Riverdale is holding its Annual Labor Day Street Fair.
- ◆ This event will once again be held on the Newark-Pompton Turnpike from Newbury Place to Cotluss Road.
- ◆ The show hours are 10AM-5PM.
- ◆ The street will be transformed into a giant town block party.
- ◆ A special section in the School parking lot will be brimming with all kinds of fun stuff to do - mechanical kiddie rides, climbing wall, clown, face painting, sand art, temporary tattoos & so much more!
- ◆ There will be live entertainment on stage all day long.

This event brings the whole community together. Many of the local merchants will showcase their shops and offer their special sales.

Everyone will surely enjoy the open air cafes along the street fair route offering a wide selection of delicious foods such as hot dogs, ice cream, chicken fingers, zeppoles, shish kabobs, fresh squeezed lemonade, Italian Ices, french fries, hamburgers, sausage and pepper sandwiches, cheesesteaks, roasted corn and much more.

There will be attractions for everyone. For your shopping pleasure JC Promotions, Inc. promoter of the street fair will feature many creative crafters with hand crafted works and merchandise dealers offering lots of great bargains and unique items for all.



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

KIDS OIL PAINTING CLASS

**Saturday September 5 10:00am – 4:30pm
at Riverdale Community Center**

Children ages 7 – 14 years Beginner to Advanced

Cost: \$45.00 (includes all supplies)

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

PAPER MILL PLAYHOUSE**Discount Tickets**

"The Bandstand"

Friday, November 6 at 8:00 PM \$47.80, orchestra level
seats

Deadline to purchase tickets 9/21

"A Christmas Story, the Musical"

Friday, December 4 at 7:00 PM \$47.80, orchestra level
seats

Deadline to purchase tickets 10/23

WOMEN'S FITNESS

In conjunction with Pompton Lakes Recreation

Mondays & Wednesdays 7:00-8:00p.m.

at Lincoln School in Pompton Lakes

Session I: 9/21/15 – 11/18/15

Session II: 1/11/16 – 3/9/16

Session III: 3/21/16 – 5/1/16

\$50 for 16 classes, \$35 for 10 classes, or \$5 drop in

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 riverdalerec@gmail.com

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

Pee Wee & Me Playtime!

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

September 12 10:00 – 11:00 a.m.

Last meeting October 10th

weather permitting.

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

Come out make some new friends!

**WICKED ON BROADWAY**

Saturday, October 17 – 2:00 PM show

Cost: \$112.00 (mid-mezzanine level) – includes ticket, bus,
taxes, tolls, tip. **Approx. 7 tickets left!**

Bus will depart from Riverdale in the morning (time TBD)
and arrive in NYC approx. 2 hours before show time. Bus will
depart NYC for Riverdale immediately home after the show.

call 973-835-4060 x232

or email riverdalerec@gmail.com to purchase tickets

SENIOR WALKING CLUB

**Tuesdays, (September 9, 15, 22, 29, October 6 & 13)
9:30-10:30 AM**

Riverdale Community Center

6 week session No Cost Includes Free T-Shirt



Riverdale Recreation is offering discounted tickets!!

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

Men's Basketball

In conjunction with Pompton Lakes Recreation.

Tuesdays, September 15 thru May 16 7:00-10:00 PM

at Lincoln School in Pompton Lakes

\$50.00 for 9 month session

Walking Club

In conjunction with Pompton Lakes Recreation.

Thursdays, October 8 thru April 28 7:00-8:00 pm

Lakeside School Hallways in Pompton Lakes

On this day (August 29) in 1776, **George Washington** and his troops make a miraculous escape across the East River and into Manhattan. The British failed to notice until it was too late.

Two days earlier, Americans had suffered a crushing defeat at Brooklyn Heights. That battle had ended with Washington's army cornered in Brooklyn.

Americans faced a problem: Their only escape route was across the East River, but such an escape was complicated by the presence of hundreds of British warships in the area. If the British saw the Americans escaping, these warships would be upon them very quickly.

On August 29, Washington called a meeting with his generals. Brigadier General Thomas Mifflin, in charge of the Pennsylvania brigade, proposed a retreat across the East River during the night. He also proposed that his brigade take the most dangerous task: It would serve as rear guard. His brigade would be at the greatest risk, because it would be the last to leave.

Washington agreed. He had almost no choice. His army was weakened by the fact that it was split in half: Washington was with the soldiers in Brooklyn, but some of the army was still in

Manhattan. The Brooklyn half of the army had little ammunition that had not been ruined by rain. An escape must be attempted, but the decision must be kept absolutely secret. Word simply could not leak out.

At 7 p.m., the troops were told to pack up, but they were told they were preparing for a night attack on the enemy. Many of the soldiers thought the decision was rash, perhaps suicidal. Nevertheless, the least experienced troops, along with the sick and wounded, were soon ordered to the river. It had been raining all day and the current was so swift that the boats couldn't even attempt a crossing. The first round of troops simply stood there, in the dark, until 11 p.m., when the wind finally died down and the river became somewhat passable.



Throughout the night, the boats went back and forth in incredibly difficult conditions. Little by little, the troops on the lines were told to leave and head to the river. Throughout this time,

Mifflin's brigade, on the outermost defenses, deliberately moved about, tending to campfires and such. They wanted it to appear that the army was still present and operating as normal.

Hours later, the retreat simply was not moving quickly enough. For a little while, it must have

seemed that all was lost. Some historians relate a story about a panicked stampede onto the boats toward the end of the night. Reportedly, Washington hoisted a large rock above his head and ordered the men off. He'd "sink [the boat] to hell," he threatened, unless the soldiers got off the boat! (They did.)

Other historians doubt the story. Washington worked hard to control his legendary temper. Would he really have lost it in such a setting, with so much at stake?

Either way, no one disputes what happened next.

A heavy fog settled over Brooklyn at daybreak! It was so thick that one soldier later said you "could scarcely discern a man at six yards distance." Interestingly, there was no fog at all on the Manhattan side of the river. The last of Washington's men, including Mifflin and his brigade, were finally called to the river. Washington, too, had stayed to the end.

Washington's army completed its escape to New York at about 7 a.m. The fog lifted shortly thereafter. Nine thousand men had crossed the river, all without arousing suspicion.

The army had gone from crushing defeat to miraculous escape in a matter of days.

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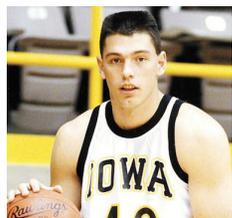
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Athletes Who Died Too Soon



Christopher Michael Street

(April 3, 1961 – March 23, 1993)

Other than basketball, Street also excelled in baseball and football during high school. He moved with his family to Indianola, Iowa in the fall of 1987 and starred on the town's Class 4A team at Indianola High School. Street committed to play basketball at the University of Iowa as a junior in high school.

Street played in 28 games as a freshman and averaged 5.0 ppg, and 5.1 rebounds. As a sophomore, he averaged 10.6 ppg, and 8.2 rebounds. In the first 15 games of the 1992–93 season Street averaged 14.5 ppg and 9.5 rebounds. In his final game he scored 14 points and collected 8 rebounds and extended his record of made free throws to 34, in a 65-56 loss to Duke. It was in that game that he also set a school record by hitting his 33rd and 34th consecutive free throws.

On January 19, 1993, following a team dinner at the Highlander Inn outside of Iowa City, Street was killed when his car pulled onto the highway and collided with a snow plow. His girlfriend, Kim Vinton, was a passenger and survived the accident but was treated at a local hospital for a punctured lung and separated shoulder. The basketball game scheduled against Northwestern the following night was postponed.

When Chris Street died, Iowa Hawkeye Men's Basketball Coach Tom Davis said "Chris represented all that is good about the Midwest and the state of Iowa. He was open, caring, honest, loving and lived life to the fullest every day."

Chris Street's number 40 was retired by the University of Iowa's Men's Basketball team at Carver-Hawkeye Arena on February 6, 1993. No other Hawkeye numbers have been retired since. At the end of each season, the Chris Street Award is given to the Hawkeye player or players who best exemplify the spirit, enthusiasm, and intensity of Chris Street. When it was announced that the award was created shortly after Street's death in 1993, Iowa Coach Tom Davis said "We want to remember everything Chris represented. He was one of the greatest Hawkeyes of all time."

The **Sandman** is a mythical character in central and northern European folklore who brings good dreams by sprinkling magical sand onto the eyes of people while they sleep at night. Traditionally, he is a character in many children's stories. He is said to sprinkle sand or dust on or into the eyes of the child at night to bring on dreams and sleep. The grit or "sleep" in one's eyes upon waking is supposed to be the result of the Sandman's work the previous evening.

Dubious derives from the Latin verb *dubare*, meaning "to hesitate in choice of opinions or courses," and it is related to the Latin word for "two": *duo*. *Dubious* can be used to indicate uncertainty about the result of an action or the truth of a statement as well as about the uncertainty of a person and his

or her character. In either case, it usually implies a feeling of doubt from suspicion, mistrust, or hesitation.

Experts can't agree on whether Franz Anton Mesmer (1734–1815) was a quack or a genius, but all concede that the late 18th-century physician's name is the source of the word **mesmerize**. In his day, Mesmer was the toast of Paris, where he enjoyed the support of notables including Queen Marie Antoinette. He treated patients with a force he termed animal magnetism. Many believe that what he actually used was what we now call hypnosis. Mesmer's name was first applied to a technique for inducing hypnosis by one of his students in 1784.

Influential Women

Dorothea Lange

(May 26, 1895 – October 11, 1965)

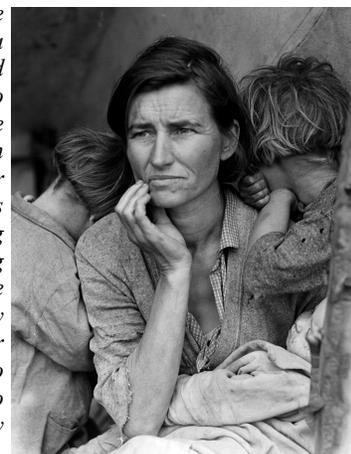
She was an influential documentary photographer and photojournalist, best known for her Depression-era work for the Farm Security Administration (FSA). Lange's photographs humanized the consequences of the Great Depression and influenced the development of documentary photography.

Born of second generation German immigrants on May 26, 1895 in Hoboken, Dorothea Lange was named Dorothea Margareta Nutzhorn at birth. She dropped her middle name, took her mother's maiden name after her father abandoned the family when she was 12 years old, a traumatic incident early in her life. She contracted polio at age seven which left her with a weakened right leg and a permanent limp. "It formed me, guided me, instructed me, helped me and humiliated me," Lange once said of her altered gait. "I've never gotten over it, and I am aware of the force and power of it."

Lange was educated in photography at Columbia University in New York City, in a class taught by Clarence H. White. She informally apprenticed to New York photography studios, including that of the famed Arnold Genthe. In 1918, she left New York with a female friend to travel the world, then settled in San Francisco, working as a photo finisher. By the following year she had opened a successful portrait studio. She lived across the bay in Berkeley for the rest of her life.

From 1935 to 1939, Dorothea Lange's work for the FSA brought the plight of the poor and forgotten—particularly sharecroppers, displaced farm families, and migrant workers—to public attention. Her poignant images became icons of the era.

Lange's best-known picture is titled "Migrant Mother." The woman in the photo is Florence Owens Thompson. In 1960, Lange spoke about her experience taking the photograph: *I saw and approached the hungry and desperate mother, as if drawn by a magnet. I do not remember how I explained my presence or my camera to her, but I do remember she asked me no questions. I made five exposures, working closer and closer from the same direction. I did not ask her name or her history. She told me her age, that she was thirty-two. She said that they had been living on frozen vegetables from the surrounding fields, and birds that the children killed. She had just sold the tires from her car to buy food. There she sat in that lean-to tent with her children huddled around her, and seemed to know that my pictures might help her, and so she helped me. There was a sort of equality about it.*



After Lange returned home, she told the editor of a San Francisco newspaper about conditions at the camp and provided him with two of her photos. The editor informed federal authorities and published an article that included the photos. As a result, the government rushed aid to the camp to prevent starvation.

According to Thompson's son, Lange got some details of this story wrong, but the impact of the picture was based on the image showing the strength and need of migrant workers.

Twenty-two of the photographs she took as part of the FSA were included in John Steinbeck's *The Harvest Gypsies* when it was originally published in *San Francisco News* in 1936.

In the last two decades of her life, Lange's health was poor. She suffered from gastric problems, including bleeding ulcers, as well as post-polio syndrome – although this renewal of the pain and weakness of polio was not yet recognized by most physicians.

Lange died of esophageal cancer on October 11, 1965, in San Francisco, California, at age 70. She was survived by her second husband, Paul Taylor, two children and three stepchildren.

In 1972 the Whitney Museum used 27 of Lange's photographs in an exhibit entitled Executive Order 9066. This exhibit highlighted the Japanese Internment during World War II. In 2006, an elementary school was named in her honor in Nipomo, California, near the site where she photographed "Migrant Mother".



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ANSWER to question on Page 7. There were seven in the Sunday School class. The successive numbers required by the questions in their order are as follows:
 12, 7, 6, 10, 7, 50, 30, 5, 15, 4, 8

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Participants may walk from:
 7:00 to 10:00 AM - Monday through Saturday
 9:00 to 11:00 AM - Sunday
 Willowbrook Mall

The Wayne Alliance for the Prevention of Substance Abuse, Chilton Cardiac Rehabilitation and CareOn at Wayne are cosponsoring the Mall Walker Program. **Call 973-831-5367** to register for this program.

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

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Pet Adoption Festival at Mike's Feed Farm



The Mike's Feed Farm Multi-Agency Adoption Festival is almost here and we want to see you there! The seventh annual outdoor event is **September 27th 12pm – 4pm** behind Slater's Mill, next door to Mike's Feed Farm.

20 local shelters have signed up to participate, and we expect over 100 animals to be available for adoption. Our main goal is to send as many animals home as possible, but we invite all of our animal loving friends to join us in the day's festivities to raise money and awareness for the animals. This year we are very excited to include an animal communicator, Barbara Goodfriend, to tell us what your pet is REALLY thinking. Other family friendly activities include a DJ, face painting, Paterson Police K-9 demos and food provided by two Riverdale favorites: **Boniello's** and **Coney Island Pizza**. We are raffling off a flat screen TV, a Samsung Tablet, a gift certificate to Mike's Feed Farm and gift certificates for free grooming by five of our favorite groomers. People for Animals will be taking appointments for low-cost spay/neuter surgeries, and there will be life saving demonstrations by Pet First Aid & CPR Training. Two animal photographers will be donating their services to take pictures of you and your pets, and we have groomers doing free nail clipping for your dogs. Everything at Mike's Feed Farm will be 10% off on September 27th. All of the money raised at the event and a portion of the sales from Mike's Feed Farm will be donated back to the participating shelters.

Last month we shared Cody's story, the 113 pound deaf dog who was adopted at the 2014 event by Riverdale residents Lizzy Pfuhl and Joseph Calabretta. To continue to build excitement around this year's

event, we'd like to share another Happy Tail, Tappy McDaniel's story. Last October, Tappy came to the Mike's Feed Farm Adoption Festival dressed up as a construction worker. He was well behaved and tapped his paws every time someone came by to say hello. Although 55 animals were adopted last year, the tap-dancing construction worker was not one of them. A month later, event organizer and Riverdale resident Erin Earley noticed Tappy was still in the shelter... and had been there since July! She couldn't believe this friendly dog was still waiting for a home, so she took action. "I felt a connection to Tappy and wanted to finish his story. The next day I went to the shelter in Newark and took him home as a foster dog. I knew there was someone perfect out there for him." Erin didn't have to look far to find that perfect home, because a few weeks later her colleague at the ASPCA in NYC adopted him. Now Tappy spends his days in dog parks in Brooklyn, and lends his unique appearance to various social media campaigns led by the ASPCA. "Although he didn't get adopted at the event, the exposure he got from attending eventually helped him find a home," says Earley.



We hope you and your family stop by on September 27 to support animal rescue in whatever way you can. Whether it's adopting, fostering, donating or simply spreading the word about our event, whatever you can contribute will help us on our mission to end pet homelessness.

Pets on leash are welcome to participate in the day's festivities (no retractable leashes, please!) Visit Mike's Feed Farm at 90 Hamburg Turnpike in Riverdale, www.mikesfeedfarm.com, Facebook at "Mike's Feed Farm" or email kelli@mikesfeedfarm.com for more details. The event will be held in the field behind Slater's Mill, next door to Mike's Feed Farm. The rain date is October 4th.

Amazing Animal Facts

Giant Panda is one of the most endangered animals in the world. Scarcely 1,000 individuals are believed to survive in the wild, with another 140 in zoos. Habitat loss and poaching are the main dangers, and the panda's reproductive cycle makes population recovery slow.

A panda's diet is almost exclusively bamboo, and its digestive system is ill-equipped to digest the fibrous stems efficiently, so it has to spend most of its day foraging and eating.

Pandas were once thought to be solitary, but new evidence suggests that small social groups may form outside the breeding season.

Females usually give birth to two cubs, one of which survives and stays with the mother for up



to three years. In a lifetime, a female may raise only 5 - 8 cubs. These well-loved animals are the focus of much research aimed at preserving the species. New work on in-vitro fertilization may help to prevent extinction.

An elongated wrist bone with a fleshy pad of skin forms a kind of "thumb", which the panda uses to grasp bamboo stems while chewing them.

Food: Bamboo.
Habitat: High elevation broadleaf forests with bamboo understory.
Size: 4 - 6 feet; 240 lbs..
Maturity: 4 - 8 years.
Breeding: One cub born every 3-4 years.
Life span: 35 years.
Distribution: Mountain ranges in central China.
Status: Critically endangered.



Redefining Possibilities for the Spinal Cord Injury and Paralysis Community

Push to Walk is gearing up for our Fall and Winter events. Please contact us if you would like to participate!

Monday, September 21st

8th Annual Golf Outing

Knoll West Country Club
Parsippany, NJ

Saturday, November 21st at 7:00 PM

Beefsteak Fundraiser

Pompton Lakes Elks Lodge
1 Perrin Avenue, Pompton Lakes, NJ 07442
\$50 per person

Tuesday, January 19th at 7:00 PM

NJ Devils vs. Calgary Flames

Prudential Center
25 Lafayette Street, Newark, NJ 07102
\$40 per ticket (partial proceeds go to PTW)
please call **862-200-5848** or email Stephanie_slajam@pushtowalknj.org to sign-up or for more information.



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



ASTRAGALUS. Astragalus is a large genus of about 3,000 species of herbs and small shrubs, belonging to the legume family Fabaceae and the subfamily Faboideae. It is the largest genus of plants in terms of described species. It is rich in polysaccharides which are basically the main nutrient that feeds our bodies. Astragalus is known for its supporting of T-cell function and overall immune strength at a very deep level (bone marrow reserves) and is highly acclaimed as probably the most important of all deep immune tonics.

The use of Astragalus increases the level of interferon and antibodies. It is known to increase strength, and vitality. Astragalus helps in the elimination of toxins thus promoting the healing of damaged tissue. It supports liver and spleen function and in supporting the liver protects it against chemical damage caused by chemotherapy and also helps normalize blood pressure. When added to the program, Astragalus actually doubled the life of cancer patients who opted to be treated by chemotherapy and radiotherapy.

- ◆ Astragalus is primarily used in traditional Chinese Medicine in compounds with other herbs.
- ◆ Astragalus increases the flow of bile and digestive fluids.

- ◆ Astragalus is a strong immune-enhancing herb and superior tonic, thus aids in recovery from illness and surgery. It combats fatigue by nourishing exhausted adrenals.
- ◆ Astragalus is an anti-clotting agent has vaso-dilating properties, helping prevent coronary heart disease and improving circulation.
- ◆ Urine flow is improved by Astragalus by reducing the potential of infection predominantly in the bladder.
- ◆ Astragalus is an adaptogen herb which has been credited with long life of the cell. Research has been done to show that Astragalus increases the strength of T-cells. T-cells are the white blood cells of the body that attack the invaders that cause disease in the body. The T-cells are also called “killer cells” because of their ability to destroy foreign invaders in the body. It seems to protect the healthy cells even when chemotherapy is used.
- ◆ Astragalus has been demonstrated to increase energy, by the reduction of toxicity in the liver. As such, it acts as a heart tonic, which lowers blood pressure, dilates blood vessels and increases endurance to fatigued hearts.

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).

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SHOW

NYC Broadway Show Trip to *Wicked*
Saturday, October 17 – 2:00 PM show

- Bus will depart in the morning and arrive approximately 2 hours before show time. You can have lunch (cost not included) before the show. The bus will depart for home after the show.
- Cost: \$112.00 (mid-mezzanine level)—includes Ticket and Bus. Approx. 35 tickets left!
- Call 973-835-4060 x232 or email riverdalerec@gmail.com to purchase tickets.

Profound Quotes From Children's Books

- “You must never feel badly about making mistakes... as long as you take the trouble to learn from them. For you often learn more by being wrong for the right reasons than you do by being right for the wrong reasons.” (Norton Juster, *The Phantom Tollbooth*)
- “You have been my friend. That in itself is a tremendous thing.” (E.B. White, *Charlotte’s Web*)
- “Oh, it’s delightful to have ambitions. I’m so glad I have such a lot. And there never seems to be any end to them—that’s the best of it. Just as soon as you attain to one ambition you see another one glittering higher up still. It does make life so interesting.” (L.M. Montgomery, *Anne Of Green Gables*)
- “For what you see and hear depends a good deal on where you are standing: it also depends on what sort of

NOT MADE IN USA
Imported dinnerware, especially pottery and some types of crystal, may still contain traces of lead and other heavy metals. Acidic foods, like vinegar in salad dressings, lemon juice, or even tomatoes, may be strong enough to release these metals.

OR JUST ORDER IN
If you accidentally burn or scorch a food, set the pot or dish into cold water immediately. This will stop the cooking action and minimize the damage. Carefully remove the unburned food—don’t scrape—then discard the damage food. When you reheat the salvaged food, set a fresh piece of white bread on top to remove the burnt odor.

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Make natural birthday cake candleholders from small marshmallows. If they are kept refrigerator they will work better.

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Inexpensive Storage Hints



5 Things People Do that Make Dogs Uncomfortable

by VETDEPOT on JULY 27, 2015

Dogs are known for being pretty tolerant, easy-going creatures, but there are certain things that can bother even the most docile of pups. Your intentions may be good when giving a dog a hug or patting a pooch on the head, but some canines don't appreciate these actions and they can result in fearful or aggressive behavior.



Below are five things not to do that often make dogs uncomfortable:

- 1. Hug a strange dog:** Dogs don't express affection in the same ways that humans do. While some dogs will tolerate hugs from their own family, a hug from a stranger can be interpreted as threatening. If a dog tenses up or disengages from your hug, he's clearly uncomfortable.
- 2. Pet a dog on the head:** Reaching for the top of a dog's head can be a recipe for disaster. If it's a dog you haven't met before, let him greet you first and then opt for a chest rub instead of a head pat.
- 3. Make direct eye contact:** While people may see eye contact as a sign of connection or good communication, dogs can perceive it as a threat. Be aware that eye contact is a sign of dominance in the canine world.
- 4. Put your face right in their face:** People often do this to express affection, but this behavior can be intimidating and make a dog tense and uncomfortable.
- 5. Expose a dog to a noisy environment:** A dog's hearing is at least twice as sensitive to that of a human, making noisy situations uncomfortable and sometimes anxiety inducing. So think twice before turning that music way up or exposing your canine companion to a large get-together. If your dog is especially anxious, a calming supplement may help.

Back Pain?

Try alleviating back pain with a peppermint-ice massage! Massages, peppermint-oil menthol and ice are all proven pain relievers.



Begin by freezing a mixture of a cup of water and two drops of peppermint oil in a paper cup. When the ice has hardened, remove the paper cup and have a friend massage the frozen mixture directly onto your back.



"The person who says it cannot be done, Should not interrupt the person doing it."

Chinese Proverb

Fire Chief Dan Sturm:

Back-to-School Safety

Say goodbye to summer and hello to fall. It's school time again! Just like teachers, books, and homework go hand in hand with the school year, so should safety.

Sparky's Back-to-School Safety Tips

- While waiting for the bus, take five giant steps back from the curb until the bus has stopped completely.
- Inside the bus, stay seated at all times.
- Keep head, arms and hands inside the bus. Never throw anything out of the bus window.
- Always on to the bus handrails when you are getting on or off the bus so you don't fall.
- Be careful that clothing, book bags, and key rings don't get caught in the handrails or doors.
- When getting off the bus, go to the closest sidewalk or side of the road and take five giant steps away from the bus.
- If you drop something near the bus, tell the bus driver. If you bend over to pick it up, the bus driver may not be able to see you.



Crossing the Street

- Children under age 10 should never cross a street without a grown-up.
- Choose a safe route to school. Look for the most direct route with the fewest street crossings.
- When crossing the street, stop at the curb or edge of the road.
- Look left, then right, then left again for moving cars before crossing.
- Keep looking left and right until you are safely across the street—and remember to walk, not run.
- Follow all traffic signals and markings.
- Don't enter the street from between parked cars or from behind bushes or shrubs. Drivers might not be able to see you.



Riding a Bike

- If you are old enough to ride alone, plan a safe route to school and have a grown-up ride with you the first few times.
- Children under 10 shouldn't ride on the road without a grown-up.
- Be sure that your helmet fits. It should sit even on top of the head—not rocking in any direction—and always fasten the safety strap.
- Learn the proper hand signals and use them when you turn or stop.
- Walk, do not ride your bike across the street.
- Come to a complete stop before entering driveways, paths or sidewalks, then look left, right and left again for bikes, cars or pedestrians heading your way.
- Do not ride at night.



And last, but not least, if you are riding in a car to school the safest place to be if you are 12 years old or younger is in the back seat buckled up safely. Remember, you should be in a booster seat until you are eight years old and 80 pounds.



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