

Red Hot Mama

Thanks to generous gifts in memory of **Carol Murphy**, a founding member of the

Riverdale Library, the library hosted a production of *Sophie Tucker: Last of the Red Hot Mamas!* performed by the Traveling Stage Company at the Community Center on Oct. 22. Carol's son, Stephen, introduced the program sharing memories of his mother and her interest in the stage and music.



The audience gave a standing ovation for the living biography with music of one of the most famous vaudeville performers of all time. Grayce Coviello belted out tunes in the old fashion style with pianist Laura Menard. The show was produced by Sharon Moran. It was such a success that the Library plans to have them back for a living biography of Ethel Merman.

Lady Cardinals



Congratulations to the PLRSA Lady Cardinals U12 traveling soccer team who captured Second Place in the 2009 Pequannock Fall Classic Tournament with a record of 3 wins and 1 tie. Riverdale players on the team are **Heather Berzak, Mary Dougherty, Mackenzie Failla, Olivia Galletta, Sahnnon McCarthy, Gianna Stygar** and coaches **Shawn Dougherty and Jason Galletta**.

Beginning next month the Newsletter will be expanded to 8 pages. Hopefully you will not have to strain your eyes reading 7 pt. fonts anymore. This month we have 12 pages to accommodate storm water management notices required by the state.

Riverdale News & Events

A Monthly published by the Riverdale Mayor and Council

Vol. 5, No. 2

www.RiverdaleNJ.gov

November 2009

Sgt. Dollaway Presents Flag to Boro

With family members present, SSGT. Robert Dollaway was presented with the Morris County Military Service Medal for his tour of duty in Iraq. Sgt. Dollaway, assigned to the 2nd Battalion, 113th Infantry at the Riverdale Armory. Presenting the medal was U.S. Congressman Rodney Frelinghuysen.



SSgt. Dollaway, a Butler resident, presented the Borough of Riverdale with an American Flag that was flown over Camp Bucca, Iraq. Accepting on behalf of the borough was Councilman Garrett Astarita, a Vietnam War Veteran. The certificate states: *The Flag accompanying this Certificate proudly bore steadfast witness to the dawning of a new era of freedom for those who have never known it, bravely led by those who would give their life for it. It was flown by SSG Robert A.*

Dollaway, for the Borough of Riverdale, NJ for their support during the unit's deployment to Operation Iraqi Freedom and was flown over the Theater Internment Facility (TIF) at Camp Bucca, Iraq, in the face of the enemy, on this 10th Day of March 2009.

SSgt. Dollaway, on behalf of a grateful Community, we thank you for your service to our great country and for thinking of us by having the flag flown in recognition of our community's support of the troops. God bless you and your family.

Riverdale Borough made of the best people on earth.

Candidates' Night



Eight independent candidates for NJ Governor showed up on a rainy, mixed with snow,

night to present themselves and their platforms to the voters of Riverdale and surrounding towns. Riverdale's own candidate for governor, Jason Cullen, made his case before people. Also on hand, were Assembly Democratic candidate Douglas Herbert and Freeholder Democratic



Jason Cullen



candidate Nancie Ludwig. Republican Candidates for the Riverdale Town Council were on hand, Paul Carelli and Steve Loesner. Carolyn Masone, President of the Riverdale Land Conservancy, was the moderator for the night. Channel 12 News and WGHT 1500 AM were on hand to tape the event.

188 Years!

October Senior Birthdays. **Julia Burdi** turned 99 years old and **Kay Peacock** turned 89 this month. Congratulations and many more!



Kay Peacock

Julia Burdi



Talbots to host Girl Scouts of Northern New Jersey Shopping Event

Talbots will host a special shopping event to benefit Girl Scouts of Northern New Jersey. Three participating Talbots locations in Morristown, Ridgewood and Sparta will remain open from 6-9 p.m. on Wednesday, November 18 for event ticketholders.

The public is invited to purchase a \$15 ticket and join Girl Scouts at any of the three locations. The ticket earns each customer 20 percent off their purchases, excluding some already marked down items. At each of the three locations, Talbots will feature a fashion show and light refreshments will be provided by Girl Scouts of Northern New Jersey. The event promises to be a good opportunity for consumers to get an early start on their holiday shopping.

Tickets can be purchased at any of Girl Scouts of Northern New Jersey's three Service Centers in Paramus, Randolph and Riverdale. Proceeds from the ticket price benefit the Girl Scout Leadership Experience in Northern New Jersey.

For more information, contact Christina Stout at 973-248-8200 ext. 22 or cstout@gsnnj.org.

Girl Scouts is the premier leadership development program for girls. In Girl Scouts, girls *discover* themselves, *connect* with others, and *take action* to create positive change in their own communities.

The Girl Scouts of Northern New Jersey serves 20.5 percent of girls ages 5-17 in 160 municipalities, including all of Bergen, Morris, Passaic and Sussex counties and the northern half of Warren County. There are currently 34,097 girl members and 17,125 adult members.

Good News! The State has now determined that household batteries are not to be considered hazardous and may be disposed of in your regular household garbage. Batteries such as AA, AAA, C, D, 9-Volt are all included. Throw away!



H1N1 FLU SHOT CLINICS

Tuesday, November 17 @ 4 - 7 PM
Thursday, December 17 @ 4 - 7 PM
Wednesday, January 20 @ 4 - 7 PM

Location:

Riverdale Senior Center, 57 Loy Ave.

Check our website for additional dates and locations.

Senior Moments

The Riverdale Seniors met on October 5th. Following the business meeting, a Pound Party Auction was held. **Irene Moehring** did a great job as auctioneer and we all had a fun time. There were a lot of surprises in those wrapped packages.

◆ **Don Rodda** is still not feeling up to par. We miss you, Don. Get well and we hope to see you soon. ◆ The present trip committee has been serving for twenty plus years. It consists of **Joan Adornetto, Madeline Rizzo** and **Marion Davis**. These ladies feel it is time to retire from this committee and are training the new committee members, consisting of **Joan Zulauf, Anne Lucente** and Gerry Mahler. Good luck, girls! ◆ Several active Gold Star members celebrated October birthdays. They are **Julia Burdi** (99), **Kay Peacock** (89), **Marguerite Blomstrand** (89) and **Gordon Davis** (85). They were acknowledged and serenaded. ◆ After the October 19th business meeting, everyone enjoyed a beautiful, delicious birthday cake for Kay Peacock, provided by her daughter Elaine. **Rose Claudio** was welcomed back, after having knee surgery, and is doing well. **Laura LaRosa** is still doing therapy after having knee surgery and we expect her back soon. ◆ Don't forget the Food Pantry. Please bring items for this worthy cause, but please check dates and make sure they are not expired. *Presented by Marion Davis.*



Riverdale Senior Citizens Club - October 2009

Announcements

Happy 1st Birthday, **Kyle Lappe**, on October 29. We love you! Love, Mom and Dad.

Happy Birthday, **Didi Bogert**, on November 26. Lots of love, Ron, MaryBeth and the Boys.

Happy 13th Birthday, **Kevin Thomas**, on November 22. Just what we need, another teenager! LOL!! Love Dad, MaryBeth, RJ, Kevin and Matthew.

Happy 35th Birthday, **Patti Prezioso**, on November 14. To the strongest person we know. Love, Al, Annmarie, AJ, Adam and Alex.

We welcome **Violet Jane Colacios**, born on September 30. Her parents are Amanda and Raymond. Her maternal grandmother is Linda Roetman and her paternal grandmother is Dulce Colacios.



Happy 8th Birthday to **Kyle Clinton**. Celebrating Nov 1. Love, Mom, Dad, Emily & Reilly.

Happy Birthday, **Marian Budesheim**, on November 24. Love from all the family.

LIBRARY NEWS

Registration is required for all programs: 973-835-5044

Infant & Pre-School Programs

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

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

Story Time — For ages 3 through 5
Wednesdays, 10:15 – 11:00 a.m. or 1:30 – 2:15 p.m. (No Story Time on November 25th!)

After School Programs

Puppy Pals Reading Club

Kindergarten – 5th grade. 2nd Tuesday each month, Nov. 10 and Dec. 8 - 4:00 – 5:00 p.m.



Lego knights & castles on Sept. 29th.

Legos and Stories K–5

Nov. 17, 4 - 5 pm.
Listen to stories and build with Legos. Younger siblings can also listen to stories and build with Duplos and Mega Blocks. Registration begins Nov. 2nd.

Please spread the word that

the library is requesting donations of Legos so that we can make this a monthly program.

Gingerbread House Decorating— Kindergarten - 5th grade. Thursday, Dec. 3, 4:00—5:15 p.m. **OR** 6:30—7:45 pm. Registration begins Nov. 2nd.

Teen Programs

Grades 6 and up

Teen Book Discussion Group — Tues., Dec. 1, 6:00—7:30 pm. Caroline Cooney's *The Face on the Milk Carton*. Sign up now to reserve a copy!

Designer Duct Tape Craft—Tues., Nov. 10, 6:30 - 8:15 pm. Create accessories out of duct tape. Wow!

Annual Gingerbread Village—Tues., Dec. 8, 6:30 - 7:45 p.m. Registration begins Nov. 2nd.



www.riverdalelibrary.org (Children's Page)

Now Open at 10 am Monday—Saturday!

College Bound?

How to Choose the Best College for Your Student and Your Pocketbook. Thursday, Nov. 5th 7—8:30 pm. For parents of sophomores, juniors & seniors.

College Financial Aid: How It Works.

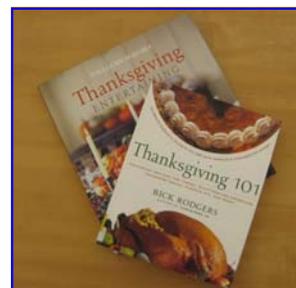
Thursday, November 19th 7—8:30 pm. Learn about FAFSA, need-based aid, 529 savings plans, college financial aid packages.

Book Discussion Group

Join a friendly and lively discussion of *The Photograph* by Penelope Lively on Monday, November 30th at 6:30 pm. All are welcome. Refreshments.

For the Holidays

Cookbooks of all kinds, craft books, and over 50 magazine subscriptions—lots with holiday ideas and recipes. Check out our new Cooks Illustrated DVDs!



Exhibit

Lakota Wolves—Dramatic photos of wolves taken by Aileen Tweer are now on display.

October Highlights

Breakfast Book Club for kids & parents Gr. 2—5. Ashley Osterhoudt displays the scratch drawing from *The Reluctant Dragon* she made during the Breakfast Book Club's first discussion and craft time on October 17th. Join the next one in January!



Books for Little Ones on the Web!

Thanks to the Friends of the Riverdale Library, The **TumbleBook** Library is now on our website! Animated picture books your child can look at and listen to from your home computer. Plus easy chapter books that highlight the words as beginning readers read along. Puzzles & games! Books in 5 other languages!

MONTHLY:

Photography Club—fourth Monday 7:00 - 8:00

Garden Club—fourth Tuesday, 7:00 - 8:00 pm

Gypsy Knitters—Every Thursday 4:00 - 8:00 pm

Book Discussion Group—last Monday of month

www.riverdalelibrary.org

Fun Things To Do

RECREATION DEPARTMENT PROGRAMS

RECREATION DEPARTMENT PROGRAMS

(973) 706-6471-Office

jcarelli@riverdaleborough.com

Call or e-mail to Register or for

Questions on Activities listed in here.

Recreation Department Volunteers **NEEDED**

All Programs or Events we offer to Riverdale depend on having you as a volunteer. Our membership is low for 2009/2010. We are a fun group to meet with!

PLEASE CALL TODAY TO FIND OUT WHEN THE NEXT REC MEETING IS.
973-706-6471 Rec Office

Karate

Classes held at: All Star Taekwondo & Fitness, 38B Hamburg Tpk, Riverdale
Classes begin Week of Nov. 2
(8 week Program)

Call Recreation Member

Anne: 973-248-9663



2009/10' Riverdale Rec Ski Club

Mountain Creek, Vernon

Ages 7—18 years

All Access Anytime Season

Pass-\$199

Kids under 7 SKI FREE with an Adult!

Season Pass includes 6 Lessons - Fridays beginning January 8, 2010 (until Feb 12)

Lift & Lesson plans for Four to Six Trips priced from \$99—\$179.

Four to Six Trip Equipment Rental Packages priced from \$65—\$125.

Meal Vouchers (Pizza, Burger, or Chicken w/Fries) for \$5.95/voucher.

Adults, Season Passes for \$299.

Available for adults: 5 x 7 Plus Passes valid Monday thru Friday, Twilight and Saturday & Sunday Twilight \$199.

Call Recreation Member

Diane Pezzuti: 973-831-8870

Childrens Winter 2010 Bowling



Holiday Bowling, Oakland

Starts: Sunday, January 10, 2010

Ends: Sunday, March 14
2:00pm

Preschool (ages 3—5) & Kindergarten \$39/child (Includes 1 Bowling Game, T-Shirt & Award)

Grade School (ages 6 -14)

\$69/child (includes 2 Bowling Games, T-Shirt & Award)

Registration Night—Tuesday, Nov. 17

7:15pm - 8:30pm Community Center

DEADLINE: Dec 10th

Call Recreation Member

Anne: 973-248-9663 or

AnnMarie 973-616-5225

TRIPS!

Disney on Ice



Wednesday, November 25

IZOD Center (Meadowlands),

Showtime 3:00 pm

\$18.00 Ticket only. No transportation

Call Immediately!

Ticket sales are closing for Groups!

Call Recreation member

Anne: 973-248-9663

SANDS Casino & Resort, Bethlehem, PA

Wednesday, November 11

TRIP HAS BEEN CANCELLED DUE TO LOW ATTENDANCE.

Nutcracker

Friday, December 18

Paper Mill Playhouse, Millburn, Showtime 7:00p

TRIP HAS BEEN CANCELLED DUE TO LOW ATTENDANCE.

COMMUNITY CENTER PROGRAM

(973) 706-6471-Office

jcarelli@riverdaleborough.com

Call or e-mail to Register or for Questions on Activities listed in here.

Tot's Music Class

Bring your tot's in to participate in a comprehensive preschool music program. Music Class includes multi-cultural guitar & recorder songs, games, chants & movements and play instruments!

Fridays, 11:00 am - 12:00 pm

\$8.00/class (\$10 Walk-Ins)

Come join in on our great new Fall Exercise Classes!

Senior Chair Aerobics

Come join this light exercise class while sitting in a chair listening to enjoyable music.

Thursdays, 10:00 am - 11:00 am

\$3.00/class

Fit & Flirty Adult Exercise

Stretching & Toning plus increase your heart rate with Fun (& Flirty) Dance Movements!

Wednesdays, 7:00pm - 8:00pm

\$8.00/Class

Zumba Fitness Class

Ditch the workout and join the party!

Zumba® fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away.

Taught by Certified Zumba Instructor

Thursdays 11:00 am

(NEW Daytime Class!)

\$8.00/class

Cardio Kickboxing

Great Cardio Workout! Work your arms, shoulders, abs, thighs & butt all in one.

Tuesdays 7:00pm - 8:00pm

\$8.00/class

Amazing Abdominals

30 minutes devoted exclusively to abdominal exercise working the upper & lower abdominals & obliques.

Tuesdays 8:00pm - 8:30pm

\$4.00/class

Yoga

Experience an excellent class that gives you ingredients to create a yoga practice for your health & wellbeing.

Mondays, 7:00pm - 8:00pm

\$8.00/class

COMMUNITY CENTER PROGRAMS



Hip-Hop Dance Class Warm-up



ABC's 123 Tap & Ballet Class at Community Center



Computer Equipment Drive

Bring all computer, electronic, telephones, etc. to the Municipal Building for recycling. These items are donated to a non-profit, *Urban Renewal Corp*, for retraining and rehabilitation of the many homeless and war veterans. DO NOT bring: TVs, loose batteries, vacuum cleaners, microwaves, refrigerators, hazardous materials or trash. See website for complete list. www.RiverdaleNJ.gov.

Clip and Save This Important Message

Solutions to Stormwater Pollution

Easy Things You Can Do Every Day To Protect Our Water

A Guide to Healthy Habits for Cleaner Water

Pollution on streets, parking lots and lawns is washed by rain into storm drains, then directly to our drinking water supplies and the ocean and lakes our children play in. Fertilizer, oil, pesticides, detergents, pet waste, grass clippings: You name it and it ends up in our water.

Stormwater pollution is one of New Jersey's greatest threats to clean and plentiful water, and that's why we're all doing something about it.

By sharing the responsibility and making small, easy changes in our daily lives, we can keep common pollutants out of stormwater. It all adds up to cleaner water, and it saves the high cost of cleaning up once it's dirty.

As part of New Jersey's initiative to keep our water clean and plentiful and to meet federal requirements, many municipalities and other public agencies including colleges and military bases must adopt ordinances or other rules prohibiting various activities that contribute to stormwater pollution. Breaking these rules can result in fines or other penalties.



As a resident, business, or other member of the New Jersey community, it is important to know these easy things you can do every day to protect our water.

Limit your use of fertilizers and pesticides

- Do a soil test to see if you need a fertilizer.
- Do not apply fertilizers if heavy rain is predicted.
- Look into alternatives for pesticides.
- Maintain a small lawn and keep the rest of your property or yard in a natural state with trees and other native vegetation that requires little or no fertilizer.
- If you use fertilizers and pesticides, follow the instructions on the label on how to correctly apply it.

Make sure you properly store or discard any unused portions.

Properly use and dispose of hazardous products

- Hazardous products include some household or commercial cleaning products, lawn and garden care products, motor oil, antifreeze, and paints.
- Do not pour any hazardous products down a storm drain because storm drains are usually connected to local waterbodies and the water is not treated.



- If you have hazardous products in your home or workplace, make sure you store or dispose of them properly. Read the label for guidance.
- Use natural or less toxic alternatives when possible.
- Recycle used motor oil.
- Contact your municipality, county or facility management office for the locations of hazardous-waste disposal facilities.



Keep pollution out of storm drains

- Municipalities and many other public agencies are required to mark certain storm drain inlets with messages reminding people that storm drains are connected to local waterbodies.
- Do not let sewage or other wastes flow into a stormwater system.

Clean up after your pet

- Many municipalities and public agencies must enact and enforce local pet-waste rules.
- An example is requiring pet owners or their keepers to pick up and properly dispose of pet waste dropped on public or other people's property.
- Make sure you know your town's or agency's requirements and comply with them. It's the law. And remember to:

- Use newspaper, bags or pooper-scoopers to pick up wastes.
- Dispose of the wrapped pet waste in the trash or wrapped in a toilet.
- Never discard pet waste in a storm drain.

Don't feed wildlife

- Do not feed wildlife, such as ducks and geese, in public areas.
- Many municipalities and other public agencies must enact and enforce a rule that prohibits wildlife feeding in these areas.



Don't litter

- Place litter in trash receptacles.
- Recycle. Recycle. Recycle.
- Participate in community cleanups.



Contact information

For more information on stormwater related topics, visit www.njstormwater.org or www.nonpointsource.org

Additional information is also available at U. S. Environmental Protection Agency Web sites www.epa.gov/npdes/stormwater or www.epa.gov/nps

New Jersey Department of Environmental Protection
Division of Water Quality
Bureau of Nonpoint Pollution Control
Municipal Stormwater Regulation Program
(609) 633-7021



www.cleanwaterjnj.org

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It's life in the New Jersey

Your Riverdale Expert Real Estate Agent

I Live in Riverdale, I Work in Riverdale, I Support Riverdale and I Love My Community



If you want to sell your home or purchase a home, here's why you should
Call Tina Santangelo-Cali
on her cell phone:

973-493-1477

www.HomesByTinaCali.com

Serving: Morris, Passaic, Essex and Bergen Counties



Being at the top is important. When it comes to selling homes for more I can assure you it is. I am pleased to be one of the few Realtors in Riverdale utilizing the *most powerful online real estate marketing program* in America. I would be delighted to meet with you in person to demonstrate how I can use my expert marketing resources to powerfully market your home

As a Seller's Agent I will provide Top Exposure for your precious investment providing an UNPRECEDENTED Marketing Edge over all others. In today's continually changing market it is paramount to hire a real estate professional who provides the winning combination of High Tech Marketing and High Touch Communication.

My Background: I worked for a top New Jersey law firm for 12 years gaining knowledge about the legal end of the real estate transaction. I also worked for a prominent bank for 5 years in the Residential Mortgage Department where I pre-qualified buyers, prepared commitment letters and closing packages. I am the real estate agent with experience in all phases of the real estate transaction.

“AND THEN SOME...

These three little words are the secret to success. They are the difference between average people and top people in most companies. The top people always do what is expected... and then some... They are thoughtful of others; they are considerate and kind... and then some... They are good friends and neighbors...and then some.. They can be counted on in an emergency...and then some...I am thankful for people like this, for they make the world more livable.. Their Spirit of service is summed up in these little words... and then some...” by Carl Holmes

I Can Be Reached Anytime On My Cell: 973-493-1477

Email: teedavcali@aol.com

From my family to yours, wishing you a Happy & Healthy Holiday Season!!



Riverdale Art Center Grand Opening Nov. 7

On Saturday, November 7th, the Riverdale Art Center (The RAC) will open to the public from 10 AM to 5 PM. Everyone is invited to join in the celebration! The RAC is a new nonprofit, educational outreach organization dedicated to enriching the lives of individuals, families, and communities through art. The RAC's four-part model includes: gallery space for local artists to show and sell their work; educational art classes and seminars; therapeutic art outreach programs for those with special needs; and studio space for artists.

The RAC Gallery is located at 2 Newark-Pompton Turnpike in an 1881 Victorian house on Richard's Corner in Riverdale, New Jersey--an historic site where George Washington's troops camped during the Revolutionary War. Joe and Marcia Bograd, owners of Bograd's Fine Furniture, kindly offered the use of their charming two-story building to house the nonprofit gallery and headquarters of The RAC.

The RAC Studios are located at 5 Mathews Avenue in a historic brick factory constructed in Riverdale during the 1890s. The Mathews Avenue complex is owned and operated by Joe Azzolino, together with his two sons Glen and Rob, who welcomed the addition of The RAC to their historic site. Both the renovation of the RAC Studios and Gallery were accomplished using green principles, employing the latest LED technology for lighting the Gallery and state-of-the-art fluorescent lights balanced for art at the Studio.

The RAC Gallery's first show, "Founders & Friends," opens November 7th and celebrates those who organized The RAC, various artists who have volunteered their time, and other strong supporters of the new art center. "Founders & Friends" will feature works by: **Lesley Bazzano, Donna Brien, Mayor William Budesheim, Anthony, Dennis and Marian Budesheim, Laura Gravenstine, Joan Hain, Mehdi Hashemi, Ira Kaltman, Deon Koekemoer, Alan Lazarus, Jenni Lombardi, Elaine Lorenz, Chris Mayse, Heather McManus, Alba Mezini, Katie Mikulyak, Adam Nowiki, Eileen Poplis, Diana Puglisi, Tom Uhlein, Jerry Valenta, Alex Vicenzi, and Patti Watson.**

"Founders & Friends" is curated by two RAC board members: Professor Elaine Lorenz, Professor of Sculpture at William Paterson University and Joan Hain, a retired art teacher from the Long Island public school system. Laura Gravenstine, a recent graduate from the Art Department of William Paterson University, served as Assistant Curator for the show.

We look forward to seeing you on Saturday, November 7th. Please visit our web site at www.riverdaleartcenter.org for more information about The RAC.



The Leukemia & Lymphoma Society



Make a Donation

Help me reach my Goal of \$5,000

Racing to Save Lives

I'm training to participate in an endurance event as a member of The Leukemia & Lymphoma Society's (LLS) Team In Training.

All of us on Team InTraining are raising funds to help stop leukemia, lymphoma, Hodgkin lymphoma and myeloma from taking more lives. I am completing this event in honor of all individuals who are battling blood cancers. These people are the real heroes on our team, and we need your support to cross the ultimate finish line - a cure!

Please make a donation to support my participation in Team In Training and help advance LLS's mission.

I hope you will visit my web site often. Be sure to check back frequently to see my progress. Thanks for your support and generosity!

Noel Santorelli

Website: <http://pages.teamintraining.org/nnj/wdw10/nsantorelli>



The Riverdale Art Center Board of Trustees celebrates the installation of The RAC's new sign at 2 Newark-Pompton Turnpike, which was designed pro-bono by Prof. Tom Uhlein of William Paterson University's art department and donated by Frohling Sign Company of Nanuet, NY. Left to right: Patti Watson, Alan Lazarus, Joan Hain, Elaine Lorenz, Eileen Poplis and Jerry Valenta.

Contact Noel.Santorelli@gmail.com

Thank You !

Sandra Izzo Presents: NATURAL SWEETENERS.



Who doesn't love sweets? The sweet flavor releases serotonin in our brains, the chemical responsible for our sense of well-being and contentment. But when it comes to sweeteners, not all are created equal. There are known side effects and health risks from refined sweeteners like white table sugar, high fructose corn syrup and artificial sweeteners. Because they have been stripped of vitamins, minerals and fiber, refined sweeteners can spike our blood sugar, which can lead to cravings and mood and energy fluctuations. Using natural, minimally processed sweeteners instead can reduce cravings for sweets, even out blood sugar ups and downs, stabilize our moods and have a dramatically positive effect on our long-term health.

Here are few natural sweeteners to substitute in drinks, on food and in baking. Since they are all approximately 1.5 times sweeter than refined sugar, you can use less. You can find them in most supermarkets or natural food stores. When replacing sugar with liquid sweeteners in a recipe, reduce the amounts of other liquids.

Raw Honey. Everyone seems to love honey, one of the oldest natural sweeteners on the market. Honey will have a different flavor depending on the plant source, some very dark and intensely flavored. Wherever possible, choose raw honey, as it is unrefined and contains small amounts of enzymes, minerals, and vitamins.

Agave Nectar. Agave is made through the extraction and purification of the juice of the agave cactus. It does not stimulate insulin secretion as other sugars do, so it does not create a "sugar rush." It has a delightfully light and mild flavor.

Maple Syrup. Maple syrup is the concentrated extract of the sap of maple trees. It adds a rich, deep flavor to foods and drinks, Make sure to look for 100% pure maple syrup, not maple-flavored corn syrup. As with all sweeteners, organic varieties are best. www.wellnesssense.com

DEVIL'S CLAW ROOT

Stabilizes blood sugar levels; cleanses the blood; eliminates toxic impurities from muscle and tissues; reduces cholesterol; relieves pain and reduces inflammation; good for back pain, arthritis, and rheumatism; helps stimulate cortisol, your body's natural version of pain-relieving cortisone; promotes flexibility of the joints; treats digestive disturbances.

ECHINACEA ROOT

The most effective blood and lymphatic cleanser in the botanical kingdom; a natural antibiotic; increases production and activity of white blood cells; stimulates the immune system; removes toxins from the blood; acts as an immune stimulant that helps your body fight off illness by bolstering its natural defenses; fights inflammation, and can stop a cold, flu, and other infectious illnesses before they can spread in the body. www.realtime.net/anr/herbs.html



Congratulations to the newest inductees to the James F Dodd chapter of Riverdale School's National Junior Honor Society: **Meghean Dougherty, Lorian Gish, Claudia Jablonski, Caroline King, Ashley Mackoul, Frank Magyar,**

Chelsea Phillip, Taylor Rodgers and Tyler Soto. These students demonstrate both leadership and scholarship. We are proud of their accomplishments and wish them continued academic success.



Top Row: Claudia Jablonski, Caroline King, Samantha Poli, Meghean Dougherty, Frank Magyar
Bottom Row: Taylor Rodgers, Tyler Soto, Chelsea Phillip, Ashley Mackoul, Lorian Gish

As part of Fire Prevention Week, our students were treated to a visit from members of Riverdale's Fire Department, who taught us about fire safety. Our pre K – 8 students enjoyed learning about infrared cameras, fire fighting equipment, safety precautions and how to work the fire hose. In the attached picture, you see Kevin Soparenez with Firefighter Giordanetti, testing out the fire hose. Thank you to our Fire Department for generously donating their time to share their work with our students!



Kevin Soparenez and Fireman George Giordanetti

Upcoming Events:
Nov. 2 & 3: One session days, parent teacher conference
Nov. 5 & 6: School Closed – Teacher's Convention
Nov. 9: School Closed – Staff in-service day
Nov. 11: Veteran's Day celebration 1:15 pm
Nov. 12: End of first marking period

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- Nov. 12: End of first marking period

For more information check out www.rpsnj.org

Photos Needed! We are looking for old photos from the days of Riverdale gone-by. Pix of your family playing, working, fighting, gathering are what we need to establish a pictorial history of our town.



Picnics, parades, sports, holiday gatherings, the lakes, stores, etc. would be helpful. We will return the originals after scanning them. All decades welcomed. **Please contact the Mayor@RiverdaleNJ.gov.** Thank you.



Gather as family and friends and together read the Christmas Story according to the Gospel of Saint Luke .



And it came to pass, that in those days there went out a decree from Caesar Augustus, that the whole world should be enrolled. 2 This enrolling was first made by Cyrinus, the governor of Syria. 3 And all went to be enrolled, every one into his own city. 4 And Joseph also went up from Galilee, out of the city of Nazareth into Judea, to the city of David, which is called Bethlehem: because he was of the house and family of David, 5 To be enrolled with Mary his espoused wife, who was with child.

6 And it came to pass, that when they were there, her days were accomplished, that she should be delivered. 7 And she brought forth her firstborn son, and wrapped him up in swaddling clothes, and laid him in a manger; because there was no room for them in the inn. 8 And there were in the same country shepherds watching, and keeping the night watches over their flock. 9 And behold an angel of the Lord stood by them, and the brightness of God shone round about them; and they feared with a great fear. 10 And the angel said to them: Fear not; for, behold, I bring you good tidings of great joy, that shall be to all the people:

11 For, this day, is born to you a Savior, who is Christ the Lord, in the city of David. 12 And this shall be a sign unto you. You shall find the infant wrapped in swaddling clothes, and laid in a manger. 13 And suddenly there was with the angel a multitude of the heavenly army, praising God, and saying: 14 Glory to God in the highest; and on earth peace to men of good will. 15 And it came to pass, after the angels departed from them into heaven, the shepherds said one to another: Let us go over to Bethlehem, and let us see this word that is come to pass, which the Lord hath shewed to us.

16 And they came with haste; and they found Mary and Joseph, and the infant lying in the manger. 17 And seeing, they understood of the word that had been spoken to them concerning this child. 18 And all that heard, wondered; and at those things that were told them by the shepherds. 19 But Mary kept all these words, pondering them in her heart. 20 And the shepherds returned, glorifying and praising God, for all the things they had heard and seen, as it was told unto them.

21 And after eight days were accomplished, that the child should be circumcised, his name was called JESUS, which was called by the angel, before he was conceived in the womb.

Thanks be unto God for his unspeakable gift.

This holiday season be sure to remember the
One who gave the greatest gift of all.

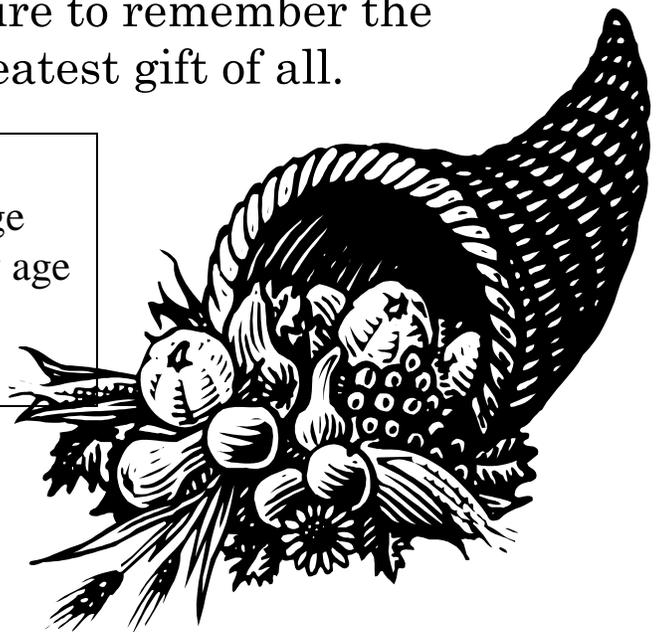
Join us for services:

Sundays 9:30 a.m. Bible Studies for every age

10:45 a.m. Worship services for every age

Christmas Service: Sunday, December 20

10:45 a.m.



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Riverdale News & Events

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Recipe of the Month: Maple Fruit Compote with Honey-Ginger Toasted Nuts

Presented by Sandra Izzo, HHC

Prep time: 10 minutes - Cooking time: 20 minutes - Serves: 4

Ingredients:

2-3 apples
2-3 peaches or pears
2 tablespoon maple syrup
1/2 cup raisins
juice of 1 lemon
1 teaspoon cinnamon
1 cup walnuts, or nuts of your choice
1/2 teaspoon fresh ginger, minced
2 tablespoons honey

Directions:

Wash, core and chop fruit into slices or chunks.
Place in a large saucepan with 1/3 cup water. Add the maple syrup and raisins.
Cook over medium heat, stirring occasionally for 10 minutes.
Add lemon juice and cinnamon. Cook for another 10 minutes, until soft.
While fruit is cooking, place chopped nuts in a skillet over medium heat and toast, stirring often for 5 minutes.
Drizzle honey over the nuts and add ginger, but keep stirring since the honey can easily burn.
Top warm fruit with toasted nuts and enjoy!

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