

Fright Night

Hundreds of residents, young and old, turned out to enjoy the seventh annual Fright Night at the Community Center.

There were hay rides, donut eating contests, pumpkin

tossing contest between the Fire and Police Departments. The Police with Patrolman Anthony LoPorto won again this year. Kids had their choice of pumpkins from the pumpkin patch.



Yard Contest Winners

Most Creative
The Appel Family
13 Morris Avenue



Most Scary

The Schuck Family
20 VanDuyne Avenue



Most Festive
The Giunta Family
22 Overlook Drive



Pie Baking Contest
Viola Shabani
Pecan Pie



Riverdale News & Events

A Monthly published by the Riverdale Mayor and Council

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www.RiverdaleNJ.gov

December 2009

Riverdale: Arts and Science



is a non profit organization that helps to improve the quality of life for people with spinal cord injuries (SCI) through an intensive exercise program.

Specialized trainers provide one-on-one individualized workouts with each client.

Clients are people with spinal cord injuries and other neurological disorders or conditions. If they live locally they come for weekly sessions; people traveling from out of state may come for one or two weeks of intensive training and go home with a program they can follow on their own.

Traditionally, people with SCI are taught to adapt to life in their wheelchairs. We believe that getting people up and out of their chairs, providing proper stimulus, and assisting with weight bearing activities can help the brain reconnect with the nervous system, resulting in new strength and function. *Continued on Page 5*



Riverdale Borough made of the best people on earth.

Icehouse Pottery hosts its annual Open Studio Show and Sale during the first weekend of December. The work of 15 talented local potters will be displayed.

The not-for-profit cooperative was formed in 2005. The studio is owned and operated by the members as a place to meet, make, learn and showcase their pottery.



Come visit Icehouse Pottery on December 5th and 6th, 10AM to 5PM

See the studio and get a jump on affordable holiday gifts. You'll be sponsoring creativity and community, and supporting local artists by buying and giving handmade.

Icehouse Pottery

3 Hamburg Turnpike, Riverdale
973-616-4700 www.icehousepottery.org



With a crowd of more than 250 people, **The Riverdale Art Center**

(**The RAC**) opened on November 6 with a fundraising event featuring a silent auction and our first art exhibition, "Founders & Friends." The following day, Mayor William Budesheim of Riverdale cut the ribbon to The RAC, opening the new art center to the public. "The Riverdale Art Center is helping to usher in a renaissance in Riverdale," said the Mayor in his dedication speech, "and we are thrilled that The RAC is making its home here."

The RAC Gallery is now open Thursdays from 12 to 9 pm, and Fridays and Saturdays from 10 am to 6 pm, located at 2 Newark-Pompton Turnpike. The **Bear Essentials** gift shop is also open at The RAC Gallery for all of your holiday gift needs.

For information on signing up for **senior art classes** scheduled to begin in mid-January 2010, or to lease **art studio space**, please call 973-513-9250. Senior art classes will be offered at the Senior Community Center in Riverdale, and a sign-up sheet will be available there as well.





Fusion Flavor Program Prepares Girl Scouts for Peru Trip

GIRL SCOUTS OF THE NORTH NEW JERSEY

Jockey Hollow Girl Scout Camp transformed itself into a South American territory, complete with traditional food and dance and Peruvian storytelling. Girl Scouts of Northern New Jersey held its *Fusion Flavor* program at the camp on November 14 and 15. The program taught 67 girls and 31 adults about South American culture, laying the groundwork for a trip to Peru in December 2011.

The *Fusion Flavor* overnight let girls experience a new culture and earn a badge from Peruvian Girl Guides (the equivalent of a Girl Scout). They spent two days learning how to cook traditional South American foods, take Zumba dance lessons, and hike through the woods of Mendham, reading chapters from a traditional Peruvian legend along the way. On Sunday morning, the girls talked to a Girl Guide in Peru via Skype, and Internet application that allows users to make free calls all over the world.

The Girl Scouts and their leaders also had a chance to learn about the upcoming trip to Peru. Girls, 14 and older, will be traveling to Peru to connect with Girl Guides and begin the Camp Hemisphere Project. This will establish a summer camp program from the Girl Guides of Peru, similar to the summer program Girl Scouts experience in the United States.

International programs allow for experimental learning, developing girls' skills in leadership and cultural understanding, and opening them up to new ideas and opportunities. The experiences they gain through international travel serve them in the future.

Another component of the Camp Hemisphere project is recruiting college-aged and young professional volunteers to deliver the Girl Scout Leadership Experience to girls. The majority of volunteers and leaders are mothers whose daughters have joined the program. The Camp Hemisphere program will provide opportunities to develop the next generation of Girl Scout leaders directly from the Girl Scout program. For more information, call the Girl Scouts in Riverdale at 973-248-8200.



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.

Important Notice: Due to Paper Recycling Pick-up falling on Christmas Day, the pick-up has been changed to Thursday, Christmas Eve, December 24.

Senior Moments

The Riverdale Seniors met on November 2nd. Following the business meeting, we had a lovely speaker, Dr. Patti Watson, from the new Riverdale Art Center speak to us. The center is located at the corner of Newark Pompton Turnpike and Hamburg Turnpike. They recently had a Grand Opening. There will be room to display art. Art classes will be offered or you can just drop in and enjoy looking at and appreciate the beautiful work of local artists. What a great addition to our town! ♦ We ended the afternoon with a delicious ice cream social where we loaded on the chocolate syrup, nuts and sprinkles. ♦ The Seniors recently had a bus trip to the Westchester Dinner Theater to see *42nd Street*. Lunch and a great show were enjoyed by fifty-four seniors. ♦ After the November 16th business meeting we had an accountant speak to us on income tax filing. He was very helpful. Cake and coffee were enjoyed by all. **Hilda Colomba** celebrated her 88th Birthday on Nov. 17. Congratulations! ♦ Don't forget to bring items to the Food Pantry. *Presented by Marion Davis.*

Announcements

Happy 11th Birthday, **Felicia Leaver**. You are very special and we all love you, Dad, Robbie, PaPa, Grandma and the Boys.

Happy 16th Birthday, **Michael Carelli** on December 22. Lots of love, Mom, Dad, Tommy, Samantha, Grandma Pleiscia, Grandma and Grandpa Carelli & Nauni.

Happy Anniversary **Grandma & Grandpa Ruppel** on December 12. We love you! Ron, Marybeth and the Boys.

Happy Birthday, **Brian Schofield**, on December 11. Love, Anne, Dave and Reilly.

Congratulations, Sergeant Greg & Didi Bogert, on the birth of their son, **Gavin James Bogert**, on November 17, weighing in at 8 lbs. 1 oz and 20 inches long. He joins his big sister, Brianna.



A very Happy 7th Birthday, **Morgan O'Connell**, on November 25. We love you! xoxo Mommy and Daddy.



Happy December Police Birthday to **Dispatcher Joe Peters** on December 16.

Happy 1st Birthday, **Emma Rose Budesheim**, on December 3. She is the daughter of Greg and Lisa and the little sister of Jack. Grandparents are Bill and Marian; Joe and Diane D'Imperio. Great Grandparents are Anthony & Margaret Mento; Eleanor Flynn; Elvira Budesheim



◆◆NO Parking on Borough Roads between Midnight and 6:00 AM◆◆

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.

Christmas Home Decoration Contest

No registration necessary. Start decorating your front lawn, porch, or door with your favorite Holiday Bling. The Recreation Department looks forward to traveling down your street to see all the twinkling lights and beautiful displays. Winner to be announced week of December 14. Winner receives a Lawn Sign.



Christmas Gathering



**Tuesday
December 8
6:00 PM**

Starting on Riverdale

School's Front Lawn then on to the Community Center. Bring your family, friends and neighbors to share this very special holiday season.

Start the evening by listening to the Riverdale School Choir sing carols before the 55' Spruce Tree is lit with brand new lights. Once the tree is lit, all are invited to walk over to the Community Center to await the arrival of **Santa Claus!**

Everyone may visit with Santa, families are welcome to take pictures. Each child will receive a small gift, enjoy hot chocolate and visit our desert tables. Christmas Music will be playing.

Please feel free to bring a dessert of your choice to add to the table for all to enjoy. Each year this table is assembled by generous residents and organizations with wonderful cookies, cakes, homemade candies and more.

Santa's Mailbox

Write a letter to Santa, seal it in an envelope, address it to Santa Claus, North Pole (no stamp necessary) & drop it off in our very own Santa's Mailbox located in front of the Municipal Building. On the night of the Christmas Gathering - Tuesday, December 8 - the mailbox will be brought over to the Community Center for anyone who wants to deliver a letter that evening.



Men's Winter Basketball

Riverdale School Gymnasium
Monday Nights
7:00 to 10:00 PM
FREE

Pickup Games
Must be 18 years or older to play. Please bring your own ball.



Please remember that this is school property and by state law no smoking is permitted anywhere, either in the building or on the grounds, including the parking lots. Please cooperate. Thank you.

Children's Winter 2010 Bowling

Holiday Bowl, Oakland
Sundays: January 10 thru March 14
2:00 PM

PreSchool (ages 3-5) & Kindergarten
\$39 per child. Includes 1 Game each week, T-Shirt and Award.



Grade School (ages 6-14)

\$69 per child.
Includes 2 Games each week, T-Shirt and Award.

DEADLINE TO REGISTER: Dec. 10
Call Anne: 973-248-9663 or
AnnMarie 973-616-5225

Recreation Department Volunteers NEEDED

All Programs or Events we offer to Riverdale depend on having you as a volunteer.

We are a fun group to meet with!

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

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)

Kid's Dance Classes

Tap & Ballet

Fridays: January 15 for ten weeks - 4:00 PM
Recommended for Boys and Girls Ages 3 - 6
\$8.00 per student

Hip Hop Dance

Fridays: January 15 for ten weeks - 5:00 PM
Recommended for Boys and Girls Ages 7-14
\$8.00 per student

[Please note: In past, classes have been offered on either a Wednesday or Friday. By a majority request we are happy to accommodate your schedules, so please let us know if another day, other than Friday, is more convenient for you. Otherwise, classes are scheduled for Fridays.]

Come join our great 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

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
Saturdays 10:00-11:00 am \$8.00/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

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.

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.



Sandra Izzo Presents: GLORIOUS GREENS.



Dark leafy greens are some of the easiest and most beneficial vegetables to incorporate into your daily routes. Densely packed with energy and nutrients, they grow upwards towards the sky, absorbing the sun's light while producing oxygen. Members of this royal green family include kale, collard greens, swiss chard, mustard greens, arugula, dandelion greens, broccoli rabe, watercress, beet greens, bok choy, nappa cabbage, red or green cabbage, spinach and broccoli....How do greens benefit our bodies? They are very high in calcium, magnesium, iron, potassium, phosphorous and zinc, and are a powerhouse for vitamins A, C, E and K. They are crammed full of fiber, folic acid, chlorophyll and many other micronutrients and phytochemicals. Greens aid in purifying the blood, strengthening the immune system, improving liver, gall bladder and kidney function, fighting depression, clearing congestion, improving circulation and keeping your skin clear and blemish free....Leafy greens are the vegetable most missing from the American diet, and many of us never learned how to prepare them. Start with a very simple recipe. Then each time you go to the market, pick up a new green and try it. Soon you'll find your favorite greens and wonder how you ever lived without them.

www.wellnesssense.com

Sandra's Recipe of the Month: Shiitake and Kale

Prep time: 2 minutes; Cooking time: 10 minutes; Serves: 4

Ingredients

- 1/2 pound of shiitake mushrooms
- 1 tablespoon of olive oil
- 1-2 cloves of crushed garlic
- 1 bunch of kale
- Pinch of salt

Directions

1. Warm oil in pan on medium heat with minced garlic until aroma of garlic is released, about 2-3 minutes.
2. Add chopped shiitake mushrooms, stir fry for 5 minutes.
3. Then add chopped kale, stir fry for a couple of minutes.
4. Add a splash of water and pinch of salt to pan, cover and let steam for 4 minutes.

Congratulations, **Soojian Brothers Soccer Team**, for winning the 2009 Soccer Cup Championship game on Saturday, November 21. The team held first place for the entire season...AWESOME JOB! Riverdale residents on the team are: **Coach Jason Galletta, Nicole Lotterman, Samantha Galletta, Brett Stires, Miguel Almazan** and **Leticia Rodriguez**. They will receive their trophies at an award ceremony in January.



Dr. Betty Ann Wyks, Principal Keith Cortright and the staff of Riverdale School are proud to announce those students who attained the Superintendent's List, High Honors and Honors during the first marking period.

Superintendent's List

Grade 7: **Lorian Gish, Claudia Jablonski**

Grade 6: **Mary Dougherty, Olivia Galletta, Dennis Schuck, Jr., Cassidy Tibbetts, Cruise Turner**

Grade 5: **Marissa Hester, Kaitlyn Maloney, Hallie Mansoor, Ayla Markowski, Kristian Neuschwanter**

High Honors

Grade 7: **Chelsea Phillip**

Grade 5: **Joseph Fiduccia, Kevin Jablonski**

These students will be recognized for their achievement at the December 9 Board of Education meeting.

Upcoming Events for December:

1st: Winter Concert - Afternoon Performance 1:15 PM.

2nd: Winter Concert - Evening Performance 7:30 PM.

7th: Chorus and Bass Ensemble will perform for the Riverdale Senior Citizens at the Community Center.

8th: Tree Lighting Front Lawn 6:00 PM.

16th: Progress Reports distributed-Second Marking Period.

On behalf of the Board of Education, Staff and Students of Riverdale School, I would like to extend best wishes for a happy and healthy holiday season to all members of the community. Dr. Wyks

For more information check out www.rpsnj.org

Congratulations to Riverdale residents, **Alyssa Alheidt** (15) and **Ryan Thomson** (9). They had a very special honor representing the United States with Dance World Academy's Dance Company in the International Dance Festival in Bitterfeld, Germany on November 28. The festival celebrated the occasion of the 20th Anniversary of the peaceful revolution in East Germany and the end of the Cold War.

United States Navy

Petty Officer 3rd Class **Ryan Cleary**, a 2008 graduate of Pompton Lakes High School, graduated from the Navy Nuclear Power Training Command on November 20. The Navy Nuclear program is one of the most challenging in the military. Ryan will begin the final phase of his training in Ballston Spa, NY in early 2010. Congratulations, Ryan, on your accomplishment.



Your family and community are proud of you! Love Mom, Dad, Caitlin, Cameron, Family and Friends.

Fundraiser

Riverdale Public School 8th Grade will be holding a Fundraiser Event at **Five Below**, the best place to get hot stuff, cool prices and raise money.

They carry stationery, school supplies, computer software, books, electronic accessories, sporting goods, games, t-shirts, jewelry, hobbies, bath and body, collectibles, candy, snacks and beverages, room décor, storage, seasonal items and much more.

Our Event will be held **Now thru December 31, 2009**

10:00 AM until 9:00 PM - Daily

Waynechester Plaza, 1640 Rt. 23 North, Wayne

10% of the dollars spent by our organization will be donated back to the Riverdale School 8th Grade!



Pick up the required flyer at the Community Center or download from www.RiverdaleNJ.gov.

“NEW” Scrapbooking Class at the Community Center
Tuesday, January 5 **FREE INTRODUCTORY CLASS**

◆ 7:00 to 9:00 PM ◆ Open to all age groups

Come in for a basic overview of a popular hobby - Scrapbooking. Begin with the basics on how to create a safe and creative environment for your photos. A 3 week program will be offered after this Introductory Class to provide you with the opportunity to work on creating a scrapbook layout with the help of your instructor. No prior experience needed. Minimal supplies list to be provided for the 3 week program.



3 Week Scrapbooking Classes.

Tuesday, January 12, 19 & 26

7:00 to 9:00 PM ◆ Only \$5 per class

Advance Payment Requested. Please call in advance to sign up at 973-706-6471 Community Center Office

Girl Scout Troop 323 Scrapbooking Crop Event

Don't wait to scrapbook all of those holiday photos...

Come join us on **Sunday, January 3, 2010**

8:00 AM to 10:00 PM ◆ Riverdale Community Center

14 Hours of Scrapbooking and Food!

\$40 Full Day ◆ \$25 Half Day

Call Dawn to sign up at **973-981-9895**



Did You Know?

◆ A cucumber is 96% water.

◆ The first minimum wage in U.S. was in 1938 and was for 25 cents per hour.

◆ It was George Washington who nicknamed New York the *Empire State*.

◆ The left bank of a river is the left side as you look downstream.



Push to Walk Lori Douma is a Riverdale resident who is a client. She is very grateful that such a program exists right in her own town. Lori is paralyzed from the waist down from Lyme disease and works out twice a week to improve her health and strength. As a full time Speech-Language Pathologist in the Little Falls school system, Lori knows how important it is to stay healthy and continually work toward recovery. Push to Walk helps her reach those goals.

Darren Templeton's parents, John and Cynthia, formed Push to Walk in 2007 because there was no facility like this on the whole East Coast. Darren knew he wanted to work towards recovery using exercise based methods. After working with a personal trainer, the idea to form Push to Walk was born. The Templeton's live in Kinnelon, and despite having a C5 SCI (he broke his neck in a diving

accident in July 2004), Darren graduated from Ramapo College this past May and now attends Rutgers in Newark for his MBA. He lived on campus for three years, drives a modified van and plays wheelchair rugby. Thanks to his workouts at Push to Walk, Darren has regained strength and function to live quite independently and is glad that this organization can help so many others.

As a non profit organization, Push to Walk relies on donations to help cover operating costs. Client fees, which are paid out of pocket and not reimbursed by insurance, are just not enough to pay all the bills. Your contribution, which can be mailed or made online through the website, would be greatly appreciated. www.PushToWalkNJ.org

Food Pantry

The November (Thanksgiving) distribution completes one year of service for the Pantry. Your generous donations of food, food cards and dollars have made it all possible. Many thanks to you. The Pantry has grown over the past year and economic forecasts suggest it may continue. Much needed items for the Pantry are:

- ◆ Canned vegetables & meats, tuna fish, soups, pasta sauces
- ◆ Boxed rice, potatoes, pasta, noodles
- ◆ Cheerios, Corn Flakes, Rice Krispies, Frosted Mini Wheat, etc.
- ◆ Peanut Butter & Jelly; Mac and Cheese, Pancake Mix & Syrup
- ◆ Cookies, Crackers, Puddings
- ◆ Paper products: Tissues and towels
- ◆ Laundry and Dish Detergents

The next distribution will be for Christmas. Anyone wishing to donate frozen turkeys, roasters, whole chickens or hams may drop them off at the Municipal Building. See Linda Roetman. Thank you for your support.

Story & Lego

The Riverdale Library runs a **Story & Lego Program**.

Kids are read a story. The last one was *Good Knight, Sleep Tight* by David Melling (a funny picture book about how the new baby princess was keeping the entire castle awake all the time and the knight's quest to find something to quiet her). The theme of the day was knights and castles. The kids built their idea of castles out of Lego's, with results ranging from what looked like a typical castle with a moat to something that resembled more of a castle on a space ship! The Library also had a lot of books on display about knights and castles, and quite a few children checked out books to take home. The program is becoming more and more popular! The Library could use a donation of Lego's for this fantastic learning program. If anyone has Lego's that is available to donate, the Library would be so very appreciative. If you don't have any Lego's to donate, maybe you know someone who does. They will go to a



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LIBRARY NEWS

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

INFANT & PRE-SCHOOL PROGRAMS

Fall Session Ends Dec. 9— Registration for Winter Session Begins Dec. 14

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

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

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

AFTER SCHOOL PROGRAMS

Puppy Pals Reading Club

Kindergarten – 5th grade. 2nd Tuesday each month. Dec. 8 and continuing in 2010, 4:00 – 5:00 pm.

Gingerbread Houses Kindergarten - 5th grade.
Thurs, Dec. 3, 4:00—5:15 pm **OR** 6:30—7:45 pm.
Children decorate their own gingerbread houses with icing and candy. Registration required. Priority for Riverdale residents.

Breakfast Book Club Children in grades 2-5. Pick up your copy of *Amelia and Eleanor Go for a Ride* by Pam Muñoz Ryan beginning December 16. Book discussion and breakfast is on Saturday, January 16, 10:15—11:30 am.



TumbleBooks are online animated books for reading and for listening. Games, puzzles—it has it all.

Available at the Children's page on the library website: www.riverdalelibrary.org. And soon you'll be able to download all these story books onto your ebook or cell phone! No kidding!

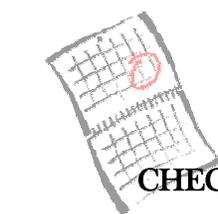
YOU CAN HELP!

Join the Friends of the Riverdale Public Library. All membership fees help support special library programs. Starting in January we need volunteers to sort and pack book donations for the annual book sale scheduled for the third week in March.

MONTHLY:

Book Discussion Group—last Monday of month 6:30 - 8:00 pm.

Photography Club—fourth Monday 7:00 - 8:00
All Photographers welcome! Learn. Share. Meet up.



HOURS

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

CHECK OUR NEW EVENT CALENDAR

www.riverdalelibrary.org

TEEN PROGRAMS Grades 6 and up

Teen Book Discussion Group Tuesday, Dec. 1, 6:00—7:30 pm. Caroline Cooney's *The Face on the Milk Carton*. Sign up now and pick up your copy!

Teen Gingerbread Village

Tuesday, Dec. 8,
6:30 -7:45 pm.

Come help create our annual gingerbread village which will be on display in the library during December and January. Registration required.



NOVEMBER HIGHLIGHTS

Designer Duct Tape Craft Teens worked with Vivian Burns of "So You Sewing and Design Studio" to create purses & wallets 100% from duct tape! WOW!



ADULT BOOK DISCUSSION

Join a friendly and lively discussion of *The Awakening* by Kate Chopin on Monday, December 28th at 6pm. All are welcome. Refreshments will be served.



COMING January 21

The Traveling Stage Company returns with a living biography of Ethel Merman on Thursday January 21, 2010. Music and song tells the story of her life! If you enjoyed the Sophie Tucker performance, this will be great too!



Riverdale News & Events

Borough of Riverdale, Post Office Box 6, Riverdale, NJ 07457

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Merry Christmas
Happy New Year



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