



# Riverdale News & Events

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

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- **NO Overnight Parking** beginning Dec. 1 - March 31 from Midnight to 6 AM
- **NO parking** when snowing or streets are snow covered.
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- **Snow must be removed** from sidewalks within 24 hours after snowfall ends.

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## Ryan Cleary



Ryan Cleary graduated from boot camp at the Naval Recruit Training Command in Great Lakes, Illinois on January 15. During boot camp he was assigned the position of Port Watch Section Leader and was responsible for 3 section leaders and 44 recruits. Upon graduating he obtained the rating of E-53 (Fireman).

He is now enrolled in A school at the Naval Nuclear Power Training Command in Charleston, SC. After completion of 3 months of A school he will remain in Charleston for an additional year of training, after which his rating will be Machinist's Mate Nuclear and he will be assigned to an aircraft carrier. *Ryan, Riverdale is proud of you!*

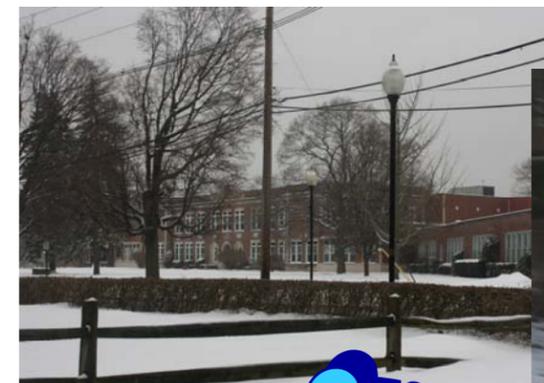
# Riverdale News & Events

A Monthly published by the Riverdale Mayor and Council

Vol. 4, No. 5

[www.RiverdaleNJ.gov](http://www.RiverdaleNJ.gov)

February 2009



# Snow Days



**Riverdale Borough made of the best people on earth.**

scholarships

### Announcing the GRACE PEINE MEMORIAL SCHOLARSHIP!

The Auxiliary of the Riverdale Fire Department is pleased to announce that they are awarding a scholarship in memory of Grace Peine, a 50 year Charter Member, who passed away last year.

The scholarship is open to a graduating senior high school student who is a resident of Riverdale and will be attending college in the fall. Applications will be available either online at the borough's website: [www.RiverdaleNJ.gov](http://www.RiverdaleNJ.gov) after February 15, or by calling Auxiliary member Marian Budesheim at 973-839-5445.

Anyone wishing to donate to the scholarship fund in Grace's memory may do so by sending a donation to Marge Norton, President of the Auxiliary of the Riverdale Fire Department, 16 Parkway, Riverdale, NJ 07457.



Grace & her son, John

### New Principal Named - Keith Cortright

The district is pleased to announce the appointment of Mr. Keith Cortright as Principal of Riverdale School, beginning this spring. He joins us from Rockaway Township, where he presently serves as vice-principal of their middle school. His background includes experience at the elementary and middle levels, with strengths in scheduling, student discipline, and curriculum development and oversight. He is a strong proponent of student centered classrooms promoting critical thinking and life long learning. A graduate of the University of Scranton, Mr. Cortright holds a Bachelor's Degree in Political Science. He completed his teaching certification program at William Paterson University. More recently, he earned his Masters Degree in Administration and Supervision from Kean University. We look forward to Mr. Cortright "officially joining" us this spring. You will be able to meet him at the PTA Founder's Day meeting on Feb. 10th.



**Dog and Cat licenses are due by February 28. As of March 1, there is a \$5.00 late fee charged!**

# Announcements

Marion and Gordon Davis have become Great Grandparents for the first time to **Brynn Justice McKee**, daughter of Matthew and Bridget. She was born on December 29, weighing in at 7 lbs. 5 oz. Grandparents are Diane (Davis) McKee and George & Nancy Stefanelli, also Great Grandma Mary Justice.



Happy 3rd Birthday, **James & Julia Regeling** on February 28! We love you so very much, Mommy & Daddy!

Happy Belated 13th Birthday to **Meghan Polhemus** on December 1 and Happy 12th Birthday to **Christopher Polhemus** on February 26. We love you, Mom and Dad.

Happy Birthday, **Pam Sylvestri**, celebrated on January 15. Love, Dean, Dylan, Chelsea, Leo, Kristin, Ron, Judy & all the boys.

Happy 10th Birthday to **Joseph Soto** on February 17. We love you, Dad, Mom, Tyler, Ryan and Matthew.

Happy 16th Birthday, **Steven Brown**, on February 28. Love, Aunt Pam, Uncle Dean, Dylan, Chelsea & Leo.

Happy 11th Birthday, **Nicole Schrock**, celebrated on January 22. Love Mom, Dad, Michael, Pina & Grandma.

Happy 17th Birthday to **Michael Aungst**, on February 20. Love, Your Family.



Congratulations, **Joey Aungst**, Kinnelon Colts, for winning the State Ice Hockey Championship in Lake Placid on January 9th.

Happy 30th Birthday to **Adam Budesheim** on February 5.

Happy February Police Birthdays to **Officer Charles Quant, Jr.** (3rd), **Sergeant Glenn Danzo** (10th), **Chief Tom Soules** (19th).

## Still in Riverdale (and do not want to leave!)

If you are part of this group of seniors having lived in Riverdale most of your life, please let us know.

**Lola Nelson** - Age 89 \* **Antoinette Kajor** - Age 85  
**Sam Adornetto** - Age 80 \* **Frank Sorgi** - Age 74



## Vitamin D: Its Benefits

Vitamin D, a fat-soluble vitamin that has properties of both a vitamin and a hormone, is required for the absorption and utilization of calcium and phosphorus. It is necessary for growth, and is especially important for the normal growth and development of bones and teeth in children. It protects against muscle weakness and is involved in regulation of the heartbeat. It is also important in regulation of the heartbeat. It is also important in the prevention and treatment of breast and colon cancer, osteoarthritis, osteoporosis, enhances immunity, and is necessary for thyroid function and normal blood clotting. ...When the skin is exposed to the sun's ultraviolet rays, a cholesterol compound in the skin is transformed into a precursor of vitamin D. Exposing the face and arms to the sun for fifteen minutes three times a week is an effective way to ensure adequate amounts of vitamin D in the body.

...Severe deficiency of vitamin D can cause rickets in children and osteomalacia, a similar disorder, in adults. Lesser degrees of deficiency may be characterized by loss of appetite, a burning sensation in the mouth and throat, diarrhea, insomnia, visual problems, and weight loss.

Sources: Fish liver oils, fatty saltwater fish, dairy products, and eggs all contain vitamin D. Herbs containing the vitamin are alfalfa, horsetail, nettle and parsley.

Taken from *Prescription for Nutritional Healing* by Phyllis Balch, CNC & James Balch, MD

# Recreation

## RECREATION DEPARTMENT PROGRAMS:

Unless otherwise noted all registrations call: Rec Office at 973-706-6471

### Introductory Learn to Skate

Skylands Ice World, Stockholm  
Start: Thursday-Feb 12 or Saturday-Feb 14 Age: 3 years thru Adult  
Thursday Class: 6:50p-7:20p or Saturday Class: 12:20p-12:50p  
Cost: \$60.00 (3 sessions) also includes Skate & Helmet Rental, free admission to public skate & \$10 Gift Certificate towards registration of a future learn to skate class (Valid thru 12/31/09)

### Introductory Parent & Tot Learn to Skate

Start: Friday-Feb 13 Friday Class: 1:00p-1:30p (3 sessions)  
Cost: \$60.00 (3 sessions and cost includes Parent & Tot plus: Same as above)

### St. Patrick's Day Family Skate

Skylands Ice World, Stockholm  
Saturday-Mar 14, 1:00pm-2:30pm  
\$12.00 per person (Cost includes Admission, Skate Rental & 12 Arcade Tokens)  
Add \$5.00 per person for slice pizza, Fries & Large Soda

### Teen Ice Jam Nights

Skylands Ice World, Stockholm  
Every Friday Night, 8:10p-10:40p. Cost \$15 (Rentals not incl'ed)  
DJ Music & Lights plus...Live Bands perform on the ice! Call for schedule of bands.  
Call Rec. Dept. if a large group or just show up @ Ice World if individuals.

### Adult Crazy Bowling Night

Holiday Bowl, Oakland  
Come with neighbors, friends, & family! It's A LOT of FUN!!  
Saturday, February 28 @ 8:00PM **\$23.00/per person**  
(includes: Hot & Cold Buffet / Coffee & Soda / 2 Bowling Games & Cash Bar)  
To sign up: Call 973-831-1383 Mary Wolbach or 973-706-6471 (Rec Office)

### Spring Sports Play Group

Community Center, **Ages: 3 thru 5 years**  
Start: Saturday, April 18 (6 week program), 10:30AM-11:30AM, **\$35.00**  
Registration: Wed. April 11 @ 11:00AM-12:00PM & Wed. April 18 @ 7:00PM-8:00  
3 TUMBLE BUS VISITS (Kids receive a Tumble Bus Participation Medal!)  
Plus...Basketball, Parachute, Crafts & More...Questions: Anne Gould 973-248-9663

### Cheer Clinic

Community Center, Starts: Tuesday, February 24 (for 9 weeks)  
Learn proper stretching, arm motion, jumps and much more...  
2nd & 3rd Grade Class - 5:00PM and 4th & 5th Grade Class - 6:15PM  
**\$7.00 Class** (Includes Instruction & Pom-Poms)

## COMMUNITY CENTER PROGRAMS 973-706-6471

### "NEW" Beach Body Camp

(many know as "Jersey Boot Camp")  
Start: Monday, February 16, 4 week program (3 days/week: Mon, Wed, Fri)  
Classes: 5:30AM or 6:00PM \* \$19/class  
FREE Introductory Seminar: Saturday, February 14 @ 10:00AM  
Call NOW to Register! (Boot Camp website: www.beachbodycamp.com)

### "New" Story & Art Class

Pre-K thru Middle School **\$5 per Class**  
Starts: Monday, February 23 @ 3:30PM-5:00PM  
Riverdale Library entertainment & 1 Hour Art Class  
Art Class offers painting, sketching, collages & much more...

### "New" Adult Pencil Drawing Class

(5\$ Class-8 weeks)  
Starts: Tuesday, February 24 @ 10:30AM-12:00PM  
No artistic experience needed to do this. Step by step drawing class.  
You'll end this class with a beautiful completed picture done by you!

### Yoga Class (\$8 Class)

Mondays: 6:30PM-7:30PM / Thursdays: 7:00PM-8:00PM

### Hips on Fire Exercise Class (\$8 Class)

Thursdays: 7:30PM - 8:30PM

### Tot's Children's Music Program (\$8 Class)

Fridays: 11:00AM

### Children's Tap Ballet & Jazz Dance Class (\$7 Class)

Wednesday or Friday: 4:00PM

### Children's Hip Hop Dance Class (\$7 Class)

Wednesday or Friday-5:00p

## TEEN MOVIE NIGHT - Friday, February 13 @ 7:00 - 10:00 PM

Copy deadline is the 4th Monday of each month. The publishing date will be the 1st Wednesday of the following month. Pictures, stories, weddings, births, scholastic, armed services, etc. are all welcome. We reserve the right to edit articles for space. Photos should be emailed in a JPEG format, actual photos can be scanned. Please send all information any time during the month to **mayor@RiverdaleNJ.gov & RiverdaleMayor@gmail.com**

# Events Worthy of Note

**Annual Geography Bee.** Congratulations to eighth grader, **Caitlyn Takacs**, who emerged as the champion of Riverdale's annual Geography Bee. **Claudia Jablonski** (6th grade) earned recognition as runner up. Six students, grade six through eight participated in the event, organized by social studies teacher Eileen Cohn. As school winner, she will represent the district in the next level of competition. Good luck, Caitlyn!

**Preschool Program Open House.** For parents interested in enrolling their children in the 2009-10 preschool program there will be an open house on Wednesday, February 4 at 7:30 PM. There will be approximately six openings for 3 year olds and three openings for 4 year olds. The program is for half days and is open to children turning 3 on or before October 1, 2009, who are toilet trained. For more information, contact the school at 973-839-1300.

**Board of Education Candidates Wanted.** The deadline for filing nominating petitions to run for a position on the Riverdale Board of Education in March 2, 2009, at 4:00 PM. If interested contact the Board's office to obtain a "School Board Candidate Kit."

**Emergency School Closing.** In addition to the Instant Alert System, delayed openings or closings will be listed on Fox 5 News as well as radio stations WOR and WGHT 1500 AM in the morning.



## Riverdale's Newest Citizen!

**Frederick Daniel Post** was born on December 30, 2008. His proud parents are Fred and Maryanne of Riverview Terrace. *Congratulations and best wishes to all!*

## IMPORTANT NEWS!

The Riverdale Food Pantry has been up and running for over a month with fully stocked shelves. Thank all of you who donated food and financial assistance and the volunteers who worked the Food Pantry. We are pleased to say that a number of residents have accepted assistance and were provided for in time for the holidays. As one resident so gratefully put it: *"Because of the food pantry, I know that my family is being helped...We are so thankful that there is help out there and we feel blessed. I advise anyone who is in need of assistance to contact the Riverdale Food Pantry. This can have a positive impact in your lives..."*

**Canned foods: Vegetables, fruits, meats, fish; Bakery products Individual snacks and juice items, Canned meals, Hot & Cold Cereals, Sauces and gravies, Condiments, Pastas, Packaged one-dish meals, Packaged potatoes, rice, lentils, peas.** Also needed are: Kitchen & Laundry Detergents; Paper products and napkins. Local supermarket gift cards in denominations of \$25 or less, will be accepted and distributed to Food Pantry clients for fresh dairy, produce, bread and meat. Anyone in need of assistance, please call Linda Roetman at 973-835-4060 x6. Calls are extremely confidential.

**NEW HOURS.** For the convenience of our residents some of our offices will be open for town business on Thursdays till 7:00 PM. You can meet with the Tax Collector, Court Administrator, Building and the Sewer & Water Billing Depts. Those offices will be closing on Friday afternoons at 1:00 PM. All other offices follow the regular hours.



Join the tradition. Our Fire Department, over 100 years old, has openings in all Companies: Engine, Ladder & Rescue. Training included. Call 973-831-1584 ext. 1

# Library News

For more information, call 973-835-5044 or [www.RiverdaleLibrary.org](http://www.RiverdaleLibrary.org)

## CHILDREN'S PROGRAMS [Please register for all children's programs in person, by phone or by email at [riverdalelibrarykids@nac.net](mailto:riverdalelibrarykids@nac.net)]

**Baby Time** - Infants - 2 years with a caregiver.

Mondays through March 16 @ 11:00 - 11:30 am  
*It's baby time at the library. Designed especially for infants and active toddlers, it is a half hour of rhyme, song, movement and shared reading.*

**Totally Twos - A new program!** - Two year olds with a caregiver.

Mondays through March 16 @ 10:15 - 10:45 am  
*Designed especially with 2 year olds in mind, this half-hour program has plenty of finger plays, rhymes, songs and stories to keep them engaged.*

**Pre-School Story Time** - Ages 3 - 5

Wednesdays through March 18 @ 10:15-11:00am or 1:30-2:15pm  
*Gather with us at the library for stories of the season, rhyme, song and crafts.*

**Fractured Fairy Tales** - Grades K - 5.

Thursday, February 5 @ 4:00 - 4:45 pm  
*Come to the library and laugh out loud to some wacky versions of your old favorites. Magical snacks will be served.*

## ADULT PROGRAMS

**New Photography Group** Monday, February 23 @ 7:00-8:00 pm.

Come join others who enjoy taking pictures. Together-on the 4th Monday each month-we will share tips on both film and digital photography. Where is the best place to get pictures developed? How can the "rule of three" help you create better pictures? What about accessories, enlargements and more? For more information or to share ideas please contact Linda Anders at [Lpico@verizon.net](mailto:Lpico@verizon.net) or call the library at 973-835-50443

**Book Discussion Group** - Monday, February 23 @ 6:30 - 8:00 pm.  
Will be discussing *Plainsong* by Kent Haruf.

**The Gypsy Knitters** meet every Thursday from 4 - 8 PM. It's a great chance to work on your projects with other knitters.

**Garden Lovers.** Seeking garden lovers for a possible new program. For both experienced and new gardeners who would like to meet other gardeners. We can share tips on composting, mulch, share bulbs that we divide, and figure out how to discourage deer. Condo dwellers welcome! Maybe we can find public places in Riverdale where we can play in the dirt. Please contact Linda Anders at [Lpico@verizon.net](mailto:Lpico@verizon.net) or call library.

**Friends of the Library** are getting ready for the 7th Annual Book Sale. Donations of books and movies are being accepted at the library until March 20th. We appreciate books in good condition. No text books or encyclopedias please. The book sale will be held the last weekend in March on the 27, 28, 29. For more information call Library.



**IMPORTANT NOTICE!** Our Fire Department is concerned about their inability to get the fire trucks onto certain streets because of illegal parking. Under state law **NO PARKING** is permitted 1. Within an intersection 2. On a crosswalk 3. In front of a driveway 4. On a sidewalk 5. **Within 50' of a stop sign** 6. **Within 25' of an intersection** 7. Within 10' of a fire hydrant. Our Police Department will be enforcing these state laws to ensure that public safety is maintained, especially the accessibility of our fire trucks to the streets in our residential neighborhoods.

## Did You Know?

- A basketball hoop is 18 inches in diameter.
- The home team must provide the referee with 24 footballs for each National Football League game.
- An adult's skin weighs approximately six pounds.
- A caveman's life span was only 18 years.