

November 2010

Riverdale News & Events

Vol. 6 No. 2

A Monthly published by the Riverdale Mayor and Council

www.RiverdaleNJ.gov

The Pavilion is In

The Glenburn Estate is the location for our new twelve hundred square foot pavilion, which is available for family reunions, company picnics, recreation events and more. The Borough DPW did the site preparation. Was paid for out of our Open Space Trust Fund.

As part of our Historic Preservation Grant from Morris County, we have installed two new handicap accessible bathrooms in the barn. Both facilities are now available

for rent by our residents for all kinds of family parties and gatherings. With nearly six acres of woods, lawns and old orchards, you can stroll the grounds for cool walks during the hot summer months and let the kids have fun to run around and play games and sports.



6th Grade Students visit Camp Bernie

as part of their Environmental studies and Team Building exercises. Mr. Pricone,



Thomas Morales, Kristian Neuschwanter, Matthew Gancher, Emily Clinton & Chris Grecco.

Mrs. Arcidiacono and Ms. Corn accompanied the group this past October. In the pictures the students are learning how Native Americans started fires and made flour.



Danielle Shafer, Amanda Ekkers, Hallie Mansoor & Kevin Jablonski

Announcements



Happy 14th Birthday, **Kevin Thomas**, on Nov. 22. We love you very much! Love Dad, Marybeth, RJ, Matthew, Kevin M. and the Dogs!!!

Happy 2nd Birthday, **Kyle Lappe**, on Oct. 29. Love always, Mom and Dad.

Happy Birthday to **Marian Budesheim** on November 24. Love from all!

Happy 9th Birthday to **Kyle Clinton** on November 1. Love, Mom, Dad, Emily and Reilly.

Gen. George S. Patton, Jr.



"Old Blood and Guts" was born on Nov. 11, 1885. One of the greatest

American generals in our history.

Happy Birthday, **Jackie Thomas** on October 30. Love from all the family!



November 13 at the School Gym between



11 am and 4 pm there will be a fundraiser. Get a jump on your Holiday Shopping and support your Riverdale School PTA at the same time! Loads of vendors with unique and personal gift ideas!

Riverdale Senior Citizens

The first meeting of the Riverdale Seniors was held on October 4, conducted by **President Irene Moehring**.

We are so proud of our older active members. The trip committee was collecting for our next trip, and **Lorraine Moody** started to accept payments for the Christmas party. * One of our members, **Monica Meade**, is recuperating from double knee surgery. We wish you a speedy recovery, Monica. * Following the meeting, we had a speaker - Mark Castellano - from the Morris County Prosecutor's Office, who spoke to us about scams on seniors, which was found to be very helpful. * We were treated to a tasty luncheon, provided by the Riverdale Alliance Committee. We thank you! Please remember our 2 Food Pantries and be a cheerful giver.

led the group sings *My Country 'tis of Thee*. * President Irene Moehring reminded the group to be sure to get their flu shots on October 19 in the Community Center. **Loretta Lippens** gave a Do Not Call phone number to those who wanted it. * Club member **Anna Mae Zabitz** announced that her granddaughter, Monica, is on her way to Iraq for her second tour. God bless her and keep her safe. * Following the meeting we had a sweet young lady, Mindy Gansley, speak to us about an upcoming exercise class, called Zumba Gold, to be starting soon in the Center. She demonstrated some of the moves, which are geared towards Seniors. Please continue your support to both Food Pantries. Thank you all for your generosity. Presented by Marion Davis.



Chaplain Grace Chiesa read the Franciscan Prayer, followed by a group singing *America*. A rousing Happy Birthday chorus was sung to the October birthday celebrants. Three of our Gold Star members celebrated their October birthdays, **Kay Peacock, Marguerite Bloomstrand** and **Gordon**

The second meeting was held on October 18. Gordon Davis

Riverdale School: *From the Desk of Dr. Betty Ann Wyks, Superintendent*

Congratulations to this year’s newly elected student council officers:

- **President Claudia Jablonski**
- **Vice President Chelsea Phillip**
- **Historian Carly Graf**
- **Treasurer Caroline King**
- **Secretary Nico Negrini**

Both of our Back to School nights were held, receiving positive feedback regarding the new format. We look forward to “continuing the dialogue” with parents, during conferences, which are scheduled for the first week in November.

In October, our school celebrated violence awareness with grade level activities focusing on making good decisions, and promoting acceptance, tolerance and respectful behavior. Our middle school students learned about the perils of cyber-bullying from Detective Mark Castellano from the **Morris County Prosecutor’s Office**, who followed up his presentation with one geared for parents. Officers Keil and McDermott met with our third through fifth grade youngsters to promote a similar message. These activities served as a good lead in to Red Ribbon Week, which focused on drug prevention.

Members of the **Pequannock River Coalition** met with our 4th grade

students as part of the science program.

The students, staff and administration of Riverdale School extend a big thank you to the **Riverdale Fire Department**,

who took time out of their busy schedules to meet with students as part of Fire Prevention Week.

Parents of students who participate in the District’s Title I Basic Skills Program met recently to explore the program and additional ways to participate in their youngster’s education. Some suggestions for further parent education programs were put forth, focusing on technology and hands-on experiences to support our Everyday Math program. We hope to schedule these and other parent information sessions throughout the school year.

Renovations to the 2nd floor restrooms and nurse’s area are just about complete. These were funded through a partial grant (40% state contribution) and make both areas handicapped accessible. The nurse’s room now has an outside entrance to provide Mrs. Rapone with quick a access to the field and playground. Additional upgrades

were provided in the primary wing, including ceilings, lighting and the completion of window installation. These upgrades should assist the

district in energy cost containment.

In November our students look forward to a PTA-sponsored cultural arts assembly which focuses on Native Americans.



Also in November our students will honor our local veteran’s as part of Riverdale School’s annual Veteran’s Day celebration.

Please continue to consult the district website www.rpsnj.org for school news and important information. School notices will be posted in the backpack on the homepage. Parents of 8th grade students are encouraged to click the link under the “the happy faced graduate” for specific notices pertaining to our 8th grade students. Individual teacher web pages can be accessed off the staffing link, and are updated frequently. Be sure to sign up for a “news flash” report on your child’s teacher’s web page, which will send you an email each time that page is updated.

Upcoming Dates

- November 2 & 3 One Session Days-Parent Teacher Conferences
- Nov. 4 & 5 School Closed - Teachers’ Convention
- Nov. 8 Closed - Teacher in-service day
- Nov. 9 Middle School parent support group meeting
- Nov. 10 Special Education Parent Advisory Committee 2:45 PM
- Nov. 11 Veteran’s Day Recognition Program
- Nov. 12 End of First marking period
- Nov. 16 School Planning Team meeting
- Nov. 18 Parent Visitation Day (details to follow)
- Nov. 19 Report Cards distributed
- Nov. 24 One session day - 12:40 PM Dismissal
- Nov. 24 & 26 Thanksgiving Day Break - District Closed.

Community Dignity-Sicilian Marionette Theater Tradition submitted by Carolyn Masone

The Essence of Italy

Swords clang, maidens weep, knights are valorous, villains are loathsome, good conquers evil, dignity triumphs over humiliation. These elements inhabit the world of the Sicilian Marionette Theater and the timeless stories they tell. But really, it was more than entertainment. It was a way to instruct, communicate and transfer wisdom between the generations.

What, exactly, is a marionette? It's a rod puppet operated from above with wires or strings. The person operating the marionette is called the puppeteer or manipulator. Puppets have been a part of human entertainment and instruction for millennia. They've been unearthed in Egyptian tombs dating back to 2000 BC and were a favorite of the ancient Greeks. While Sicily and Southern Italy were part of Magna Grecia (Greater Greece) for centuries, the Greeks brought the art of puppetry to their shores. The works of Archimedes, Aristotle and Plato referred to puppets, and they were used to present the tales of *The Iliad* and *The Odyssey*.

In medieval times the heroic deeds of Emperor Charlemagne and his nephew, Roland, along with the Paladins of France, greatly influenced the Sicilian puppet theater tradition (l'Opera dei Pupi). Two epic poems, *The Song of Roland* and *Orlando Furioso*, were designed for oral performance in the *canta storia* style of sung history. For half a century these stories were told in daily episodes, often taking a year and a half to complete. Rome's influence on puppetry was so great that Italy is considered the home of the marionette. The Christian Church used them to present morality plays and in so doing, the tradition flourished even further across the map. Without mandatory education, illiteracy prevented most people from learning history, literature, music and art. But through the stories performed at the l'Opera dei Pupi, the peasantry learned of their country's turbulent history and were inspired by tales of high ideals of chivalry, patriotism, honor, self-reliance and loyalty.

In the 1800's the Manteos, a Sicilian family, put its mark on this tradition by establishing the *Papa Manteo Sicilian Marionette Theater* in Catania. This theater became a vital part of people's daily lives. In 1918, after emigrating first to Argentina and then to America, they opened a theater in Manhattan's Little Italy and entertained generations of Italians through superb storytelling.

Producer, writer, director and historian Tony DeNonno became so intrigued that he immersed himself in the lives of the Manteo family and their mission to continue the Sicilian marionette tradition. In 1982, DeNonno

created the film, *It's One Family-Knock On Wood*, which chronicles the creativity, burdens and joys of several generations of Manteos in their fierce dedication to their craft. According to DeNonno, "The self image of many Sicilian males were shaped by these stories."

DeNonno recounts many of the stories he learned from the Manteos, including how important these tales became to some audience members. One night in Little



Italy, when a certain episode finished with Roland bound in a dungeon, the Manteos were awakened in the middle of the night by frantic knocking on their front door. A woman had become so engrossed in the story she was unable to sleep; she tossed and turned at the thought of Roland tied up in the dungeon. She begged the Manteos to untie Roland so that she could get some rest. They thoughtfully obliged.

The Manteos dedication to their craft ran deep in their blood. The talent, skills and versatility necessary to sustain the theater was passed from generation to generation. Every performance required dexterity, acting, singing, piano playing and the art of improvisation. Behind every performance were countless hours of hand making each marionette in the wood shop, designing and painting the faces and body, designing and hand making each costume, constructing and beautifying the sets, curtains and pulleys. After each performance repairs were usually required. One of the Manteo sons remarks in DeNonno's film that they presented the Marionette Theater every night for 12 years. No nights off. The son reflected, "It's a sacrifice that you make for your family." It makes me think that the Manteos were just as heroic and dignified as the stories they told.

In the 1990's, the Manteos stopped presenting their tales. However, in 2010, twenty-five of their marionettes, including some created 150 years ago in Catania, were acquired by the Italian American Museum on Grand and Mulberry Streets in NYC. This is especially meaningful as this display is close to the sight of the original Manteo Marionette Theater.

And what of this rich tradition today? Sicily, as well as other parts of Europe, is turning its attention to preserving this legacy. UNESCO designated the Sicilian Marionette Theater as part of humanity's "oral and Intangible heritage". The organization created a grant to build puppet theaters and puppetry schools in Catania and Palermo.

To learn more about Tony DeNonno, visit denonnoproductions.com. To learn more about the Italian American Museum, visit italianamericanmuseum.org.

RECREATION DEPARTMENT PROGRAMS

June Carelli (jcarelli@riverdaleborough.com)

(973) 706-6471-Office

Call or e-mail to Register or for Questions on Activities

Trips

Show & Shopping Trip

Christmas Spectacular
Radio City Music Hall, NYC



Saturday, Dec 4 9:00a Showtime
\$77/Ticket

(Includes First Mezz Seating, Radio City Music
Hall Christmas Ornament &
RT Luxury Bus Transportation)

Last Chance to sign-up!

Call Rec Member,
Anne (973) 248-9663 or
Riverdale Rec Dept (973) 706-6471

Disney On Ice

Featuring Toy Story 3

Wednesday, November 24, 3:00p Showtime

IZOD Center (Meadowlands)

\$18.25/Ticket

(Please NOTE: There is no Bus Transportation)
No Refunds.

To Reserve: Anne Gould, Rec Dept Member
(973) 248-9663 or
Rec Dept Office (973) 706-6471

SWIM LESSONS at NEW YORK SPORTS CLUB

Classes Begin Nov. 8 (until Jan 9, 2011)

Classes available for all ages from Todder to Students!

Contact New Yorks Sports Club for a full list of the
Classes, Days & Times.

Cost: \$144 (8 week session)

Sign-Up: Call NYSC directly (973) 838-1140.

Ask for William & mention Riverdale Recreation

TEEN NIGHT

Friday, Nov 19, 7:30—9:30 pm

Community Center

\$5.00 Admission

Come in and hang-out with friends !!
Music, Games, Popcorn, Refreshments,
Giveaways

CHILDRENS WINTER BOWLING

Begins Sunday, January 9, 2011 (until Sunday, March 13) /Time: 2:00pm
Location: Holiday Bowl, Oakland



Cost: \$39.00/child (Ages 3 thru Kindergarten Students)

Cost Includes 1 Bowling Game, T-Shirt, Award & Pizza Party on Last Day

\$69.00/child (1st Grade thru 8th Grade Students)

Cost Includes 2 Bowling Games, T-Shirt, Award & Pizza Party on Last Day

REGISTRATION NIGHT: Tuesday, Nov 16, 7:30pm til' 8:30pm

Riverdale Rec 2010/11' Ski Club

Registration Night: Wednesday, November 10 / 6:00—8:00 pm / Community Center
New Payment Options this year! Join online with a Credit or Debit Card.

Personal Checks and Cash also accepted.

All Access Season Ski or Snowboard Pass / Students 18 Years Old & Younger \$229

Student All Access Pass includes : 6 Learn-to-Ski or Snow Board Lessons

Lessons are Friday Evenings beginning January 7, 2011 (until February 11).

Lesson Times: 4:30pm or 5:30pm

Other Ski Packages Offered other than the above are:

All Access Adult Season Pass \$299 (children 7 & under ski FREE)

MidWeek Adult Season Pass \$249 Lift Equipment Rentals

Lesson Packages for 4, 5 or 6 Trip Visits

Meal Vouchers - \$6.95 Each (Hamburger, Pizza or Chicken Fingers with Fries & Soda)

Questions: Diane Pezzuti, Rec Dept Member (973) 831-8870



Recreation Department Programs

COMMUNITY CENTER PROGRAMS

June Carelli
 (973) 706-6471-Office
 jcarelli@riverdaleborough.com

Exercise

Children

TOT'S MUSIC CLASS

Every Friday / Class Time: 11:00am
 Location: Riverdale Community Center (Lower Level)
 Cost: \$8.00 Class
 Instructor: Miss Ildiko
 No Sign-Up Required. All Riverdale Tot's Welcome!
 Bring your tot's in to participate in a comprehensive preschool music program.

OUTRAGEOUS ART

Let's Make a Super-Sized Felt Holiday Pillow
 Start Tuesday-Nov 9, 3 week workshop (Nov 9, 16 & 23)
 Class Time: 4:15pm – 5:30pm
 Location: Riverdale Community Center
 Cost: \$8.00/Class Plus \$10.00 Materials Fee
 (2nd & 3rd child in same family, \$7.00/Class)
 Open to 3rd, 4th, 5th or 6th Grade Students
 Instructor: Pam (Certified NJ Art Teacher)
 Call to Sign-Up: (973) 706-6471
 Community Center Office

Students will create a super-sized holiday pillow out of felt and embellish with sequins, buttons, glitter, ribbon and more. They can select a Christmas or Hanukah Pillow. They will learn how to create a pattern, cut out, assemble & decorate. We will be using glue to assemble the project. If time permits, students will be able to create additional mini ornaments in felt.

EXERCISE CLASSES

All Classes \$6.00
 Call to sign-up or just come in!
 Everyone welcome!

BOOTCAMP

Every Monday & Wednesday, 7:45pm
 Instructor: Cary Stone

FITNESS FUSED PILATES

Every Thursday, 6:00pm
 Instructor: Karen Vizuela

YOGA

Every Thursday, 7:30pm
 Instructor: Kathy DeJesus

Seniors

SENIORS ART CLASSES

Free Art Classes
 Thursday, November 4, 11 & 18
 10:00am – 12:00pm
 Riverdale Senior Community Center
 No sign-up required.
 Everyone welcome!
 Attend an enjoyable & creative morning.
 Painting, collages, drawing plus all supplies included.



ZUMBA GOLD

Begins Tuesday, November 9 (4 Week Session)
 11:00am, Community Center / Cost: \$6.00 Class
 Advance Sign-Up preferred but Walk-In's are always welcome! (973) 706-6471
 Instructor: Mindy Gansley

Let the party begin! The Community Center now offers Zumba Gold!
 This is a dance/fitness workout that everyone is talking about!

Zumba Gold, infused with exciting latin music is an explosive, innovative cardiovascular workout.
 Designed for the active older adult, beginner or other special populations who require a modified workout.

Zumba Gold improves balance, strength & flexibility.

Zumba Gold was recently featured on WNBC-TV!

Go to www.youtube.com and search Zumba Gold with Mindy!



Food Drive



November 1 thru November 30, 2010

For a donation of at least two bags *full* of canned or non-perishable foods, you can receive a thorough spinal column and spinal nerve system exam including: physical exam, two computerized scans, and x-rays, if necessary.*

Drop off food at:



**STEWART
FAMILY
CHIROPRACTIC**
Gary C. Stewart, D.C.
43 Newark Pompton Tpke
Riverdale, NJ

Call 973-835-5773 today to schedule your new patient appointment. Bring two bags of groceries, and your first visit is FREE!

Share your generosity with friends and family: bring extra groceries - for every 2 bags, you will receive a certificate valid for an initial visit.

Back pain or not, chiropractic can benefit your whole family. Find out more at www.stewartfamilychiro.com

Proceeds from the food drive to benefit the Riverdale Food Pantry.

*At our regular fees, an initial visit could cost you up to \$523.

Did You Know?

- The drink that the Puritans brought with them in the Mayflower was beer.
- President George Washington issued the first national Thanksgiving Day Proclamation in the year 1789 and again in 1795.
- Benjamin Franklin wanted the turkey to be the national bird of the U.S. But it was Thomas Jefferson who opposed him. It is believed that Franklin then named the male turkey as 'tom' to spite Jefferson.
- On December 11, 1620 the first Pilgrims (or Puritans, as they were known) landed at Plymouth Rock.
- By the fall of 1621 only half of the pilgrims, who had sailed on the Mayflower, survived. The survivors, thankful to be alive, decided to give a thanksgiving feast.

Parking: What's Not Allowed

NO parking on Borough streets between Midnight and 6:00 AM beginning December 1 thru April 1.

NO Parking on Borough streets when snowing or when streets are snow covered.

Under state law NO PARKING:

1. Within an intersection
2. On a crosswalk
3. In front of a driveway
4. On a sidewalk
5. Within 50 feet of a stop sign
6. Within 25 feet of an intersection
7. Within 10 feet of a fire hydrant.

Our Fire Department is concerned about their inability to get the fire trucks onto certain streets because of illegal parking and the narrowness of some streets. Our Police Department will be enforcing these state laws to assure that public safety is maintained.



RIVERDALE Public Library

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

Registration is required for all programs.
Call 973-835-5044 or e-mail
riverdalelibrary@nac.net

INFANT & PRE-SCHOOL PROGRAMS

Fall infant and pre-school programs begin September 13 and run through the week of December 6.

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

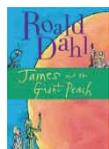
Totally Twos - For two-year-olds with a caregiver. On Mondays, 10:15 - 10:45 a.m.

Story Time - For ages 3 through 5
Wednesdays, 10:15 - 11:00 a.m. or 1:30 - 2:15 p.m.

CHILDREN'S PROGRAMS

Puppy Pals Reading Club - Tues, Nov 9, 4:00 - 5:00 p.m. Trained dogs will be on hand to listen to kids in grades K-5 read. (2nd Tues, monthly)

Lego® Lab - Tues, Nov 23, 4:00 - 5:00 p.m. Kids in grades K-5 listen to a story and build creations out of Legos. (4th Tues, monthly)



Breakfast Book Club - Sat, Nov 20 from 10:15 - 11:30 a.m. Book discussion for parents and children in grades 2 - 5 with craft and breakfast. Come in to get your copy of **James and the Giant Peach** today!

TEEN PROGRAMS Grades 6 and up

Teen Book Discussion Group

Tues, Nov 16, 6:00 - 7:00 p.m. Join us for pizza as we discuss **The Hunger Games** by Suzanne Collins.

Teen Advisory Board (TAB)

Thurs, Nov 4 from 5:00 - 6:00 p.m. hang out with friends and tell Ms. Rosie how you want your library to be.

Teen Minute to Win It

Back by popular demand, on Tues, Nov 30 from 5:00 - 6:00 p.m. teens will be testing out their skills in this fun filled competition where they have one minute to complete a task.

FREE COMPUTER CLASSES @ THE LIBRARY

Computer classes are back at the library. Our classes are small for maximum attention, and they are filling up quickly! Call 973-835-5044 for more information and to register today! All classes run for one and a half hours.

Introduction to the Computer

Thurs, Nov 4, 10:30 a.m.

Fri, Nov 12, 3:30 p.m.

Microsoft Word Part I

Thurs, Nov 11, 10:30 a.m.

Wed, Nov 17, 3:30 p.m.

Microsoft Word Part II

Tues, Nov 30, 10:30 a.m.

Introduction to the Internet

Thurs, Nov 18, 10:30 a.m.

Social Networking: Facebook

Thurs, Nov 18, 3:30 p.m.

HOURS

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

FAMILY MOVIE MATINEE

On Sat, Nov 20, 1:00 - 2:30 p.m. get out of the cold and join us for a family movie! This month we will be watching **Ice Age** (PG).



JOB HUNTER'S SERIES

We are hosting a Job Hunter's Workshop Series to help those seeking employment.

Job Hunter's Workshop Series Follow-up

Thursday, November 4, 6:45 - 7:45 p.m. Denise Schmidt, the director of Career Services and Cooperative Education at the Morris County Community College, will address resume writing and the hidden job market.

Learn How to Interview Like a Pro Webinar

Wednesday, December 1 at 3:00 p.m. Led by career expert Barbara Safani, participants will learn how to effectively interview. This is hosted by Tutor.com and will be set up for viewing and discussion at the library.

ADULT BOOK DISCUSSION GROUP

Join us for a discussion the last Monday of every month from 6:30 - 8:00 pm! Everyone is always welcome! Even if you haven't had a chance to finish the book, the discussion is great! **Nov 29 - The Country of the Pointed Firs** by Sarah Orne-Jewett

SEPTEMBER AND OCTOBER HIGHLIGHTS



We had a marvelous time at the Fancy Nancy Tea Party and Fashion Show, where children dressed their fanciest in celebration of the **Fancy Nancy** books by Jane

Kids had a spooktastic time at the Magic, Myth, and Monsters show that was generously sponsored by the Friends of the Library.



MONTHLY

Photography Club Mon, Nov 22, 7:00 - 8:00 p.m. All photographers welcome! Learn! Share!

Garden Club Tues, Nov 23, 7:00 - 8:00 p.m. Gardening for everyone, in every season!

Gypsy Knitters Thursdays, 4:00 - 8:00 p.m. For experienced knitters. Bring a project and join in!

Appalachian Trail Update: Jarred Bush's "Trek on the Trail"

With the hard rock slabs of Pennsylvania behind them, Jarred, Louis and company crossed the Mason-Dixon Line into Maryland with 1,123.9 miles covered and 1054.4 miles to go. The Maryland section of the Appalachian Trail consists of about 40 miles that run along the ridge of South Mountain, which is known for its three or four day hikes that provide good views and are in close proximity to towns and highways. However, Jarred's group decided to take the "Maryland Challenge". This is completing Maryland in 24 hours or less! The group woke up at 3:00 AM on October 8 to begin their trek on the trail, prepared to push on until they reached Harper's Ferry, West Virginia. This early morning start would allow them to face the challenge during more daylight hours than darkness. I received a phone call from Jarred at 8:30 PM that night - they were in Harper's Ferry, exhausted, aching and hungry; but so proud of completing this section in little over seventeen hours!

They finished a nourishing meal, nursed their tired feet and started a little later the next morning to complete the 20 mile trail in

West Virginia. They were looking forward to meeting up with the parents of one of their hiking buddies (Addison from Mississippi) at the Big Meadow Lodge in Big Meadows, Shenandoah National Park. Although the hikers stayed in the camp ground, the lodge provided a resort-like atmosphere and Addison's parents cooked up some amazing meals for them. They also did some "slack-packing," which is having most of your gear transported while you carry only what you need for the day's hike. Slack-packing allows hikers to cover more territory than they would be able to if they were shouldering 40 pounds of gear. Addison's parents' van became the equipment transporter, meeting them every evening to return to camp. The parental support had to



return home, so the group is now pressing on through the Shenandoah Nation Park, and plans to reach Waynesboro by late evening on October 19 or early the next morning. Jarred will be re-supplying and receiving a package of some warmer woolen clothing, as there is a fall chill in the air. They will then enter the George Washington National Forest followed by the Lincoln National Forest. One-fourth of the entire Trail lies in Virginia, so the quick accomplishments of Maryland and West Virginia are thing of the past for them. At Waynesboro, they will have 852.5 miles to go to reach their summit on Springer Mountain in Georgia. I am continuing to pray for Jarred's safe and healthy return from the trail to our home state sometime in early December.

Written by Donna Bush (Jarred's mom).

Food Pantry Shopping List

- Canned Vegetables:
- Corn, Peas, Carrots
- Sweet Potatoes
- Cranberry Sauce
- Soups
- Boxed Potatoes
- Boxed Rice
- Pasta
- Canned Tomato Puree
- Tuna Fish
- Cereal
- Laundry & Dish Soaps

For the Children:

- Mac 'n Cheese
- Cookies
- Puddings
- Canned Fruit
- Applesauce

For Thanksgiving:

- Turkeys
 - Hams
- (We have a large freezer, donated by the Riverdale Baptist Church, available for the meats.)

Please drop donations off no later than November 12, either at the Borough Hall or the Senior Community Center.

Lets make this Thanksgiving a special and bountiful day for our neighbors. Please be generous!



To request confidential food pantry assistance, please call Linda Roetman at the Borough Hall 973-835-4060 x6.

Sleep is one of the great mysteries of life. Like gravity we still don't understand exactly why we sleep-although we are learning more about it every day. We do know, however, that good sleep is one of the cornerstones of health. Six to eight hours per night seems to be the optimal amount of sleep for most adults, and too much or too little can have adverse effects on your health.



Sleep deprivation is such a chronic condition these days that you might not even realize you suffer from it. Science has now established that a sleep deficit can have serious, far reaching effects on your health. For example, interrupted or impaired sleep can:

- Dramatically weaken your immune system
- Accelerate tumor growth - tumors grow two to three times faster in laboratory animals with severe sleep dysfunctions
- Cause a pre-diabetic state, making you feel hungry even if you've already eaten, which can wreak havoc on your weight
- Seriously impair your memory; even a single night of poor sleep - meaning sleeping only 4 to 6 hours - can impact your ability to think clearly the next day
- Impair your performance on physical or mental tasks, and decrease your problem solving ability.

When your circadian rhythms are disrupted, your body produces less melatonin (a hormone and an antioxidant) and has less ability to fight cancer, since melatonin helps suppress free radicals that can lead to cancer. This is why tumors grow faster when sleeping.

Impaired sleep can also increase stress-related disorders, including:

- Heart disease Stomach ulcers Constipation Mood disorders like depression

Sleep deprivation prematurely ages you by interfering with your growth hormone production, normally released by your pituitary gland during deep sleep. Growth hormone helps you look and feel younger.

One study has even shown that people with chronic insomnia have a three times greater risk of dying from **any** cause.

Lost sleep is lost forever, and persistent lack of sleep *has a cumulative effect* when it comes to disrupting your health. The good news is there are many natural techniques you can learn to restore your "sleep health." Whether you have difficulty falling asleep, waking up too often, or feeling inadequately rested when you wake up in the morning - or maybe you just want to improve the quality of your sleep - you are bound to find some relief from the tips and tricks below.

1. **Sleep in complete darkness, or as close to it as possible.** Even the tiniest bit of light in the room can disrupt your internal clock and your pineal gland's production of melatonin and serotonin. Even the tiniest glow from your clock radio could be interfering with your sleep. Close your bedroom door, and get rid of night lights. Refrain from turning on any light at all during the night, even when getting up to go to the bathroom. Cover up your clock radio. Cover your windows. All life responds to predictable patterns of light and darkness, called circadian rhythms. Modern day electrical lighting has significantly betrayed your inner clock by disrupting your natural rhythms. Little bits of light pass directly through your optic nerve to your hypothalamus, which controls your biological clock. Light signals your brain that it's time to wake up and starts preparing your body for action.
2. **Keep the temperature in your bedroom no higher than 70 degrees.** Many people keep their homes and particularly their bedrooms too warm. Studies show that the optimal room

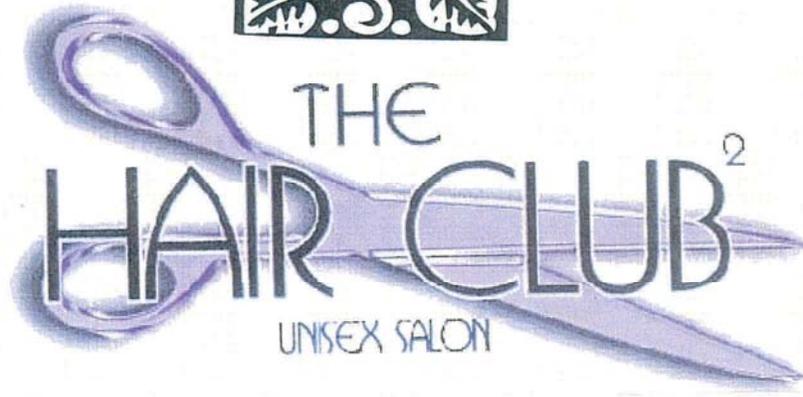
temperature for sleep is quite cool, between 60 to 68 degrees.

Keeping your room cooler or hotter can lead to restless sleep. When you sleep your body's internal temperature drops to its lowest level, generally about 4 hours after you fall asleep.

3. **Move alarm clocks and other electrical devices away from your bed.** If these devices must be used, keep them as far away from your bed as possible, preferably at least 3 feet.

4. **Avoid using loud alarm clocks.** It is very stressful on your body to be suddenly jolted awake. If you are regularly getting enough sleep, an alarm may be unnecessary.
5. **Reserve your bed for sleeping.** If you are used to watching TV or doing paperwork in bed, you may find it harder to relax and drift off to sleep.
6. **Get to bed as early as possible.** Your body (particularly your adrenal system) does a majority of its recharging between the hours of 11 p.m. and 1 a.m. In addition, your gall bladder dumps toxins during this same period. If you are awake, the toxins back up into your liver, which can further disrupt your system. Prior to electricity, people would go to bed shortly after sundown, as most animals do, and which nature intended for humans as well.
7. **Don't change your bedtime.** You should go to bed and wake up at the same time each day, even on weekends. This will help your body to get into a sleep rhythm and make it easier to fall asleep and get up in the morning.
8. **Don't drink fluids within 2 hours of going to bed.** This will reduce the likelihood of needing to get up to go to the bathroom, or at least minimize the frequency. Go to the bathroom right before bed.
9. **Eat a high protein snack several hours before bed.** This can provide the L-tryptophan needed for your melatonin and serotonin production. Also eat a small piece of fruit as this can help the tryptophan cross your blood-brain barrier.
10. **Avoid before-bed snacks, esp. grains and sugars.** These will raise your blood sugar and delay sleep. Later, when blood sugar drops too low (hypoglycemia) you may wake up and be unable to fall back asleep.
11. **Take a hot bath, shower or sauna before bed.** When your body temperature is raised late in the evening, it will fall at bedtime, facilitating slumber. The temperature drop from getting out of the bath signals your body it's time for bed.
12. **Wear socks to bed.** Feet often feel the cold before the rest of the body because they have the poorest circulation.
13. **Put away your work at least one or two hours before bed.** This will give your mind a chance to unwind so you can go to sleep feeling calm, not hyped up or anxious about the next day.
14. **No TV right before bed.** Even better, get the TV out of the bedroom or even completely out of the house. TV disrupts your pineal gland function.
15. **Avoid caffeine.** At least one study has shown that, in some people, caffeine is not metabolized efficiently, leaving you feeling its effects long after consumption. So, an afternoon cup of coffee or tea will keep some people from falling asleep at night. Beware some medications contain caffeine.
16. **Avoid alcohol.** Although alcohol will make you drowsy, the effect is short lived and you will often wake up several hours later, unable to fall back asleep. Alcohol will also keep you from entering the deeper stages of sleep, where your body does most of its healing.

*Due to space limitations all the tips could not be printed here. Go to Dr. Mercola's website for the complete list at Mercola.com. This was taken from an online article written by Dr. Mercola, *Want a Good Night's Sleep?**



Is celebrating our 25th year!
Please join us for an open house
Saturday, November 6th
6 - 8 pm

*We would like to extend our sincere
gratitude to those of you who have made
The Hair Club the success it is today,
and to welcome new clientele to our salon.*



Opening Tuesdays 11-7 Nov. 9th

23 Hamburg Turnpike, Riverdale, NJ 07457

973-838-0229

RIVERDALE



Pequannock Health Dept. conducted a clinic providing Flu Shots for the ...



Young...

and Old.



Fire Chief Dan Sturm



The Glenburn Estate



Jack Polhemus makes repairs to the Library. Jack figured out how to stop the rain from leaking into the building.



New building going up on the Newark Pompton Turnpike.



OEM Deputy Coord conducts a class for

DAILY NEWS



Proud Family of Joey Testino



Photography Contest at the Library.



The Farmers' Market closes down for the winter.



Director Russ Hatzel of the CERT Team.

Russ presented a typical home first aid kit at the CERT class.

The members of the Armed Forces serving in Iraq, Afghanistan and elsewhere need our help in providing them many of the necessities for every day living. Let's show them we care and support their dedication and devotion to service.

The special price for mailing a box of supplies to members of the Armed Forces anywhere in the world is \$10. You can make a check out to the Borough of Riverdale. In the memo indicate Food Pantry-Armed Forces. Drop off your donations at Circle Auto Parts or the Borough Hall.

Remember our Armed Forces

FOOD ITEMS

Oatmeal Packets
Power Bars
Gatorade
Propel Packets
Hard Candies
Slim Jims
Beef Jerky
Sunflower Seeds
Other non-perishable foods

TOILETRIES

Gold Bond Powder
Disposable Razors
Shaving Cream
Unscented Soap
Deodorant
Toothpaste
Tylenol/Advil/Motrin
Pepto Bismol Tablets
Eye Drops
Tissues
Q-tips
Unscented Baby Wipes

PERSONAL ITEMS

Sunblock
Playing Cards
Crossword Puzzles
Magazines/Books
Used DVD's
Paper & Pens
Hand Sanitizer
Hand/Foot Warmers
Winter Gloves

**The Holidays will be upon us before you know it!
Please help restock the Riverdale Food Pantry.
Drop off your donations at Borough Hall.**



Newer smoke alarm recommendations and technologies now provide greater levels of home fire protection than ever before. Unfortunately, many people still do not know about these updated recommendations, nor do they have this level of fire protection in their homes. In an effort to better educate the public about these critical home fire safety issues, the nonprofit National Fire Protection Association (NFPA) has developed "Smoke Alarms: A Sound You Can Live With!" as the theme for Fire Prevention Week.

- Smoke alarms should be installed on every level of the home (including the basement), outside each sleeping area, and inside each bedroom. Larger homes may need additional smoke alarms. Never remove or disable smoke alarms.
- Interconnection of smoke alarms is highly recommended; when one smoke alarm sounds, they all do. (This is particularly important in larger or multi-story homes, where the sound from distant smoke alarms may be reduced to the point that it may not be loud enough to provide proper warning, especially for sleeping individuals.) A licensed

electrician can install either hard-wired multiple-station alarms., Wireless alarms, which manufacturers have more recently begun producing, can be installed by the homeowner.

- There are two types of smoke alarm technologies – ionization and photoelectric. An ionization smoke alarm is generally more responsive to flaming fires – like a pan fire or the smoke from cooking. A photoelectric alarm is generally more responsive to smoldering fires – like a cigarette, overheated wiring or something hot like a space heater. Install both types of alarms in your home or combination ionization and photoelectric alarms that take advantage of both technologies.
 - Test smoke alarms at least monthly by pushing the test button. If an alarm "chirps," warning the battery is low, replace the battery right away.
 - All smoke alarms, including alarms that use 10-year batteries and those that are hard-wired alarms, should be replaced when they're 10 years old (or sooner) if they do not respond properly when tested.
- We strongly encourage you to discuss fire safety with your family members including the importance of smoke alarms.

Presented by the Riverdale Fire Department.

Riverdale CERT Conducts *Are You Ready?* Event.



On October 21, the Riverdale Community Emergency Response Team (CERT) held a demonstration and instructional session on the contents of an efficient home first aid kit and the importance of owning and monitoring



residential fire extinguishers. Police Officer and OEM Deputy Coordinator Russ Hatzel conducted the session. The community input revealed that most of the attending team members and residents had many of the recommended items for a first aid kit in their homes, but few acknowledged that the items were assembled together in an easy-to-access kit, or in a recognized location by all family members. All attendees were encouraged to assemble a kit, with a target goal of November 1.

The CERT Team has developed a list of recommended items that can be included in a good home first aid kit, including many items that are not in most pre-assembled, commercially available kits. A copy of the CERT recommended list will be available at the Borough Hall and Library and the town's website www.RiverdaleNJ.gov. Submitted by OEM Public Information Officer Joan Garcia.

YOUR RIVERDALE EXPERT REAL ESTATE AGENT



Luxury Home Specialist
 E-PRO – Internet Marketing Specialist
 SRES – Senior Real Estate Specialist
 SFR–Short Sale & Foreclosure Resource

**For Best Results & Service
 call Tina Santangelo-Cali
 973-493-1477 - CELL**

www.TinaCaliRealEstate.com

Serving: Morris, Passaic, Essex & Bergen Counties



GEMINI LLC Realty
 197 Berdan Avenue
 Wayne, NJ 07470
 973-696-1111 ext. 145
 973-493-1477 – Cell

**No. 1 C-21 in
 Northern NJ**

TINA'S RECENT SALES - SELLING EVERYWHERE!

W. Orange Sold in 2 Wks!	Pompton Plains Sold in 2 Days!	Little Falls - Listed & Sold in 2 Wks!	Wanaque 55+ Sold in 2 Mths!	Pompton Plains Short Sale 1 wk!

UNDER CONTRACT IN RIVERDALE! FOR SALE AT THE GRANDE IN RIVERDALE!

Rock Creek Riverdale Sold in 30 Days	Riverdale Sold in 2 Days!	The Grande 2 Bedrooms, 2 Baths \$287,400	The Grande 1 Bedroom w/Den \$268,900	The Grande 2 Bedrooms, 2 Baths \$339,900

Riverdale Art Center at the Community Center



Save the Date:

Come Celebrate the RAC's First Birthday!
November 20th from 6 to 9:30 PM, with great music and catering by Farm 2 Bistro.

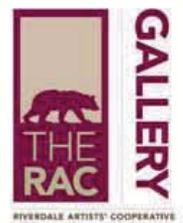
Fantastic silent auction including original artwork, jewelry, antiques, and one week at a magnificent resort property in Jackson Hole, Wyoming, and much, much more!

Event will be down the street from the RAC Gallery at the Riverdale Community Center, 57 Loy Ave (handicapped-accessible).

All donations will support our ongoing efforts to enrich our community through art.

Please RSVP to info@riverdaleartcenter.org to reserve your table today!!

The Riverdale Art Center (The RAC) is a nonprofit organization dedicated to enriching the lives of individuals, families, and communities through art. We encourage you to become a member today! With grant money for the arts severely curtailed due to the recession, the only way for The RAC to survive is through your generous support.



Free Basketball Clinic

Improve your game in just a few hours on Saturday,

November 20. Boys and Girls, ages 7 - 12, beginning at 10:00 am until 2:00 pm. Free lunch will be served.

Riverdale SCHOOL GYMNASIUM.

You will learn ball handling, shooting skills, passing, defense, give and go's, and a lesson from the Bible.

To register call 973-835-3275 or email riverdalebaptist@yahoo.com.

Don't miss this fun, free, safe, skill-building event!



• AUTO REPAIR
• SNOW PLOWING
• FLAT BED SERVICE
• HEAVY DUTY TOWING
• RECOVERY

10% OFF All Repairs

Does not include fuel sales. Coupon must be presented at time of order. Cannot be used for prior sales.

Expires 12/31/10

973
839-6710

Rick Malanga
39 Hamburg Turnpike, Riverdale, NJ 07457

Private Guitar Instruction with Frank Migliaccio!

Study with a professional instructor and WPU graduate with Over 20 years of experience and a proven teaching method.

Comprehensive curriculum includes customized lessons, songs, rhythm guitar, soloing, reading and music theory.

Learn in the comfort of your own home. All levels accepted.

Call Frank Migliaccio at 973-616-2753 or e-mail Fcmlessons@cs.com for additional information and availability.

MICHAEL J. BERTHA

CERTIFIED PUBLIC ACCOUNTANT

TAX PREPARATION & ACCOUNTING SERVICES

PHONE: **908-294-1521**

RIVERDALE
NEW JERSEY

EMAIL: MIKE07023@VERIZON.NET



Century 21
Gemini LLC Realty

Tina Santangelo-Cali
Sales Associate
REALTOR®

197 Berdan Avenue
Wayne, New Jersey 07470
Business (973) 696-1111
Fax (973) 696-0805
Cell (973) 493-1477
Email: teedavcali@aol.com
www.homesbyTinaCali.com

Each Office Is Independently Owned And Operated

Maria Sciarra NMLS#211678

Laurel Gesimondo NMLS206151



EquitySource
Home Loans, LLC

"More Than Mortgages - Solutions"

Always Professional... Always Confidential
Service You Can Trust!

Over 45 years of combined experience ~ Complimentary Consultations

Licensed by the New Jersey Department of Banking and Insurance
Corp NMLS#1027 Branch NMLS#240979
28 Lakeside Avenue, Pompton Lakes

Purchases Refinances

Residential Commercial

862-248-0400

**Please Support Our Sponsors!
They make this Monthly
Newsletter Possible!**



People on the Edges

Give the Gift of Art to your loved ones this holiday season. Please join us at The RAC Gallery on November 20th from 3 to 6 PM for the opening of "Big Ideas -- Small Packages." Reasonably-priced holiday gifts. Show runs until December 12th. RAC Gallery, 2 Newark-Pompton Turnpike, Riverdale, is open Thursdays, Fridays & Saturdays from 12 to 6 PM and Sundays from 12 to 4 PM.

RIVERDALE ARTIST' COOPERATIVE

FEATURING // Praba Sahasrabudhe • Salvatore Reale • Pat Rosenthal • Diane Neglio

OCTOBER 15 TO NOVEMBER 11 // ARTIST RECEPTION • FRIDAY OCTOBER 15 • 6PM TO 8PM

RAC GALLERY
2 NEWARK-POMPTON TURNPIKE
RIVERDALE, NEW JERSEY 07457

FOR MORE INFORMATION VISIT
www.riverdaleartcenter.org
OR CALL 973.513.9250

If you found a gun laying around, would you know how to handle it?



The Riverdale CERT Team is dedicated to providing emergency services in the event of a disaster, and to educating our residents on the safety of their family in and around their own homes. Responding to the increasing number of firearm mishaps, the CERT Team will be offering a course developed by the National Rifle Association (NRA) to anyone unfamiliar with guns or who needs a to learn gun terminology.

In this four hour course residents will receive the NRA's Home Firearm Safety handbook; pamphlets on safety and firearm terminology; and lessons on the rules of safe gun handling. Students will also get hands-on experience with the most common types of handguns, rifles and shotguns. The course will make residents familiar with gun handling whether they own or intend to own a firearm, or in the event they find a gun and don't know how to handle it until it can be turned over to proper authorities.

Class is open to all CERT members and any other interested residents. Class size is limited. Please contact Linda Roetman 973-835-4060 Ext. 6 to pre-register.

There are no pre-requisites for taking this course and the material can be understood by mature people of all ages. The class will be held at the Riverdale Police Pistol Team Range, 2 Dalton Drive.

Residents who attend will receive a course completion certificate.

November 4
6:30 to 9:30 Lesson

November 18
6:30 to 9:30
Complete Class &
Firearm Demo

Veteran's Day - November 11



November 11 is the day we celebrate and honor all of our veterans. November 11, 1948 is the birthday of a Riverdale resident who was killed in Vietnam while serving our great country. Below is taken from the Virtual Wall:

At 1300 on 12 March 1970 four UH-1H aircraft for the 128th Assault Helicopter Company departed Phu Loi Airfield on an extraction mission, tasked with transporting 67 soldiers from a pick-up zone at YS3880 to Fire Support Base Rhode Island. The trip to the PZ 1H and the pick-up were uneventful. About 3 minutes after lift-off from the PZ, CHALK 4 (UH-1H tail number 66-01207) radioed that he had an engine failure and was going into the trees. The crash was not survivable and 13 men died.

The initial impact of the fuselage with a tree resulted in an explosion and the UH-1H fell flaming to the ground. On ground impact further explosions occurred, and 2 to 3 minutes after impact a tremendous explosion threw debris some hundreds of feet into the air.

CHALK 4's pilot decelerated rapidly and had near-zero forward velocity when the aircraft's tail boom impacted a tree top, spinning the UH-1H into the trees.

WO Jay Durand was survived by his wife, Sandra (Adornetto). His mother- and father-in-law are Sam and Joan Adornetto of Munn Ave.



mother- and father-in-law are Sam and Joan Adornetto of Munn Ave.

Resquiat in Pacem

Jay Dandurand

November 11, 1948
March 12, 1970



Established 1958 by the Meier Family

Homemade Hard Ice Cream

Soft Ice Cream

Soft Frozen Yogurt

No Fat-No Sugar Ice Cream

Full Menu of Take-Home Desserts

Custom Designed Ice Cream Cakes - Our Specialty!

Wholesale & Catering

**ALL menu items are ALWAYS
made fresh on the premises!**

Save \$2.00 off Any Cake

One coupon per cake order. Not valid with other offers.

Expires 12/31/2010

30 Route 23 North, Riverdale 973-839-0198

Visit us on Facebook at www.facebook.com/curlys

Riverdale News & Events

Post Office Box 6
Riverdale, New Jersey 07457
www.RiverdaleNJ.gov

PRESET STD
U.S. POSTAGE

PAID

PERMIT NO. 6438
PHILA PA 191



Dr. Joseph J. Young
Chiropractic Physician

7 Newark-Pompton Tpke
Riverdale, NJ 07457
Office: 973-831-1100
Fax: 973-831-6622
www.cornerstonespine.com

"Building the Foundation to A Healthy Spine"

- Chiropractic Manipulation
- Pro-Adjuster Technique
- Spinal Decompression (IDD Therapy)
- Physical Therapy
- Massage Therapy
- Manipulation Under Anesthesia (MUA)

New Art Therapy Workshops

The American Art Therapy Association describes Art Therapy as a mental health profession that uses the creative process of art making to improve and enhance the physical, mental and emotional well-being of individuals of all ages. It is based on the belief that the creative process involved in artistic self-expression helps people to resolve conflicts and problems, develop interpersonal skills, manage behavior, reduce stress, increase self-esteem and self-awareness, and achieve insight. Art Therapy sessions involve using a wide variety of art materials, such as paint, collage and sculpture, to create a visual representation of thoughts and feelings.

We are located in Riverdale and if

you are resident of any of the surrounding communities in Morris, Bergen or Passaic counties, one of our art therapy groups might be for you.

You don't need to be an artist to participate. Everyone is welcome to join an art therapy group regardless of artistic skill level. Art therapy is about the process of creating art and visual expression rather than creating a perfect image. No prior experience with art is required.

The Rainbow Bridge Club is dedicated to supporting individuals who have lost a pet or a companion animal. Through the use of various art materials and guided projects, individuals in this group will begin to explore healthy ways to process their feelings and

emotions regarding their loss.

This group will be led by Suzanne Martino, professional Art Therapist and Certified Pet Loss and Bereavement Counselor.

Creative Wellness for Women is dedicated to women who are survivors of cancer. Through the use of various art materials and guided projects, individuals will learn healthy ways of processing their emotions and feelings while discovering inner strengths through personal imagery. This group will be led by Art Therapist Lisa Donohue-Olivieri.

