

Riverdale News & Events

A Monthly published by the Riverdale Mayor and Council

Vol. 5, No. 5

www.RiverdaleNJ.gov

February 2010

Haitian Relief

Riverdale Reaches Out to Haiti

Even though there is so much information flooding the media regarding the

devastation in Haiti, it is often difficult to know what you, as an individual can do to help. It is overwhelming to watch the images of the people of Haiti and do nothing. It is that frustration that has led me to spearhead a fundraising campaign allowing each resident of this small town to reach out to each resident of that small island. A door-to-door fund raising campaign is scheduled for the weekend of February 20-21. Residents can volunteer a few hours of their time to collect money from their neighbors. One hundred per cent of the money collected will be given to **Doctors Without Borders**.

This renowned organization had been serving the people of Haiti long before the recent disaster. They have

been providing necessary services in Haiti for the past 18 years and are now overwhelmed and under-funded. This is our chance to help, to make a difference, to know that we reached out when it mattered most. Anyone interested in participating in this project is asked to attend a short meeting on Friday, February 19 at 7:00 pm at the Senior Community Center. We will distribute assignments and information that evening. Collections will be made during the hours of 9:00am to 9:00pm on Saturday, February 20 and Sunday, February 21. A minimum of \$1 per person per household would be a great place to start, although we would gladly accept any amount that you would like to donate. Please consider being part of this worthy project; it will take many volunteers to make this a huge success. Come with your friends, neighbors, your spouse, your children...just come. I look forward to seeing all of you on Friday, February 19 at 7 PM at the Community Center. *Elaine Wetzel*



Governing Body Reorganizes Councilwoman Donna Bush Retires after 15 years



Assemblyman Alex DeCroce presents Donna Bush with a Proclamation from the Legislature.



Freeholders Gene Feyl and Margaret Nordstrom present Donna a Freeholder Proclamation



Councilmen Paul Carelli and Steve Loesner take oath of office.



Donna Bush and family with Freeholder Doug Cabana at the Council Meeting honoring her for her 15 years of service to the Borough.



Fire Captain Jim Regeling; Assistant Fire Chief Jim Regeling, Jr; Chief Dan Sturm are sworn into office during the Council Reorganization.



Riverdale Borough made of the best people on earth.



Cub Scout Troop 388's Eagle Patrol receiving the Arrow of Light Award at the Riverdale Community Center on January 29. Congratulations!!

Joseph Soto achieves Arrow of Light Award



Soto Family: Joe, Tyler, Joseph, Ryan, Kim and Matthew.

The Eagle Patrol members receiving the Arrow of Light Award were: Steven Brautigan, Andrew Carroll, Mark Diamond, Matthew Drexler, Michael Haidacher, Jackson Hayes, Brian Kachur, Nicholas Kiritsis, Christopher Mancinelli, Peter Puleio, Nicholas Prisco and Joseph Soto. Thanks to Den Leaders Michelle Haidacher and Carol Brautigan and Cubmaster Jim Puleio

Cleanup at the Glenburn



Volunteers from the Riverdale Land Conservancy and the Passaic River Coalition spent a number of hours on Sunday, January 24 ripping out the old kitchen at the Glenburn Estate in anticipation of the next round of renovations. This volunteer work will save thousands of dollars from the next contract. Thank you!



Vacamas Offers Healthy Lifestyles Teen Camp

In response to the growing concern over eating and exercise habits among teenagers today, Vacamas Programs for Youth will offer a 19-day 2010 summer session entitled *Healthy Lifestyles*, which will address these issues through an exciting, dynamic program designed to help teenagers develop healthy eating habits and to encourage physical fitness.

In addition to enjoying a terrific sleep-experience and activities, teens will learn exercise and nutrition can boost energy levels. Has your teen been looking for ways to eat better and learn how to prepare tasty meals? Extensive cooking classes will encourage healthier choices. Youngsters will leave camp with an exercise and nutrition plan, with follow-up throughout the year.



to enjoying a way typical camp enrolled how proper nutrition can

Camp Vacamas is located in West Milford and is ACA-accredited. In addition to specialized activities, *Healthier Lifestyles* campers will participate in regular daily programming including: swimming lessons, hiking, backpacking, challenge course, sports, arts and crafts, drama, woodshop, boating, overnight camping trips, dance, cooking classes, campfires and much more!

Camp Vacamas offers reasonably priced tuition fees on a sliding scale based on income and family size. We also offer discounts for union members. Scholarship assistance is available based on financial need.

Vacamas has developed a variety of individualized Teen Programs for campers ages 13 to 16 designed to foster independence and provide challenges matched to each teenager's individual interests. Our other Teen offerings include: Lifeguard Training, Performing Arts, Leadership-in-Training; four adventures programs: Backpacking, Biking, Canoeing and Rock Climbing; and two sports programs: Basketball and Sports Skills and Drills.

To sign up, contact our Registrar in NJ at 973-838-0942. You can also email: registrar@vacamas.org.

Pequannock River Coalition

To help our organization grow it is necessary to tell people who we are and what we do. One way we do this is to mail information to citizens in our watershed. You can give us a hand!



On Wednesday, February 3 and again on Wednesday, February 10, volunteers will meet at the Kinnelon Library from 12:00 to 3:00 to assist with a mailing. These are easy tasks involving stuffing and addressing envelopes, but very time-consuming for one person. Many hands make light work!

Our members know that anytime PRC folks get together, we have fun, no matter what we are doing. So, please join us for a rewarding and enjoyable afternoon. Coffee and donuts provided. No tools necessary—just you!

Kinnelon Library, 132 Kinnelon Road, Kinnelon
www.pequannockriver.org 973-492-3212

Senior Moments

The first meeting of the year and month for the Seniors was held on January 4. Installation of officers was held, with Municipal Clerk **Carol Talerico** conducting the ceremony. The officers for the new year are: **President Irene Moehring, Vice-President Loretta Lippens, Secretary Jean McMichael and Treasurer Laura LaRosa**. The new and old officers immediately stepped into their positions and a good meeting was held. The new Trip Committee, consisting of **Joan Zulauf, Gerry Mahler and Annette Lucente**, were busy signing up members for the three upcoming trips of the year. Delicious desserts, coffee and tea were enjoyed by all. ♦ The second meeting was held on the 18th. A rousing chorus of *America* was led by **Gordon Davis** getting the meeting off to a good start. President Irene Moehring conducted her first meeting and did a fine job. She asked that people continue to bring in the front portion of their Christmas cards. She has a worthy charity that is glad to receive them. Vice-president Loretta Lippens gave us a list of activities and events available in the community, enough to keep busy for a while. Loretta was honored for her fine job as past president, and was presented with a beautiful bouquet of flowers. ♦ Members who celebrated 80+ birthdays in January were Gold Star members **Frank Claudio and Ruth Lambert; and Joan Adornetto and John Moody**. ♦ Following the meeting we were treated to a delicious sandwich luncheon. ♦ You have been doing a great job remembering the **Food Pantry**. Keep up the great work. *Presented by Marion Davis.*

Announcements

Ryan Cleary and Dana Damico,

both 2008 graduates of PLHS, became engaged on Christmas Eve. Ryan is a PO 3rd Class in the US Navy and



Dana is a business and marketing major at Ramapo College. A 2011 wedding is planned.

Happy 14th Birthday to **Nicole Lotterman** on February 12!! Lots of Love from Mom, Day, Kaylee, Cody (woof!), Grandma Helen & the rest of the family!

Happy Birthday, **Adam Budesheim**, on February 5. Happy Birthday, **Gregory Budesheim**, on February 27. Love from all the family.

Happy Birthday, **Joseph Soto**, on February 17. We love you! Love, Dad, Mom, Tyler, Ryan and Matthew.

Douglas and Sherry Fritsch are pleased to announce the engagement of their daughter, **Tara Noelle Fritsch to Charles Francis Moran VI**, son of Charles and the late Marguerite Roselli Moran of Washington Township. An October 9, 2010 wedding is planned.

A very Happy 4th Birthday on February 28 to **James & Julia Regeling!!** We love you both very much, Mommy and Daddy!



Happy February Police Department Birthdays to **Patrolman Charles Quant Jr.** (3rd), **Sgt. Glenn Danzo** (10th) and **Chief Tom Soules** (19th).

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

NO Parking on Borough Roads when Snow-covered. Please do not shovel, plow or throw snow back into the streets.

R I V E R D A L E

Public Library

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

HOURS

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

www.riverdalelibrary.org

Registration required for all programs
973-835-5044

INFANT & PRE-SCHOOL PROGRAMS

Winter Session runs through March 17.
No Babytime or Totally Twos on February 15.

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

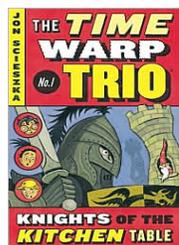
Totally Twos — For 2 year olds with a caregiver. Mondays, 10:15 – 10:45 am.

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

AFTER SCHOOL PROGRAMS

Puppy Pals Reading Club

Kindergarten – 5th grade.
2nd Tuesday every month. 4:00 – 5:00 pm.
February 9 and continuing throughout 2010.



Breakfast Book Club

Grades 2-5.
Pick up your copy of *The Time Warp Trio: Knights of the Kitchen Table* by Jon Scieszka starting Feb 20th. Book discussion for children and parents, with craft and breakfast, Sat, March 20, 10:15–11:30 am.

Lego Lab

Kindergarten – 5th grade.
Fourth Tuesday every month from 4 to 5 pm.
February 23 and continuing throughout 2010.

Gingerbread House photos ready for pickup!

TEEN PROGRAMS — Grades 6 and up

Teen Book Discussion Group

Tuesday, February 16, 6:00-7:00 pm.
The Absolutely True Diary of a Part-time Indian by Sherman Alexie (One Book New Jersey choice for Teens for 2010). Sandwiches or pizza served. Sign up now and pick up your copy!

Teen Craft

Tuesday, March 2, 6:30–8:00 pm. *So You Sewing and Design Studio* will be at the library to lead us in another fun teen craft.

MONTHLY

Photography Club—Monday, Feb 22.
7:00-8:00 . All Photographers welcome! Learn! Share!



NEW READING IDEAS

Check out our new display on books on organizing.

Book Page

Free magazine with recommendations.
Donated by the Friends

New Book Room

Don't forget to visit!

JANUARY HIGHLIGHTS

Mary Ryzuk of the Traveling Stage belts out Broadway tunes at Ethel Merman's living biography performance on January 21st. This was the second of two programs funded by friends in memory of Carol Murphy.



The **Breakfast Book Club** fashioned fantastic flying mobiles following a discussion with

both children & parents about Amelia Earhart. *Mobiles are on display in the Children's Room.*

FEBRUARY ADULT BOOK DISCUSSION

February 22—6:30—8:00 **1984** by George Orwell

Read the book you've always heard about! A story of impossible love and tragic betrayal set in the twisted, horrific world of "1984", where the world is a power-play and contemporary man is a non-entity controlled and watched by Big Brother.

Garden Club—Tuesday, Feb 23, 7:00 - 8:00 pm
Gardening for everyone, in every season!

Gypsy Knitters—Every Thursday 4:00 - 8:00 pm.
Bring a project and join in!



Sandra Izzo: Food Focus - Water



Most of us are aware of the importance of drinking enough water. Getting our daily requirement of water helps our organs perform their functions, keeps our skin clear and hydrated, and allows physical action in our bodies to flow smoothly. Even with this knowledge, it can still be challenging to drink all the water our bodies deserve daily. Those who are not drinking enough

may experience poor digestion, sluggish thinking, skin breakouts, headaches, bad breath and general fatigue.

To start your day right, set a large glass of water by you bed each night and drink it when you wake up. When the first thing that flows through your body each morning is water, it pulls out toxins left over from the previous day and freshens your system for the day ahead. Keep a bottle of water accessible throughout the day, whether you are on the go or at a desk. Having one close by will remind you to take a sip when thirsty. The first sip will usually let you know how much more water you need. A sip or two may be enough, or you may need a big glass. If you drink most of your daily water before early evening, you most likely will not be thirsty before bed. This is good, because drinking before bed, and then waking to use the bathroom, disturbs your peaceful night's sleep.

What about quality? Some people like bottled water, while others prefer filtered water. The key is to like the taste of the water you are drinking, and the water should agree with your body. If the taste of plain water is unappealing, experiment to see how you can make it tasty and drinkable. Adding a few mint leaves, a wedge of lemon, a sprig of parsley, slices of cucumber, a twist of lime or a squeeze of orange are great ways to make water more tempting or to jazz up your water routine. Also, drinking tea or juice and eating raw fruits and vegetables contribute to the hydration process.

www.wellnesssense.com

Recipe of the Month: Ginger Drink

Prep Time: 7 minutes; Cook Time: 24 hours; Yields: 6 - 8 servings

Ingredients

- 1 pound fresh ginger root
- 2 liters of water
- Juice of 2 limes
- Maple syrup or agave nectar to taste



Directions

1. Thinly peel the fresh ginger, grate and mix with water in a large sauce pan.
2. Bring to a boil and simmer for 4 minutes. Cover the pan, turn off heat and leave for 24 hours.
3. Strain the liquid through a fine mesh sieve.
4. Add the lime juice and maple syrup or agave. Still until dissolved. Serve chilled.

Tea Kills GI Germ. A new study indicates that the special **polyphenols** in tea can protect us from bad bacteria in our intestines. In a cell culture, researchers found that a weak solution of tea polyphenols greatly inhibited the growth of E. coli, salmonella, and other bad bacteria such as bacteroides and clostridium. However, the good "probiotic" bacteria were not affected at all, but could continue to grow without the competition of bad bacteria. That's an excellent combination of effects, and a great example of Nature's ability to balance things out.

Taken from The Natural Woman.

Pre-School Openings for 2010-2011. Riverdale School announces the inclusive pre-school program for the 2010-11 school year. Five tuition openings exist for the a.m. session and only one for the p.m. An open house program is planned for Thursday, February 18 at 7 pm. Learn more about the program and the registration process, which will begin on Feb. 19. Students must be at least 3 years old by Oct. 1, 2010 and toilet trained.

Kindergarten Registration. If your child will be 5 years old by October 1, 2010 he or she is eligible to attend Riverdale's full day Kindergarten program. Call or stop by the school for further info.

Report Cards will be distributed on February 5th.

Annual Geography Bee. Congratulations to seventh grader **Tyler Soto**, who emerged as the champion of Riverdale's annual Geography Bee. As school winner Tyler will represent the district in the next level of competition. Other contestants included: **Dennis Schuck, Mackenzie Failla, Richard Osborne and Samantha Galletta.** Eighth grader **David Knapp** was runner up.

School Community Service Goal. One of our school goals this year focuses on student involvement within the community. Since September, all students in grades Pre K - 8 have been involved in community outreach activities. This effort will continue for the remainder of the school year and hopefully instill in the children the desire to give back to their community for years to come.

Fifth grade students celebrated their Native American study with a Kachina Festival, showcasing the Kachina dolls they created in art, as part of an interdisciplinary study.



HELP WANTED: Transportation Aide to ride in van with driver and a couple of pre-schoolers each day school is in session. 7:45 - 8:15 AM and 11:10 AM - 12:10 PM. Send letter of interest to Dr. Betty Ann Wyks at the Riverdale School.



The Riverdale Woman's Club

Has scheduled its first meeting of 2010 for Wednesday, February 3 at 7:30 PM at the Senior Community Center.

The program for the evening will be Valentine's Romance Storyteller, **Fred Quinn.** All women are invited to join us for this entertaining program and for a chance to learn about the work of the Club.

Fred Quinn, storyteller

Fred Quinn spends most of his time composing, collecting and listening to stories. He performs in schools, nursing homes, at outdoor festivals and for community groups.



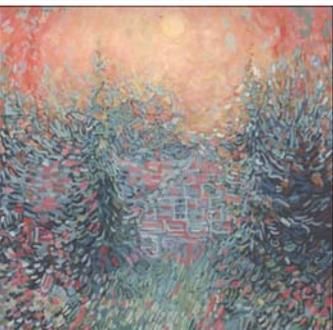


Saturday, March 27 will be the **Casino Night Featuring Texas Hold ‘Em** at the Route 23 Automall in Butler. We are offering a **Grand Prize of \$5,000** or a seat at a World Series of Poker Event. Final table players receive special gift bags and valuable prizes. There are 200 seats available, and those who register online receive 1,000 bonus chips. Ticket prices start at \$100 (includes buffet dinner, wine and beer) or \$150 ticket includes entry fee, buffet dinner, wine and beer. The doors open at 6:00 PM and the first card is dealt at 7:00. Blackjack, 50/50 and raffle prizes are also available.

For more information call **866-451-6691** or **862-200-5848** and ask for Mike Anastasiou.

All proceeds to benefit **Push to Walk**, a specialized exercise facility for people with spinal cord injuries and paralysis. Permit # 10005739; Raffle License #969 & 970.

www.PushtoWalk.org. Push to Walk is a registered 501C(3) non-profit organization. Tax ID# 20-8059368.



Renowned Cape Cod painter **Carl Richards** will return to his childhood home, now the Riverdale Art Center (RAC), for a retrospective art exhibition of his collective works from February 4 through March 28, 2010. A natural born artist since the age of four, Carl ran the Richards Funeral Home next door to the RAC with brother Lee until he suffered a near-fatal stroke ten years ago. That near-death experience was transformative: at first, he was unable to see colors. Richards left the funeral business to live in Cape Cod and pursue his passion for art with a profound reverence for the natural world. He specializes in abstract, vibrant paintings using acrylic and oils.

Now fully recovered and a very successful painter, Carl saw a newspaper article about The RAC opening and offered to hold his first New Jersey show right here—is his ancestral home. It will indeed be a homecoming for Carl and a dream come true for him to fill The RAC with his paintings.



The Carl Richards retrospective art exhibition, *More Than Meaning*, will run from February 4 through March 28 at The Riverdale Art Center. There will also be an artist’s reception held on Saturday, February 6, from 4 to 7 PM. The RAC is located at 2 Newark Pompton Turnpike.

Carl Richards is currently a member of the Cape Cod Art Association, and is associated with Barnstable, Creative Arts Center, Cape Museum of Fine Art, Star Gallery and the Harvest Gallery. He received first prize for *Les Fleurs Jolie* from the Cape Cod Art Association in 2004, Best Non-Representational, *Stand of Trees in Winter*, Falmouth Artists’ Guild in 2003, and Juror’s Choice Awards from the Falmouth Artists’ Guild in 2004 and 2005.



8th ANNUAL BOOK SALE Friends of the Riverdale Library

Over 6,000 books will be on sale at the 8th annual book sale sponsored by the Friends of the Riverdale Public Library at the Senior Community Center on March 26 (4–8 pm), 27 (10-4) & 28th (12-3pm).

Donations are accepted through Friday, March 19, at the library. Books in good, saleable condition can be dropped off during normal library hours. Volunteers are still needed to help pack during the week. Training provided. Call Abby at 973-835-5044. Last year the Friends raised over \$4,500 used for special children’s programs, large print books and the travel collection.



The Auxiliary of the Riverdale Fire Department will be holding its 11th Annual All-You-Can-Eat Spaghetti Dinner on April 24, 2010, between 4:30 PM - 7:30 PM at Riverdale Firehouse, 56 Post Lane. The menu consists of spaghetti and meatballs, salad, bread, dessert and beverages. The tickets will remain at the same low price: \$7.00 for adults, \$6.00 for seniors and \$5.00 for children 12 and under. With advance notice, Riverdale Senior Citizens may place orders for home delivery if they are unable to attend. Jean 973-835-0137 or Dorothy 973-839-0943.

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.

RECREATION DEPARTMENT PROGRAMS

(973) 706-6471-Office

jcarelli@riverdaleborough.com

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

ADULT CRAZY BOWL

Let the Good Times Bowl!

Saturday, February 20th / 7:30pm Boonton Lanes
(Located immediately off of Route 287 S Ext Ramp)
Cost: \$25 Per Person

MUSIC & LASER LIGHT BOWLING ALL NIGHT

Sign Up ASAP to reserve your Lane:

(973) 706-6471 Riverdale Recreation Office or
(973) 839-8580 Kari McCarthy, Rec Dept Member

YOGA

Riverdale Community Center

Every Thursday / Starts March 11th / 7:30-8:45pm
Cost: \$6.00 Class
Call to sign-up: (973) 706-6471
Community Center Office

BROADWAY SHOW—JERSEY BOYS

The Story of Frankie Valli & The Four Seasons

Tuesday, April 20th / Showtime: 7:00pm
August Wilson Theatre

245 West 52nd Street New York, NY
(Bus Depart Riverdale Community Center 5:00pm)
Cost: \$117.00 per person
(Includes Round Trip Luxury Bus Transportation
& Front Mezzanine Seating)

Call Now to Reserve:

Recreation Dept Office (973) 706-6471
Rec Dept Member-Anne Gould (973) 248-9663
DEADLINE: Feb 28th

Please note that there will be no refunds if you need to cancel your attendance.



Men's Winter Basketball

Riverdale School Gymnasium
EVERY MONDAY, 7:00pm - 10:00pm
FREE Pick Up Games
Must be 18 years or older to play.

Riverdale Rec Swim Academy

New York Sports Club, Route 23 South, Butler
2nd Session Begins: March 8 thru May 2
(SAT & SUN Classes) - DEADLINE Feb28th
Cost: \$120 per child (ONLY \$15 Class!!)
Sign Up: (973) 706-6471 Rec Dept Office or
(973) 879-1640 JoEllen Schrock, Rec Dept Member

Teen Fantasy Drawing Class

Riverdale Community Center
Teen Students (Ages 13 thru 18 years) / Friday's
4:30pm—6:00pm / Instructor: Julian Tejera
Cost: \$195/students / Material Provided: Cost for materials will be advised @ first class (est. \$35)
Sign-up: (973) 706-6471 Community Ctr. Office

Tot's Music Class

Riverdale Community Center
(Recommended for 18 months thru 4 years old)
Bring your tot's in to participate in a comprehensive preschool music program.
Every Friday, 11:00 am - 12:00 pm
Cost: \$8.00 Class (\$10 Walk-in's)

Recreation Department Volunteers NEEDED

Senior Chair Aerobics—Instructor Needed

Call June Carelli, Rec Director @ 973-706-6471

***NEW* Pilates**

Riverdale Community Center
Tuesday's, 7:30pm (1 hr)

Classes will continue until Feb 16th
Class will resume late-Spring and/or Summer .

Instructor: Julia / Cost: \$6.00 per person

Bring a Yoga Mat or Towel. (no shoes required in class)

Call to sign-up or just come in!

(973) 706-6471 Community Center Office



WINE TASTING SEMINAR

Friday, March 12, 7:30pm-9:00pm
Riverdale Community Center

Cost: \$20 per person (includes Seminar, plus Fruit & Cheese)

Call to reserve seating: (973) 706-6471 Community Center

Presented by Mr. John Cillini of Vintage Asset Management.



***NEW* Senior Art Class -**

Riverdale Senior Community Center

FREE CLASSES (Thanks to the Riverdale Art Center!)

Thursday's, 1st Class Feb 4th —10:00am—11:30am

All Materials provided!

Experience Art Teacher, Pam Bagot, No experience is necessary!

Please call to sign-up so we know our Class Size. (973) 706-6471

MICHAEL J. BERTHA

CERTIFIED PUBLIC ACCOUNTANT

TAX PREPARATION & BOOKKEEPING SERVICES

RIVERDALE
NEW JERSEY

PHONE: **908-294-1521**
EMAIL: MIKE07023@VERIZON.NET

The Riverdale Food Pantry

While we could use whatever you may wish to donate, we are especially in need of:

- ◆ Canned vegetables & fruits
- ◆ Boxed rice, potatoes, pasta, noodles
- ◆ Cheerios, Corn Flakes, Rice Krispies, Wheaties, etc.
- ◆ Peanut Butter & Jelly;
- ◆ Pancake Mix & Syrup
- ◆ Box potatoes and rice
- ◆ Paper products: Tissues and towels
- ◆ Laundry and Dish Detergents
- ◆ Coffee, tea, and soups

A dripping faucet or fixture can waste 3 gallons of water a day...a total of 1095 gallons a year.

COC Enterprises LLC

Cleaning Organizing Consulting

If your space isn't becoming to you,
then you should be coming to me!

Linda Anders

Professional Organizer

Your personal catalyst to Conquer Clutter!

973-838-8298

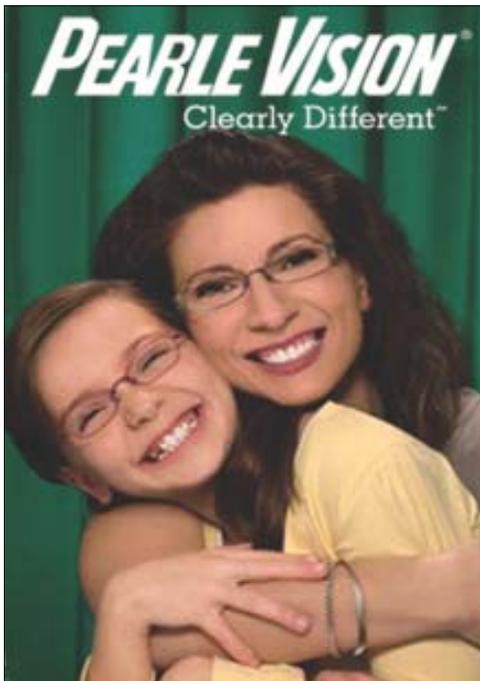
Email: COC.Enterprises@yahoo.com

Side effects of being organized?

- ☑ No wasted time on futile searches
- ☑ Entertain on a whim
- ☑ More piece of mind, instead of losing your mind!
- ☑ A place for everything & everything in its place
- ☑ Money in the bank, no more duplicate purchases
- ☑ 2 minutes VS 2 hours to find what you need!
- ☑ The luxury of free time
- ☑ Reduce your time spent cleaning



Don't
Forget
the Vet



FREE Eyeglasses

buy one, get one

Free eyeglasses or Rx sunglasses with
complete pair purchase

Free Pair includes a line bifocal
or no-line bifocal

MENTION THIS COUPON: Buy a complete pair (frame and lenses) at tag price and receive a free complete pair of eyeglasses or RX sunglasses - same prescription, valued up to \$300. Free pair must be of equal or greater value to free pair. Certain frames excluded including Maui Jim and Oakley. Cannot be combined or used in conjunction with any vision care or insurance benefits or plan, any state or other offer, discount or sale, previous purchases, readers or non-prescription sunglasses. Savings applied to lenses. Valid prescription required. Valid at participating locations. Void where prohibited. Some restrictions may apply. See store for details. Offer expires 6/30/2018.

Save 30% Everyday
on a Complete Pair
of Eyeglasses

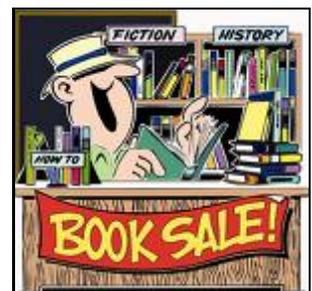
PEARLE VISION
RIVERDALE

92 Route 23 North (Next to Ruppert's)
973-248-1188

Eye Exams Available By Our Independent Doctor Of Optometry
We accept most insurances including Eye Med!

Did You Know?

- ◆ The first Native American reservation was in New Jersey, in the Watchung Mountains.
- ◆ The first FM radio broadcast was made from Alpine, NJ by Maj. Thomas Armstrong.
- ◆ Even horses have stage names. The real name of television's Mr. Ed was Bamboo Harvester.



Anyone interested in helping the Friends of the Riverdale Library get ready for the upcoming book sale, please call Library Director Abby Sanner at 973-835-5044.



Riverdale News & Events

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

Pre-sort Standard
U.S. POSTAGE
PAID
Wayne, NJ
Permit No. 426

The Health Department has arranged for **Vision Clinics** for **Pre-School** children:

- 3/10/10 - Holy Family Preschool, Florham Park
- 3/30/10 - Holy Spirit Preschool, Pequannock
- Riverdale residents are eligible to attend any one of these clinics. For more information please call 973-835-4060 x6 ask for Linda Roetman.

Postal Patron Local
ECR WSS
Riverdale, NJ 07457

Please Support Our Sponsors!



Hollywood Tans of Riverdale

92 Route 23 N • Riverdale NJ • 862-248-0830
(Next to Gold's Gym & Ruppert's)

15% off any \$50 Purchase

Complimentary First Tan all New Customers
Must present coupon. Not valid with other offers. Exp 2.28.2010

Gift Cards Available

Riverdale
News &
Events



TAN FOR FREE

SATURDAY, MARCH 6



HOLLYWOOD TANS

.OOK AMAZ NG FVFRYWHFRF.