

November 2011

Riverdale News & Events

Vol. 7 No. 2 *A Monthly published by the Riverdale Mayor and Council*

www.RiverdaleNJ.gov

Happy Thanksgiving

**Another Fright Night -
Another
Huge
Success!**



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Announcements



Happy 10th Birthday, **Kyle Clinton**, on November 1. Love, Mom, Dad, Emily and Reilly.

Happy 1st Birthday, **Gianna Natoli** on November 26! We love you!! Daddy, Mommy and Dyna

Happy 11th Birthday, **Frankie Negrini**, on Nov. 28! Love always, Daddy, Mommy, Sal, Nico, Frankie, Bella, Judge & KK.

Happy 15th Birthday, **Kevin Thomas**, on Nov. 22. We love you very much! Love Dad, Marybeth, RJ, Matthew, Kevin M. and the Dogs!!!

Happy Birthday to **Marian Budenheim** on November 24. Love from the whole family.

CLASSIFIED

Full Size Trampoline
FOR SALE \$50

Call
973-839-2874



Riverdale Seniors

The first meeting of the month was held on October 3. **President Irene Moehring** opened the meeting and made some announcements. **Chaplain Grace Chiesa** read two lovely readings. There were 59 members present. **Vice President Loretta Lippens** honored the October birthday celebrants with a little birthday reading, followed by a Happy Birthday song.

She announced a bunch of upcoming activities and explained what goes on. Art classes will be starting again. All supplies are included. Loretta always gives a thought for the day. Our annual Christmas party will be held at the Regency. Sign-ups are now being

taken. See **Lorraine Moody**. At the end of our meeting, members got to tell some of their good news. Following the meeting, we had a speaker from the Chelsea at Montville, who also provided entertainment and refreshments.



Hope to see you all at the next meeting.

The second meeting of the month was held on October 17. President Irene Moehring opened the meeting and made some announcements. Chaplain Grace Chiesa gave a nice reading. **Marion Davis** led the

group in singing *My Country Tis of Thee*. There were 58 members present. Payments for the Christmas will begin, see Lorraine Moody. Congratulations to **Monica Meade** and her husband on their recent marriage. The beautiful floral plantings outside the Community Center were donated by Home Depot. At the next meeting we will have a group picture taken, then go to Buffet 23. Payment will be taken there. There are 46 people signed up to go on the next trip to Hunterdon Hills. We had a guest speaker, Judy Bortman, who spoke on Safe Walking Tips. If you have photos from your trips or others, you may display them at the library. Until the next time, stay healthy and happy.

Presented by Marion Davis

FRIENDS



Riverdale Public Library

93 Newark-Pompton Tpke
Riverdale, NJ 07457-1426
973 835-5044

The Friends of the Riverdale Library have resumed their monthly meetings. Please join us on the third Thursday of each month.

This month we are meeting on
Thursday, November 17
@ 7:00 PM, Riverdale Library.

The Borough of Riverdale is again able to accept **computer monitors** and **televisions** as part of our recycling program.



Drop off your computers, monitors and televisions at the Municipal Building.

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 for adult programs and riverdalelibrarykids@nac.net for children's programs. You can also register online at www.riverdalelibrary.org!

INFANT & PRE-SCHOOL PROGRAMS

Fall infant and pre-school programs start the week of September 12 and run through the week of December 5.

Baby Time — Up to 2 yrs w/ caregiver. Mon, 11:00–11:30 am

Totally Twos — 2 yr olds w/ caregiver. Mon, 10:15–10:45 am

Story Time — Ages 3-5. Tue, 10:15–11:00 am or 1:30–2:15 pm

CHILDREN'S PROGRAMS

Puppy Pals Reading Club — Trained dogs will be at the library to listen to children entering grades K-5 read. Join us on **Wed, Nov 9th (2nd Wed of each month) from 4:00–5:00 pm**

Lego® Lab — Children in grades K-5 listen to a story and build creations out of Legos. **Wed, Nov 23th (4th Wed. of each month) 4:00–5:00 pm**

Breakfast Book Club — Book discussion for parents and children in grades 2 - 5 with craft and a potluck breakfast. Pick up your copy of *The Spiderwick Chronicles: The Field Guide* by Tony DiTerlizzi and Holly Black at the circulation desk. **Saturday, Nov 19 from 10:15 – 11:30 am**



Gingerbread Houses! — Celebrate the holiday season by making your own gingerbread house. **Sat. Dec 3, 11:00 am – 12:00 pm AND 1:00 - 2:00 pm.** We're offering two sessions for your convenience, please sign up for one.



TEEN PROGRAMS Grades 6 and up

Teen Advisory Board (TAB) — **Thur, Nov 3th (1st Thursday of every month) from 5:00–6:00pm.** Hang out with friends and tell us how you want your library to be.

Teen Book Discussion Group — Join us **Wed, Nov 16th from 6:00–7:00 pm** for pizza as we discuss *Everlost* by Neal Shusterman.



Holiday Sing-a-Long

Wednesday, November 30, 6:30-7:30 PM
Join us in song as we get into the holiday spirit! Sing-a-long lead by famous Riverdale resident, Leanne Weiss, and accompanied by William and Kevin Madden. Family fun for all ages!



HOURS

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

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.

Internet Challenge – Sat, Nov 5, 11:00 am
Power Point – Wed, Nov 9, 3:00 pm



GETTING THE MOST OUT OF YOUR PHOTOS

Bring your digital cameras if you like and learn how to enhance your digital photographs with Cassi Claire from Cassi Claire Photography, www.cassiclaire.com.



Wednesday November 9, 6:30 - 8:00 pm

JOB HUNTERS WORKSHOP

Starting **November 11**, the library will be holding informational, interactive, and instructional workshops to help **YOU** join the workforce of today. Join us, the second Friday of every month from **3:00-4:00 pm**.

JEWELRY MAKING CLASS

Carolina will introduce you to the craft of beading and jewelry making. You will construct a piece of custom jewelry that expresses you! Supplies provided but feel free to bring in anything you would like to add.

Wednesday, November 16, 6:30 - 8:00 pm

MOVIES AT THE LIBRARY

Join us for coffee, donuts, and exciting new releases!

Larry Crowne
Friday, Nov 18,
2:00 - 3:30 pm
99 min. (PG 13)



The Polar Express
Saturday, Dec 10,
1:00 - 3:00 pm
100 min. (G)

ADULT BOOK DISCUSSION

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!

November 28 — A Brief History of Time
by *Stephen Hawking*

STOP BY AND VOTE FOR YOUR FAVORITE!

All entries to the Riverdale Photo Contest will be on display in the library gallery throughout the month of November. These photos will be judged by **YOU**, the viewing public. So come by during library hours and fill out a secret ballot.

MONTHLY

Photography Club — November 28
6:30-7:45 p.m. All Photographers welcome! Learn! Share!

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

Basketball Clinic

Riverdale Public School Gym

Saturday, November 19th

10 am - 2 pm

Boys and Girls Ages 7-12

No Charge ✕ Lunch Served

Program

Ball Handling ✕ Shooting Skills

Passing Drills ✕ Defense Training

Give and Go's ✕ Scrimmage Game

Lesson on "Basketball and the Bible"

Don't Miss It!

To Register Call: 973-835-3275

or Email: riverdalebaptist@yahoo.com

Sponsored by Riverdale Baptist Church

La Dolce Vita *submitted by Carolyn Masone*

A famous face turns and smiles broadly. A camera clicks. A bulb flashes. A moment in time is preserved forever. This ritual occurred countless times in 1950's Italy. The paparazzi, who would not be so named until Fellini's film *La Dolce Vita* in 1960, chronicled every celebrity arrival, shopping spree, *bacchanal*, stolen private moment and eventual departure. The Italian public, still recovering and psychologically escaping from the ravages of World War II, seemed to have an insatiable appetite for the celebrities in their midst. Celebrities symbolized an Italy moving forward, progressing toward a better future. Not only did Italy send it's famous to Hollywood, but Hollywood also came to Italy, specifically to film at the Italian studio *Cinecitta'*.

La Dolce Vita - 1950-1960; Stars and Celebrities in the Italian Fifties is a photographic exhibition on display throughout Eataly, 200 5th Avenue in Manhattan. Italy was reveling in the peace of the mid-20th century. It had time to be frivolous and a strong desire to distance itself from the horrors of war. It feasted on the wild and wealthy lives of the famous. This hunger was fed by a steady diet of movie magazines, fattened by gossip columnists and photojournalists.

Photographs are tricks of light. They capture the image in front of the camera, but that's only the beginning. Photographs also reveal something about the person behind the camera and the society in which they both exist. At the *Dolce Vita* exhibition, all of these elements

are in play. At first glance, the images are captivating because of the celebrities they showcase. But with closer inspection the images reveal what is around the celebrity: the fans, the looks of adoration, the autograph books offered in hope of capturing in writing what the camera captured in light.

The women's dresses, jewelry, shoes, gloves and purses and the men's shirts, ties, suits and sweaters tell a story. And not only of the celebrity but more interestingly, of who surrounds them. They perch on vespas, sit at café tables, dance in nightclubs. They look happy, surprised and a little uncomfortable. This is Italy at a unique moment, on the cusp of an era that would move faster and faster toward an unknown future. Fascinated by images and stories of celebrity decadence, what scandalized Italians then feels almost quaint now. This is an Italy that existed for a time and is no more.



The exhibition is curated by Marco Panella, promoted by Ministro del Turismo, Cinecitta' and Artix. Consisting of 84 black and white images, most have never been seen in public before. The exhibition lasts until November 14.

No Parking Rules



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

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

Under state law **NO PARKING:**

- ◆ Within an intersection
- ◆ On a crosswalk
- ◆ In front of a driveway
- ◆ On a sidewalk
- ◆ Within 50 feet of a stop sign
- ◆ Within 25 feet of an intersection
- ◆ Within 10 feet of a fire hydrant

Don't Forget - Your Help is Still Needed

The Food Pantry, after the latest storm, is in need of all food and supplies.

The Armed Forces Pantry is also in great need of supplies as well as donations for the postage (\$13 per box).

To request confidential Pantry Assistance or to help in this worthy cause, please call Linda Roetman at the Municipal Building

973-835-4060 x 6



Food Drive



November 1 thru November 30, 2011

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
 (973)835-5773

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

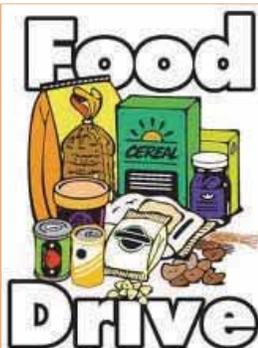
Back pain or not, chiropractic is good for your whole family. Find out more at www.stewartfamilychiro.com

Proceeds to benefit the Riverdale Food Pantry.

*At our regular fees, an initial visit is at least \$125.

Did You Know?

- In the English language, more words begin with "s" than any other letter. In descending order, the top ten word starters are, a, c, p, e, t, m, e, d, r, f.
- There are three words in the English language with two u's in consecutive order - vacuum, residuum, continuum.
- Lightning is the cause of most forest fires.
- In the English language, more words begin with "s" than any other letter.
- In China, the day a child is born it is considered one year old.
- A golf ball, when driven off a tee, can reach speeds up to 170 miles per hour.
- The Campbell's Soup red & white label derives from the colors of the Cornell University football team.
- The T.I.D. often found on a doctor's prescription stands for *ter in die*, a Latin term meaning "three times a day".



FOOD DRIVE

Stewart Family Chiropractic has been holding food drives for many years. This year, once again, the proceeds will benefit the Riverdale Food Pantry. "I've been a resident of Riverdale for 28 years," said Dr. Gary. "By having a food drive, I can help give back to this great community."

In the hopes of encouraging donations, Dr. Stewart will be donating his services to those who bring in groceries. Each person who donates at least two full bags of non-perishable items will be able to receive a free initial visit at Stewart Family Chiropractic, which they can use for themselves or share with a friend. At regular fees, an initial visit would cost at least \$125, so please be generous with your donations. Food can be dropped off at Dr. Gary's office located at 43 Newark Pompton Turnpike, Riverdale, during regular office hours. Visit www.stewartfamilychiro.com for office hours or call (973)835-5773 to schedule an appointment for your initial visit. The food drive will run the entire month of November.



90 Hamburg Turnpike
 Riverdale, NJ 07457

973-839-7747

Fax 973-839-4269

mike@mikesfeedfarm.com

www.mikesfeedfarm.com



The Meier Family
Since 1958

Homemade Ice Cream

Announcing the Grand Opening of Our 2nd Location!

459 Route 17 South & Williams Ave
Hasbrouck Heights

Our Menu

Homemade Hard Ice Cream

Soft Ice Cream

Soft Frozen Yogurt

No Fat No Sugar Ice Cream

Take -Home Novelties

Ice Cream Cakes Our Speciality

****Introducing Homemade Gelato***

(*Hasbrouck Heights Store Only)

Save \$2.00 Off ~Any 8" or Large Cake

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

Expires 12/20/11

30 Rt. 23 North
Riverdale
973-839-0198

459 Rt. 17 South
Hasbrouck Heights
201-426-0487

www.curlysiccream.com

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A Season for Sharing in Fire Safety

A Factsheet on Holiday Fire Prevention

Each year fires occurring during the holiday season claim the lives of over 400 Americans, injure 1,650 more, and cause over \$990 million in damage.

According to the U. S. Fire Administration (USFA), there are simple life-saving steps you can take to ensure a safe and happy holiday. By following some of the outlined precautionary tips, individuals can greatly reduce their chances of becoming a holiday fire casualty.

PREVENTING CHRISTMAS TREE FIRES

Special fire safety precautions need to be taken when keeping a live tree in the house. A burning tree can rapidly fill a room with fire and deadly gases.

SELECTING A TREE FOR THE HOLIDAY

Needles on fresh trees should be green and hard to pull back from the branches, and the needle should not break if the tree has been freshly cut. The trunk should be sticky to the touch. Old trees can be identified by bouncing the tree trunk on the ground. If many needles fall off, the tree has been cut too long, has probably dried out, and is a fire hazard.

CARING FOR YOUR TREE

Do not place your tree close to a heat source, including a fireplace or heat vent. The heat will dry out the tree, causing it to be more easily ignited by heat, flame or sparks. Be careful not to drop or flick cigarette ashes near a tree. Do not put your live tree up too early or leave it up for longer than two weeks. Keep the tree stand filled with water at all times.

DISPOSING OF YOUR TREE

Never put tree branches or needles in a fireplace or woodburning stove. When the tree becomes dry, discard it promptly. The best way to dispose of your tree is by taking it to a recycling center or having it hauled away by a community pick-up service.

HOLIDAY LIGHTS

MAINTAIN YOUR HOLIDAY LIGHTS

Inspect holiday lights each year for frayed wires, bare spots, gaps in the insulation, broken or cracked sockets, and excessive kinking or wear before putting them up. Use only lighting listed by an approved testing laboratory.

DO NOT OVERLOAD ELECTRICAL OUTLETS

Do not link more than three light strands, unless the directions indicate it is safe. Connect strings of lights to an extension cord before plugging the cord into the outlet. Make sure to periodically check the wires - they should not be warm to the touch.

DO NOT LEAVE HOLIDAY LIGHTS ON UNATTENDED

HOLIDAY DECORATIONS

USE ONLY NONFLAMMABLE DECORATIONS

All decorations should be nonflammable or flame-retardant and placed away from heat vents.

NEVER PUT WRAPPING PAPER IN A FIREPLACE

It can result in a very large fire, throwing off dangerous sparks and embers that may result in a chimney fire.

ARTIFICIAL CHRISTMAS TREES

If you are using a metallic or artificial tree, make sure it is flame retardant.

CANDLE CARE

AVOID USING LIT CANDLES

If you do use them, make sure they are in stable holders and place them where they cannot be easily knocked down. Never leave the house with candles burning.

NEVER PUT LIT CANDLES ON A TREE

Do not go near a Christmas tree with an open flame - candles, lighters or matches.

Finally, as in every season, have working smoke alarms installed on every level of your home, test them monthly and keep them clean and equipped with fresh batteries at all times. Know when and how to call for help. And remember to practice your home escape plan.



For more information contact:

The U. S. Fire Administration
16825 South Seton Avenue
Emmitsburg, MD 21727
or
Visit the USFA Web site:
www.usfa.fema.gov



Homeland Security

Light Up Riverdale and Pompton Lakes

GIRL SCOUTS 2011 LUMINARY SALE

The Pompton Lakes and Riverdale Girl Scouts are selling luminaries which can be placed along your curbside or walkways on December 24th to help celebrate the warmth of the holiday season.

Please note the following order procedures and the attached order form:

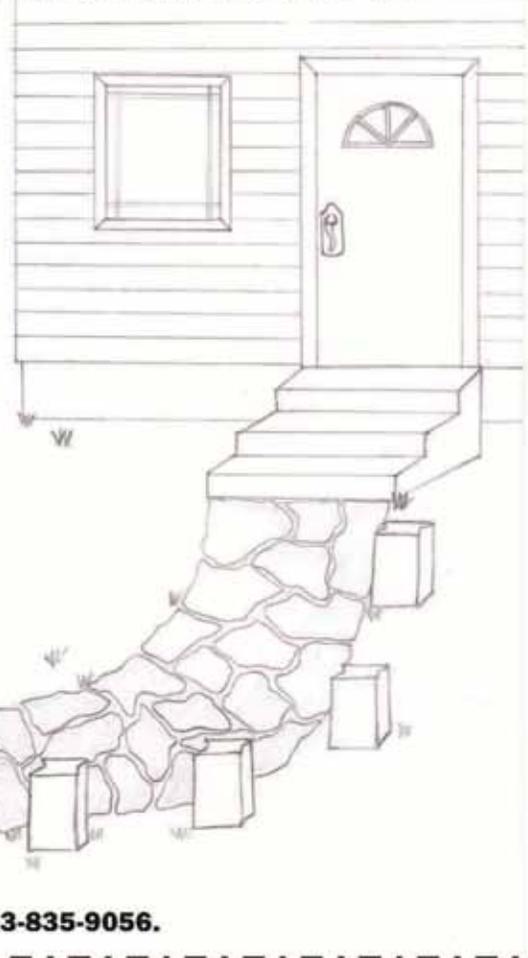
Choose the number of sets desired for your curbside or walkway. Suggested placement is one luminary every 10 feet. Each luminary set costs \$7.50 and consists of 5 white paper bags, 5 candles and enough sand for 5 luminaries.

Please fill out the below order form and return it, with a check payable to "Lakedale Service Unit," to the drop boxes in either the Pompton Lakes or Riverdale Public Libraries during regular business hours or mail it to the address on the order form. Your order will be delivered to your doorstep between December 17th-22nd.

The deadline for ordering is Sunday, December 4.

Suggested rain date for lighting your luminaries is December 31 (New Year's Eve).

Luminaries can also be used for other occasions including backyard parties, winter festivals, camping and other outdoor events.



For more information, please call Jill Tiger at 973-835-9056.

Mail to:
Luminaries - Girl Scouts
 236 Schuyler Ave.
 Pompton Lakes, NJ 07442

OR

Drop off at:
Riverdale Public Library

Pompton Lakes Public Library

Please deliver _____ Luminary sets (each set costs \$7.50 and consists of 5 white paper bags, 5 candles and enough sand for 5 luminaries).

Please make checks payable to: Lakedale Service Unit.

Name _____

Address _____ City _____

Payment: Cash amount _____ Check amount _____ Check No. _____

November is Pancreatic Cancer Awareness Month



At the October 17 Riverdale Council meeting, Mayor William Budesheim proclaimed November to be **Pancreatic Cancer Awareness Month**. Pancreatic cancer is a devastating disease, but does not have the same public awareness as other cancers..

- ◆ More than 32,000 Americans will be diagnosed with pancreatic cancer this year.
- ◆ 31,800 Americans will die of pancreatic cancer this year.
- ◆ Pancreatic cancer is the 4th ranked cause of cancer death.
- ◆ Only 23% of people diagnosed with pancreatic cancer will be alive 1 year from diagnosis.
- ◆ 4% of people diagnosed with pancreatic cancer will reach the 5 year survival rate.

Pancreatic cancer is a common cancer but early detection is very difficult and even more difficult to treat. The symptoms are often very similar to many other illnesses and the symptoms may not show until the disease has progressed to an advanced stage.

Signs and Symptoms of Pancreatic Cancer

- | | |
|------------------|---------------------|
| Weight loss | Nausea & vomiting |
| Abdominal pain | Weakness |
| Back pain | Clay-colored stools |
| Indigestion | Fatigue |
| Loss of appetite | Diarrhea |
| Jaundice | Depression |

The causes of pancreatic cancer are not clearly known, but there are a number of causes and risk factors suspected of contributing to its development.

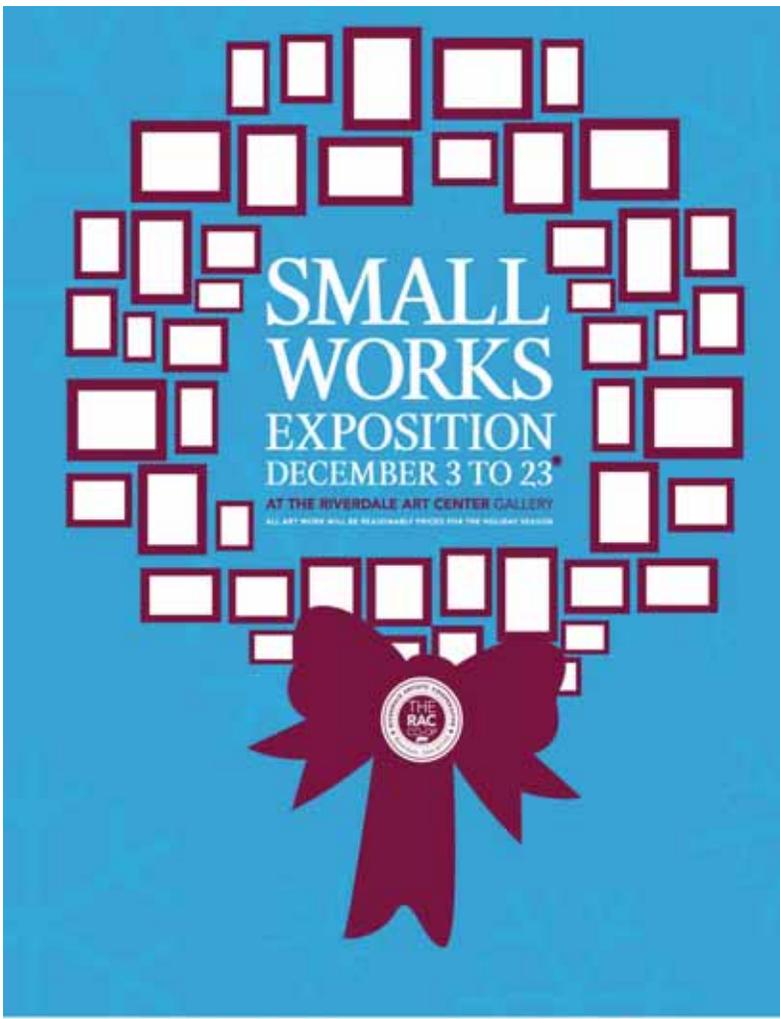
Smoking: It is believed that up to a third of pancreatic cancers may be linked to smoking. Cigarettes, and it is believed, cigars and chewing tobacco all increase pancreatic cancer risk. Cigarette smoke contains a large number of cancer causing chemicals.

Diets: Diets high in fats and sugar have a higher risk for causing pancreatic cancer.

Obesity: People who are obese have a higher risk of developing cancer of the pancreas.

Family History: Pancreatic cancer is a genetic disease and can run in some families.

Mayor Budesheim encourages Riverdale residents to promote research that will help find a cure for pancreatic cancer, and to support friends and loved ones who may be suffering from the disease.



RIVERDALE ARTISTS' COOPERATIVE GALLERY
 OPENING RECEPTION • SATURDAY, DECEMBER 3 • 3PM TO 6PM
THE GALLERY WILL BE OPEN ON THURSDAY, FRIDAY, SATURDAY & SUNDAY DURING THIS PERIOD FROM 12PM TO 6PM

THE VETERAN by Elaine Peacock

His medals shine in the warm May sunshine. His old uniform is worn but neatly pressed. He leans on his cane straining his ears to hear the band as it proceeds down the street to where he stands. A poppy adorns his lapel.

As the flag passes by, he stands as straight as his old back will allow. Proudly, he gives a smart salute. A salute to his fallen comrades, fellow veterans, his buddies.

The music stirs his heart and tears fill his eyes as he is lost in thought back to days so long ago, where on some foreign beach, desert or rice paddy. The supreme sacrifice was given, given so our flag could fly proudly, proudly in freedom.

The touch of a small hand slipping into his and a little voice saying "Grandpa" brings him back to the present. As he looks down into his grandson's face he smiles and thinks - it was for you and so many other grandsons and granddaughters that the supreme sacrifice was made.

So today as we hear the bands, the speeches and the prayers let us join together in honoring all those who gave the supreme sacrifice so we could enjoy the freedom we sometimes take for granted.

To all our Veterans, near and far, we salute you - not only today, but everyday!!



Exercise, Exercise, Exercise

Walk-Ins Always Welcome!
 Payment due at class time.



Tuesday	Zumba	10:00-11:00 AM & 7:30-8:30 PM
Thursday	Zumba	6:00-7:00 PM
Thursday	Yoga	7:30-8:30 PM
Saturday	Kettlebell	9:00-10:00 AM

October at the Library



Science showed us how to beat the evil witch!



Ms. Kate attended Back to School Night!



Talented K-5 graders built Ghost Hunting Machines to celebrate Halloween!

Re/Max Legend welcomes Riverdale Resident, Tina Cali, to the Wayne Office

MULTI-MILLION DOLLAR PRODUCER



RE/MAX Legend
36 Preakness Shopping Center
Wayne, New Jersey 07470
 Offices in Wayne & Mahwah

Office: 973-686-0404 ext. 111
 Cell: 973-493-1477
 Email: tinacalirealtor@gmail.com




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ENTERTAINING. A buffet is the easiest way to feed large groups in your home. When you need to cool a lot of canned beverages, use your washing machine as a large cooler. Fill it with cans and dump ice over them. You might want to

put a towel in the bottom to prevent chipping enameled washers. A family-size machine hold approximately four cases of soda. Guests can help themselves. The cover opens and closes easily, the cans stay nice and cold. In the morning simply take out any remaining cans and spin the water out of the washing machine using the spin cycle.

FOOD PLANNING. A pound of coffee brews 50 cups. * One pound of cooked lean meat will provide 32 1/2-ounce slices for small sandwiches. * A gallon of punch makes about 40 punch cups. * A quart of dip will make about 150 teaspoon-size servings. * A 4-pound chicken will make chicken salad for about 70 small triangular sandwiches. * Freeze fruit juice punch in gallon milk jugs or cartons. Remove from freezer several hours ahead of time to thaw to a "mush" and then add cold ginger ale when ready to serve. (Take a serrated knife and saw off the top section of the plastic milk jug.) * Such foods as spaghetti sauce, lasagna, chili, or sloppy Joes can be frozen and just reheated for spontaneous parties, especially for teens. * Roll scoops of ice cream in tinted coconut or finely chopped nuts, then serve with fruit, fudge, or caramel sauce. Taken from *All-New hints from Heloise A Household Guide for the 90's*, Heloise, Perigee Books 1989.



RIVERDALE



The Nicoll Family
7 Macopin Avenue



The Hermann Family
73 Post Lane



The Stires-Wilson Family
31 Mathews Avenue

Promoting Respect



Anti-bullying Art Work from
Riverdale School.

Engagement



Congratulations to Riverdale Fire Chief
Dan Sturm and Meg Boyle on their
engagement on October 15.

Pie Contest Winner



Dawn Dube
Apple Pie

Fright Night DJ



Mike Chiuchiolo of Abracadabra DJ's donated
his DJ services for Fright Night! Thanks, Mike!



Artist reception held at the Riverdale Library on
Saturday, October 15. Standing by two of her
watercolors is artist, Vi Shipley.



Glenn Venza, Councilwoman Elaine Wetzel,
Congressman Rodney Frelinghuysen, Brad Clinton
at the Riverdale Street Fair





DAILY NEWS



Art Show and Halloween Party at the Riverdale Art Center



Fire Prevention Week



Members of the Riverdale Fire Department came to visit with the students to celebrate Fire Prevention Week. Third grader Zach Senyk with Chief Sturm.



Rock Swap



Children Activities-Community Center

Tot's Music

Fridays, 10:00-11:00 AM
Community Center
\$9 per child due at classtime
Instructor: Miss Ildiko
Walk-Ins Always Welcome

Weekly Tot's Music Classes are 50-60 minutes and include a fun selection of songs, nursery rhymes, instrumental jam sessions, fingerplays & movement activities. The combination and types of activities support children's developing competence in tonality and rhythm. In addition, activities evolve from the child's world and include vocal play, animal sounds, rhythm play, language play, and a good bit of genuine and silly fun!

Kid's Fencing

Wednesday beginning Nov. 2 thru
December 14.
6:00 - 7:00 PM
Community Center
\$78

(6 week program-only \$13 per class - payable first night).
Cost includes all fencing equipment.

Recommended for 3rd thru 8th Grade Students.

Instructor: Chris of the National Fencing Alliance LLC

Students are introduced to Saber, Boys and Girls learn fencing footwork, drills and bouting.



Youth Sewing Workshop

Thursdays
November 3, 10 & 17
4:00 - 6:00 PM
Community Center
\$15 includes all supplies

Recommended for 3rd Grade and Above.

Instructor: Vivian Burns
of *So You Sewing*
Sign-up in Advance required.

Learn to sew while creating a Jean Skirt! This skirt will be made to fit you! This workshop is for beginner sewers and in just 3 weeks you will have created your own skirt to wear!
Kids love this workshop!

PEARLE VISION
Clearly Different™



**EYEGLASSES
BUY ONE,
GET ONE**

Free eyeglasses or RX Sunglasses
with complete pair purchase.

Buy a complete pair (frame and lenses) at tag price and receive a free complete pair of eye-glasses or RX sunglasses - some prescription, valued up to \$200. First 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 plans, any store 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 apply. See store for details. Offer expires 9/30/2011. R. Lovett NJ Lic# D3520 and E. Mutz NJ Lic# 3050

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EVERY DAY!**

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Those who subscribed to McUrgent were kept informed of all the street closings during the latest disaster, Hurricane Irene. **Text on your cell phone 40404 then type: "Follow mcurgent". Repeat and type "Follow Riverdale oem".**

MCURGENT Riverdale has joined with Morris County in developing a shared emergency information network that will be used by the county and the borough to quickly disseminate information to the public in the event of an emergency. The network is called MCUrgent, which will get the word out through Twitter and Facebook and Text Messaging on your cell phone. While Facebook requires an account, Twitter is a social network that provides free access. For those who prefer text messages, Twitter's new "Fast Follow" sends tweets directly to a phone without requiring a subscription. Check out the borough's website, www.RiverdaleNJ.gov and on Facebook at Riverdale NJ Government.

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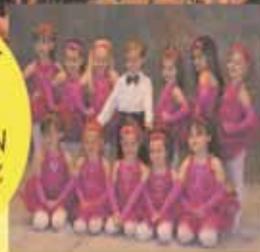
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Finally A Girl Scout Fund Raiser where YOU Make \$!!!

Hello, everyone. Our Girl Scout Troop is doing a gold sale fundraiser.

If you have any old gold or jewelry you're not using, turn it into CASH! We will buy it from you at Top Dollar!

- ✓ Put your old jewelry (gold, silver, diamonds, etc.) along with your name and phone number on a piece of paper in a zip lock bag.
- ✓ Drop off your bag to Jill Tiger, 236 Schuyler Avenue, Pompton Lakes - 862-703-0885, jill@crosscountryinstall.com
- ✓ On the 1st and 15th of each month from September through December, Sanna Jewelers in Madison, NJ (owned by Riverdale resident and Troop 323 mom, Donna Schuck) will convert your jewelry into cash.
- ✓ You can pick up your cash the following week (will call you when ready).

Donna will donate her proceeds to GS Troop 323 for their upcoming trips to:

- ✓ Liberty State Park—Two day Girl Scout festival celebrating the 100th anniversary of Girl Scouts in USA - June 2012
- ✓ Washington DC (100th Anniversary of Girl Scouts) June 2012
- ✓ Europe (to visit two Girl Scout World Centers) summer 2014

Call Jill Tiger with any questions, 862-703-0885

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<p>\$2.00 OFF Any Large or Extra Large Pizza</p> <p><small>With This Coupon, Cannot Be Combined With Any Other Offer. Expires 9-30-11</small></p>	<p>Family Special \$20.00 1 Large Cheese Pizza, 1 Entree, 1 Large Salad, 1 Liter Soda (\$2.00 Extra for Shrimp or Veal Entree)</p> <p><small>With This Coupon, Cannot Be Combined With Any Other Offer. Expires 9-30-11</small></p>
<p>Buy 1 Large Cheese Pizza, Get 2nd Pizza at HALF PRICE</p> <p><small>With This Coupon, Cannot Be Combined With Any Other Offer. Expires 9-30-11</small></p>	<p>Large Pizza & any Chicken dinner Combo \$17.95</p> <p><small>With This Coupon, Cannot Be Combined With Any Other Offer. Expires 9-30-11</small></p>

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ATTENTION PARENTS AND GUARDIANS...

Parent conferences are scheduled for Nov. 8 & 9. Both days are one session days for students. Conference times are available in the afternoon and early evening on both days. Please take advantage of the opportunity to discuss your youngster's academic performance with his or her teacher. If you have not scheduled a conference and wish to do so, please call Mrs. Mennonna in the main office at 973-839-1300.

Parent Visitation Day has been scheduled for November 16. Specific times and other relevant information regarding the opportunity to observe your child in class will be sent home shortly. You are also encouraged to check the website, specifically the back pack on the home page, where copies of all information sent home can be accessed.

A number of parent and parent-child workshops to promote the home school connection are being planned for this school year. Please take advantage of these opportunities, which will be announced shortly. The events will be funded through the Federal Title I grant, under No Child Left Behind.

CELEBRATING STUDENT ACHEIVEMENT

Congratulations to the newest members of Riverdale's chapter of the James Dodd National Junior Honor Society! The following youngsters were inducted into the society in October: **Daniel Brandt, Amanda Ekkers, Kevin Jablonski, Hallie Mansoor, Ayla Markowski, Thomas Morales.**

Student council elections have concluded. The results are:

Secretary - Kayla Stygar, Treasurer - Nico Negrini
Historian - Harlee York, Vice President - Daniel Brandt
President - D.J. Schuck

Our newly elected homeroom representatives are:

8P - Nicole Merendino; 8M - Steven Papadopoulos
7MAH - Eric Knapp; 7Man - Amanda Ekkers
6C - Amanda Edwards; 6R - Joanie Mickens

HONORING THOSE WHO SERVE OUR COUNTRY

Do you know a local veteran? If so, please refer them to the school, as our students will be honoring those who presently serve, or have served, our country. A special assembly will be held on Tuesday, November 15 at 9:30 AM. The school is closed in observance of the holiday on November 11.

WOULD YOU LIKE TO VOLUNTEER IN OUR SCHOOLS?

Please welcome Mrs. Stefanie Batory, who has joined the district as our school library-media specialist. Mrs. Batory is excited to work with our students and welcomes volunteers in the library. If you are interested in assisting in the Library, please contact Mrs. Batory at sbatory@rpsnj.org or 973-839-1300 x130. Training will be provided.

Mrs. Bowes, the district's art teacher also welcomes volunteers. She can be reached at wbowes@rpsnj.org or 973-839-1300 x128.

PROMOTING RESPECT

Students recently celebrated a week of respect, in accordance with the state's Harassment Intimidation and Bullying regulations. Students created some excellent posters promoting respect which now adorn the school hallways. Middle school students created skits and raps to promote the anti-bullying message. The anti-bullying message and need to make good choices were highlighted throughout the week. Songs with the theme of friendship and

respect were played each morning to set a positive tone for each day.

STATE MONITORING

We are busy preparing for our state monitoring, which is scheduled to take place in January. The process begins with a self-reflection of the district's operations in the areas of Instruction and Program, Fiscal Management, Governance, Personnel and Operations. The state Department of Education conducts a desk audit and visits the district to ascertain the overall performance, based upon the existing criteria, focusing on the 2010-2011 school year. Monitoring takes place every three years. In its last monitoring, the district earned the distinction of: High Performing District.

SCHOOL GOALS SET FOR 2011-2012

The Board of Education recently approved the following goals for the current school year: **Goal 1** - By June 2012, a minimum of 80% of the students in grades 3-5 will demonstrate proficiency in the area of Language Arts, as measured by the NJ ASK. Staff has analyzed student performance based upon the spring state assessment and fall baseline assessments. Classroom action plans were developed to address areas of demonstrated need as well as attainment of the core curriculum content standards. The district currently employs a balanced literary program and the Reader's Workshop model in Language Arts literacy instruction.

Goal 2 - By June 2012, there will be an increase of at least 10% in the total number of students in grades 6-8 who will score in the proficient (200 to 249) or the advanced proficient range (250 or higher) on the Math section of the NJ ASK. Staff analyzed student performance from the spring assessment and fall baseline assessments and have developed instructional plans to address specific areas of concern. Our K-2 curriculum has been revised to reflect the common core standards in Math and the Connected Math program has been introduced in the sixth grade. A benchmark assessment model will be utilized to monitor student performance and drive instruction.

Goal 3 - During the 2011-2012 school year, there will be an increase in opportunities for students and parents to access information on the district website related but not limited to grading, assignments and other classroom activities/initiatives. Specifically, the teaching staff will utilize the district and individual teacher websites as a means to keep parents informed about student progress (grades 6-8), promote skill practice (K-8), and highlight classroom activities and initiatives (PreK-8). In general, they will incorporate more technology-based applications within their class as well as programs to support the home-school connection and promote student success. Be sure to sign up for newsflashes from your child's teacher's webpage!

UPCOMING EVENTS

Nov. 2 BOE meeting presentation of school goals and testing
Nov. 8 & 9 Parent-Teacher Conferences - One Session Day
Nov. 10 & 11 NJEA Convention - School CLOSED
Nov. 11 Legal Holiday - School CLOSED
Nov. 15 End of first marking period
Nov. 16 Parent Visitation
Nov. 17 PTA Meeting
Nov. 22 Report cards distribution
Nov. 23 One Session Day
Nov. 24 & 25 Happy Thanksgiving! - School CLOSED

Wisdom of our Fathers

Words of Wisdom given us by our Founding Fathers. Words our government should follow today. Enjoy. Ponder.



“Those who expect to reap the blessings of freedom, must, like men, undergo the fatigue of support it.”
Thomas Paine

“Timid men prefer the calm of despotism to the tempestuous sea of liberty.” *Thomas Jefferson*

“A nation of well informed men who have been taught to know and prize the rights which God has given them cannot be enslaved. It is in the region of ignorance that tyranny begins.” *Benjamin Franklin*

“Before a standing army can rule, the people must be disarmed; as they are in almost every kingdom of Europe. The supreme power in America cannot enforce unjust laws by the sword; because the whole body of the people are armed, and constitute a force superior to any band of regular troops that can be, on any pretence, raised in the United States.”
Noah Webster

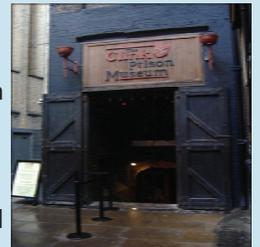
Why We Say...

The Clink (a jail or prison) - The name of a prison which was on Clink Street in the Southwark area of London.

Pitcher (jug) - A leather jug treated with tar pitch to help it hold its shape.

Getting Bombed (drunk) - A bombard is a leather jug which holds 8 pints or 4 quarts. A full bombard of ale would make you drunk.

Not Fit to Hold a Candle To (a lowly person) - A menial household task was holding a candle for someone while they completed some type of activity. Some people were not held in much esteem, therefore they were “not fit to hold a candle.”



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CARECYCLE is a respected family owned company that has been in the recycled clothing business for over 40 years. We are fully insured, and our pledge of pride guarantees your satisfaction with our programs.

Textile and clothing recycling provides numerous environmental and economic benefits for our planet. Not only does it prevent post-consumer textile waste from entering the waste stream (the total flow of solid waste from homes, businesses, institutions, and manufacturing plants that are recycled, burned, or disposed of in landfills, or segments thereof such as the “residential waste stream” or the “recyclable waste stream”), recycling efforts do not create any new hazardous waste or harmful by-products. Clothing recycling is one of the most efficient recycling industries. Nearly 100% of used textiles are recyclable.



The collection containers are next to the Municipal Building.

We accept clean, gently worn clothing, used clean clothing, including shoes and sneakers to support sustainable living and support the environment. We do not accept any household items.

CARECYCLE is Proud to Have Raised Hundreds of Thousands of Dollars for Various Organizations!



Natural Health

The belief that the body is fully capable of ridding itself of any and all disease. Practitioners and followers of Alternative health apply this belief by increasing the health of the body. *And God said, Behold I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.* Genesis 1:29

CAPSICUM or CAYENNE The activity of the herb is measured by BTU ratings, in other words, how hot it is. Capsicum has been aptly described as the plant that *bites back*.

The North American Cherokee Indians used Cayenne for its stimulating properties, while the Navajos used it as a means of weaning children. In 1943, the Dispensary of the United States of America reported that "capsicum is a powerful local stimulant, producing when swallowed, a sense of heat in the stomach and a general glow over the body without narcotic effect." For many centuries, Cayenne has been used as an Ayurvedic herb.

Capsicum is used as a catalyst in almost every herbal combination and thus aids in the absorption and the effectiveness of the combination. It increases the body's ability to digest anything that's in the stomach. Because of this fact, Capsicum is used as a "carrier or catalyst" herb for almost any herb combination.

Those suffering from osteoarthritis and rheumatoid arthritis have been discovering relief using an experimental rub-on cream made with Capsaicin, an ingredient in Capsicum. Capsaicin is the most important and prominent compound in Capsicum.

- Capsicum promotes perspiration, which anyone who has eaten any "hot" food should know from experience. In tropical areas, many people eat goodly amounts of hot peppers every day. This may help to keep them "cool" since perspiration is the natural cooling mechanism of the body.
- Like many spices, Capsicum influences the flow of digestive secretions from salivary, gastric and intestinal glands.
- Capsicum increases thermogenesis for weight loss. It gives the system a little cardiovascular lift by exciting the heart; thereby, effectively increasing circulation.
- Capsicum's red color is due in part to its high vitamin A content, which is essential for normal vision, growth, cellular activity, reproduction and healthy immunity.
- Capsicum is excellent for warding off diseases and equalizing blood circulation, which works to prevent strokes and heart attacks.
- It is useful to arrest hemorrhaging (external and internal) and it is cleansing and healing when used to purify external wounds.
- It helps heal ulcers in the cell structures of the arteries, veins and capillaries.
- Capsicum is known as the best and purest stimulant in the herb kingdom and has been called by many as the purest and most effective stimulant in the herbal bag of medicine.
- If taken internally, it will work to heal an ulcerated stomach and may be used as poultice for any inflammation.
- It increases the heart action without increasing the blood pressure.
- Capsicum is said to be unequalled for warding off diseases and equalizing blood circulation. It is a very useful herb when you want to quickly improve conditions caused by the flu or a cold.
- Capsicum improves the ratio of HDL cholesterol which has a protective effect on LDL cholesterol, which increases heart disease risk. It significantly lowers serum cholesterol and serum triglycerides.
- It also increases the liver enzymes accountable for fat metabolism and decreases the fat deposits in the liver caused by a high fat diet.
- Although Capsicum has an active, pungent principle, the irritant only has a strong effect upon the nerve endings of the sensory nerves and has very little action upon the capillary and other blood vessels. While the burning sensation may be severe, there is usually no reddening or blistering of the skin.
- By reducing blood vessel dilation, Capsicum is able to help people stop their addiction to alcohol.
- Capsicum is useful for toothaches by rubbing the powder on the affected area. Sprinkle small amount of powder into socks to prevent frostbite.
- Place the powder or extract on or under the tongue for crisis situations such as shock, hemorrhage and heart attack.

Taken from The Little Herb Encyclopedia by Jack Ritchason, N.D.

The most High hath created medicines out of the earth, and a wise man will not abhor them.... The virtue of these things is come to the knowledge of men, and the most High hath given knowledge to men, that he may be honored in his wonders. By these he shall cure and shall allay their pains, and of these the apothecary shall make sweet confections, and shall make up ointments of health, and of his works there shall be no end. (Ecclesiastes 38:5-7).



Riverdale Photography Club

Meets on the 4th Monday each month at the Library from 6:30 to 7:45 PM

Visit our new website: www.RiverdalePhotoClub.weebly.com

New director of the club is **Cassi Claire**, a professional photographer. Visit her website www.cassieclaire.com

Club open to all, residents and non-residents.



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Turkey Craft Night

Thursday, November 17

7:00 - 8:00 PM at Community Center

\$10 per person, includes all supplies

Sign-up in advance required for this class.
Instructor: Vivian Burns of *So You Sewing*

Make this fun fabric stuffed turkey. No experience necessary! All participants will learn to sew while making this keepsake holiday decoration.

Senior Art Class

Thursdays, 10:00 AM - 12:00 PM

Senior Community Center

Walk-ins welcome

FREE Class

(will be informed if additional supplies are required.)

This includes working from still-life, photographs and independent ideas that will be introduced to drawing fundamentals & techniques including elements of line, composition, proportion, perspective, volume, light, shadow, value and texture.

Four Benefits of Vitamin B6

- ✓ Before you have that surgery for carpal tunnel syndrome, try the active form of vitamin B6 (P5P), 50 milligrams, two to three times daily. Although it doesn't work every time, it does work in better than half, so give it three to four months before giving up.
- ✓ Vitamin B6 will get rid of "trigger finger" every time, as it has for the last 30 or so since learned about this treatment from Dr. John Ellis.
- ✓ Men: Does your wife have PMS? If she takes vitamin B6 in amounts of 50 to 200 milligrams daily, it can be a major relief for both of you! Once again the P5P form may work better.
- ✓ Years ago, Harvard researchers demonstrated that a tiny amount of vitamin B6 - 10 milligrams daily - along with 100 milligrams of magnesium daily could cut calcium oxalate kidney stone incidence by over 90 percent. There's that much of these two nutrients in most well-made multi-vitamin and minerals!

Dr. Jonathan Wright's Nutritional & Healing, July 2011



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Help Needed!



We have a senior resident in town who, for medical reasons, can only eat **Ensure**. That is his only means of nourishment. The Pequannock Rotary has been helping him out to the extent that it is able. If anyone is interested in helping our fellow resident, please drop off cans of **Ensure** at the Municipal Building and we will get them to him. Thank you for your generosity!

Fundraiser for the Troops.

Mary Kay, Avon, At Home America, Tastefully Simple or anything that you make or sell that is in good taste. The cost is \$20 a table and a canned food donation or snacks would be appreciated. Please send an email to Pam at helpouttroops@optonline.net first come, first serve. There will be no duplication of vendors. The date of the show is **Sunday, December 11** from 11:00 to 5:00 at the Community Center.



Peace Out Girl Scouts!

HAPPY BIRTHDAY GIRL SCOUTS! This year Girl Scouts will be celebrating the 100th Anniversary of Girls Scouting and the Pompton Lakes and Riverdale (Lakedale Service Unit) Girl Scouts will be a part of the party. In mid-November many of the girls will join ceremoniously bridge to the second century of Washington Bridge. A full day of activities are that week the lights on the bridge will be green events are planned to celebrate this amazing



GIRL SCOUTS

Even though the year has just begun, all of our Bridging ceremony to bridge from Brownies to Juniors. It was a beautiful ceremony led by the girls with a reception for family and friends afterwards. Way to go girls! And to help celebrate the occasion they went on a hayride and had a fun day picking pumpkins. Also on the go already this year are Daisy Troop 94284 who had a pizza party at Pizza 1 in Haskell and Daisy Troop 94658 who visited the PL/R First Aid Squad to learn about safety and taking care of injured people. Cadette Troop 323 has started their annual "Cookies in a Jar" fundraiser. These jars contain all the dry ingredients for chocolate chip, M&M or (new this year!) oatmeal-raisin cookies. The recipe to complete the cookies is attached to the jar along with baking instructions. The jars make great gifts for teachers, coaches, neighbors, and hostesses. They are also lots of fun to make with your kids or grandkids. Each jar is only \$8 and can be purchased by calling 973-835-9056. Because of fundraisers like this many of the girls from Troop 323 will be traveling to Savannah, GA, the birthplace of Juliette Gordon Lowe, the founder of Girl Scouts. Please support this fundraiser because the girls new goal is to go to Europe in 2014! And lastly, over 100 girls from all the Lakedale troops spent a fun afternoon together watching "Annie" at the Smiling Rhino Theatre in Pompton Lakes. Thanks to the Theatre for making this a fun Girl Scout outing!



The Lakedale Girl Scouts are proud to have been asked to participate in the Pompton Lakes Veterans Day Ceremony. The pride the girls have in their community and the appreciation they have for all veterans and the sacrifices they made will be on display when they lead the Pledge of Allegiance along with the Boy Scouts at the ceremony on

November 9.

Last but certainly not least, congratulations to Paulette Brauch, Lakedale Service Unit Volunteer of the Month. Paulette stepped up to lead a Brownie troop this year despite not having a daughter in the troop when they would have disbanded because their leaders were not able to continue. Paulette soon found her footing with her co-leader and has dedicated herself to making this a great year for her troop. Without volunteers like Paulette and the enthusiasm she has, we could not continue the Girl Scouting tradition.



For the first time this year, Girls Scouts are selling Luminaries for the holiday season. Look for the order form in the newsletter on Page 9.

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43 Hillside Ave.
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973-616-0733

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Bob Ross Wet-on-Wet Technique Oil Painting Class

Thursday, November 17 @ 5:30 PM, Community Center

\$35 per person due the night of the class.

Includes instruction, paint brushes, canvas, easel, etc.

Instructor: Bob DiBenedetto

Must sign up in advance. Call or email NOW to sign up.

Class size is full at 10 students.

973-706-6471 or jcarelli@riverdaleborough.com

Welcome to the joy of painting. All you need is the desire to make beautiful things happen on canvas. With the fantastic Bob Ross Wet-on-Wet technique and our class instruction, everyone goes home with a beautiful oil painting. What you dreamed possible will flow from your brush!

Leanne Weiss



Well known entertainer, **Leanne Weiss**, will perform interactive Holiday Sing-along program at the Riverdale Public Library on **Wednesday, November 30, from 6:30 - 7:30 PM**. She will have you laughing and singing along with these traditional holiday songs. Bill Madden formally a member of “Primavera Consort” and Kevin Madden of the band “Withersby” will provide musical accompanist to Leanne’s singing of Christmas and Hanukah songs. Join us for this family sing-along concert of foot stomping, hand clapping holiday fun! Refreshments will be served! Don’t miss this great Friends of the Library sponsored program.



Fundraiser for the Troops

Please come and show your support for our local HEROS. We are hosting a Craft/Art/Vendor Show in support the troops to cover shipping costs.

Finish that Christmas Shopping or just shop for yourself!



**Mini
Tricky
Tray
& 50/50**

**December 11, 2011
10:00 AM to 5:00 PM
Riverdale Community Center
57 Loy Avenue**

**Photos
with Santa
Claus from
2 to 4 PM**



Lia Sophia Jewelry, CBM Crafts, IDA Creations, Wreathmic Creations, KatsKrafts, Joi Pickles, Silpada Jewelry, purses, wallets, scarves, troop support, oils, cupcakes, Tastefully Simple, Willow House, wood carvings, Soldiers Angels, Avon, handmade crafts, Knit & Crochet Doll Clothes, Pampered Chef, Pretty Dogs (knitted flip flops & scarves) and so much more!

To see the photos of many of the events taking place around town, go the Borough’s Website at www.RiverdaleNJ.gov and click on Mayor’s Photo Albums on the left hand side of the home page. There are nearly 120 albums on line. Also, every issue of the Riverdale News and Events are online going back to the initial issue in October 2005. On the homepage’s left column click on “Newsletter, Etc.”.

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from Our Attitude**

Since opening our doors 17 years ago our practice has grown and expanded in ways we could have never predicted. We made a commitment from day one that we would strive to always put our patients first, and create a level of quality that would be unsurpassed. We can proudly say we have kept that promise as our Chiropractic practice has grown into our communities' leading multidisciplinary treatment center. This quality mindset has become the cornerstone of our reputation and is reflected in our staff, our innovative technology, and personalized care.

*Sincerely,
Dr's. Glenn & Christine Foss*

YOU CAN LIVE PAIN FREE WITHOUT SURGERY!

Our State -OF -The Art Facility Specializes In:

- Shoulder & Knee Pain
- Sciatica
- Herniated Discs
- Automobile Injuries
- Sinus Pain
- Sports Injuries
- Arthritis
- Peripheral Neuropathy
- Fibromyalgia
- Whiplash
- Headaches
- Painful Joints

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