

January 2011

# Riverdale News & Events

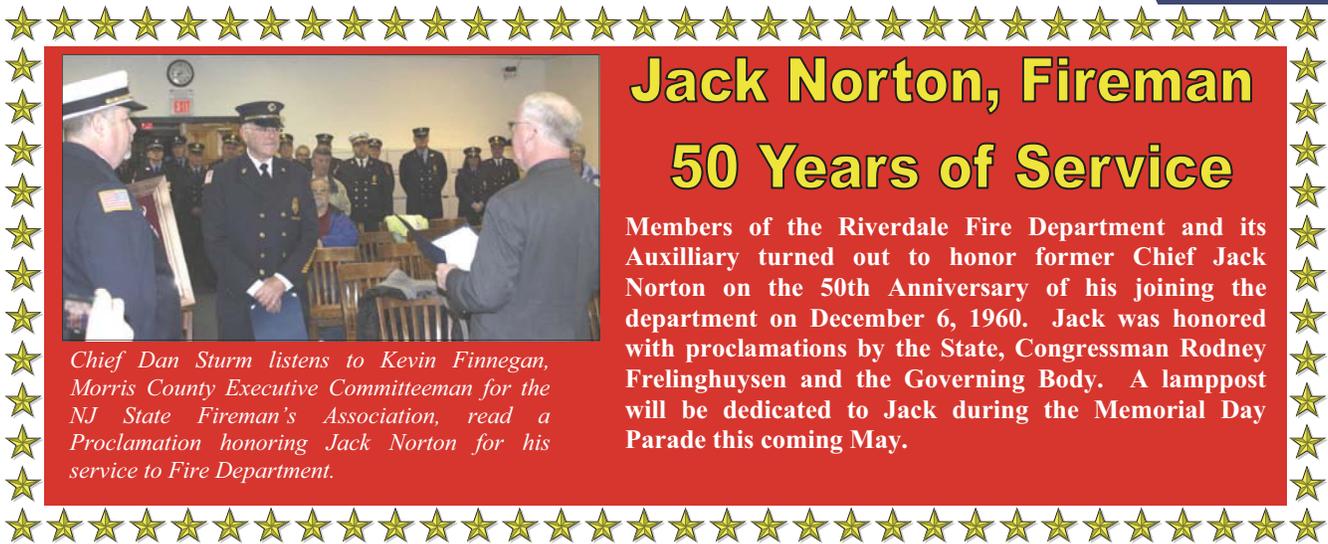
Vol. 6 No. 4 *A Monthly published by the Riverdale Mayor and Council*

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



## Happy & Healthy New Year

# 2011



*Chief Dan Sturm listens to Kevin Finnegan, Morris County Executive Committeeman for the NJ State Fireman's Association, read a Proclamation honoring Jack Norton for his service to Fire Department.*

## Jack Norton, Fireman 50 Years of Service

Members of the Riverdale Fire Department and its Auxilliary turned out to honor former Chief Jack Norton on the 50th Anniversary of his joining the department on December 6, 1960. Jack was honored with proclamations by the State, Congressman Rodney Frelinghuysen and the Governing Body. A lamppost will be dedicated to Jack during the Memorial Day Parade this coming May.

**Dr. Gary & Donna Stewart**  
70 Loy Avenue  
**Christmas House Decoration  
Winners!**



***Congratulations!***

## Santa Came to Town

Hundreds of residents gathered on the school lawn to witness the lighting of the Christmas Tree while being treated to the Riverdale School Chorus and Brass Ensemble. A f t e r w a r d s everyone gathered at the Community Center for holiday treats and to give Santa Claus (aka Steve Revis) their Christmas Gift list. Great job by the Riverdale Recreation Committee.



## Announcements



Bill and Barbara Livingstone want to congratulate their granddaughter, **Shannon Sutton** and **Timothy Wood** on their engagement.

Happy Birthday, **Tricia Pierri**, on January 6. Love Aunt Barbara and Uncle Bill.

Happy 15th Birthday, **Tommy Carelli** on January 17. Love you lots, Mom, Dad, Michael, Samantha, Grandma & Grandpa Carelli and Nauni.

Happy 3rd Birthday, **Nicholas Budesheim**, on January 20. Love Mom, Dad,

Mattie and Kevin. Grandparents are Bill and Marian and Silvio and Myrna Gavilanes.



Happy 3rd Birthday, **Erin Struble**, on January 9. We love you! Mommy, Daddy and Emma.

Happy Birthday, **Kelly Norris**, on January 6. Luv, Brian, Carrie, Louie, Dave, Anne and Reilly.

Happy Birthday, **Dave Desai**, on January 25. Luv, Reilly and Anne.

Happy 6th Birthday, **Kyle Osterhoudt**, on January 21. Lots of love, Mom, Dad, Ashley, Pop-Pop and Grandma and Nana.

Happy 17th Birthday, **Bryan Szabo**, on January 7. Love Mom, Dad, Nicole and Tara

Happy 13th Birthday, **Nicole Schrock**. Love, Mom, Dad, Michael and Pina.

Happy Police Birthdays to **Dispatcher Bill Budesheim** (5th) and **Secretary Terri Pellegrini** (16th).

## Riverdale Senior Citizens are Special

The first meeting of December was held on Monday, Dec. 6. **Chaplain Grace Chiesa** read a story about our servicemen and women, written by member **Elaine Peacock**. **Gordon Davis** led the group in singing "America", followed by "Silent Night." **Secretary Jean McMichael** conducted the roll call, with 61 members present. \* Some of the members decorated our Christmas Tree prior to the meeting, so we could enjoy its beauty throughout the meeting.

**President Irene Moehring** thanked everyone who brought items for the food banks. \* Next meeting we will be entertained by the Riverdale School Chorus and Brass Ensemble. **Vice President Loretta Lippens** announced the birthday people and they were serenaded with a Happy Birthday

song. Gold Star member, **Eleanor Achrem** will celebrate her 90th Birthday on December 16. Congratulations, Eleanor! \* **Special Events Person Lorraine Moody** gave the details on our upcoming



Christmas Party on Monday, December 17. \* The Mystery Auction will be held on Monday, February 21, following the meeting. **Don Rodda** will be the auctioneer. After the meeting everyone enjoyed bagels and cream cheese. \* Don't forget to bring your donations for the Food Pantries. Thank you!

The second meeting of the month was held on Monday, the 20th with 60 members present. We were entertained by the Riverdale School Chorus and Brass Ensemble. Our members were asked to sing along on some of the carols. A big "Thank You" to these talented young people. \* **Treasurer Laura LaRosa** reminded the members that dues for the new year are due in January. \* Lorraine Moody reported on the Christmas Party at the Regency House. 89 people attended and good time was had by all. Thank you, Lorraine, for handling this affair and doing such a good job. Remember the donations for the Food Pantries. Occasionally the supplies get low and need to be replenished. Thank you all so much.

*Presented by Marion Davis.*

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

**Capital Projects completed with 40% reimbursement by state.** The finishing touches on the school renovations have recently been completed. The nurse's area and second floor restroom facilities are now updated and handicap accessible. An external door has been installed as an emergency exit to the nurse's room, to enable quick access to the fields as well as to allow emergency personnel quick access to the health office.



All of the new windows in the primary wing have now been replaced and new lighting and ceilings have been installed. The district will be reimbursed approximately \$90,000 from the state to offset the cost of the improvements.

**School Closing Information.** Winter is here! If you haven't already done so, please take time to make sure your contact information on the Instant Alert page is up to date. This is our means of contacting you when school is not in session due to weather, or if there is an emergency. You can access the Instant Alert site via our homepage on the district website.

**Riverdale Sets Kindergarten Registration** for children who will be attending kindergarten in September 2011 has been scheduled for Tuesday, January 11 for children whose last names begin with **A-M** from 9-12 noon. Children (**N-Z**) register on Thursday, January 13 from 9-12 noon.

To be eligible to attend next September a child must be five years of age on or before October 1, 2011. **Parents**

**must present an original birth certificate and medical records** indicating the child has received four DPT inoculations (the 4th must be given after the 4th birthday, five or more doses meet the requirement), four doses of polio vaccine, two doses of mumps and rubella vaccine, varicella vaccine, and three doses Hepatitis B.

**A parent/guardian must present at least four (4) of the following documents as proof of residency at registration;** utility bills, voting record, house deed, telephone bill, current department store or credit card bill, rent lease or contract.

Information regarding the **preschool** program for 2011-2012 will be available shortly. Watch the district website for further details. [www.RPSNJ.org](http://www.RPSNJ.org)

**National Junior Honor Society** students sponsored a movie afternoon recently and donated \$325 raised from the event for St. Jude's Children's Research Hospital.

Teachers from Riverdale School are collaborating with a consortium of Passaic County Schools to revise our science curriculum to reflect the new state standards in Science. The curriculum is expected to be in place for the 2011-2012 school year.

The middle school parent support Group will meet on Tuesday, January 18 at 7:30 PM. Please contact Mrs. Reinhard, our school social worker, for additional information.

*The Board of Education, Riverdale School Staff and Administration extend our wishes for a Happy and Healthy New Year to all!*



Students in Ms. Shackil's third grade created a large scale map of Riverdale as part of their study of communities.



Parents of first grade students join their child in making gingerbread houses, an annual tradition at Riverdale School. Pictured are **Francesca Errera** and her mom.



Riverdale School Chorus and Brass Ensemble perform Christmas music for the Senior Citizens at their monthly meeting on December 20.

## Upcoming Dates

- January 3 - School Reopens
- January 6 - PTA meeting

- Jan. 11 - Kindergarten Reg. A-M
- Jan. 12-Board of Ed Meeting; School Planning Team Meeting.
- Jan. 13-Kindergarten Red. N-Z

- Jan. 17-School Closed (Teacher In-Service).
- Jan. 20-27 - Midterms - Grades 6 - 8
- Jan. 28 - End of 2nd marking period.

# The Evolution of Italian Cuisine in America *submitted by Carolyn Masone*

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I attended a presentation called *The History of Italian Cuisine in New York City*, given by *Esquire Magazine's* food and travel correspondent John Mariani. The author of over 10 books on food, wine and gastronomy, the Philadelphia *Enquire* called Mariani "the most influential food-wine critic in the popular press."



Any conversation of Italian American cuisine has to include pizza and spaghetti. The Pizza Margarita we all know and love was named for Italy's 19th century, very popular queen. The dominance of tomato, basil and mozzarella was in homage to the Italian flag. Pizza was unknown outside of Naples until America's first pizzeria, Lombardi's, opened on Spring Street in New York City in 1910.

Spaghetti was known in Italy as macaroni in the 13th century and as vermicelli in the 14th. The word "spaghetti" wasn't used until 1837. But the real question surrounding spaghetti s, why did Italian Americans invent spaghetti and meatballs? Mariani provided the best explanation I've heard so far about the creation and popularity of a big bowl of steaming spaghetti topped with meatballs the size of tennis balls. According to Mariani, a side dish of small rounds of meat, called polpette, was known in southern Italy. However, Italian immigrants left behind a country that could barely feed them anything, much less meat, with any regularity. After experiencing the relative abundance of America, these same immigrants infused their kitchens with the symbolism of their new lives. They took polpette and made them much larger and placed them atop the steaming platter of spaghetti as if to say, "meat is so plentiful in America we can have as

much as we want, with whatever we want."

The importance of Italians in America's food industry continued to grow, from shops to restaurants, wine and canning factories. When Delmonico's Restaurant opened its doors in New York in 1837, it was the first restaurant in the world outside of Paris. Just take a moment and think about that. We take this kind of dining experience so much for granted, but there was a time when the thought of being seated at a table, presented with a menu and served exactly what you ordered was a very strange idea. Italians were on the leading edge.



Mariani believes that three major events advanced the American palette regarding Italian food: modern access to authentic Italian ingredients in restaurants and so many boutique and grocery stores; culture cues such as the popularity of Italian fashion and the eating habits of its icons, popular films depicting Italian characters' emphasis on cooking and eating (*The Godfather*, *Big Night*); and the recognition of the health benefits of the Mediterranean Diet.

Authentic Italian cuisine is based on products; the better the quality of ingredients, the better the product. Mariani credits the invention of the jet plane with allowing American chefs to access genuine Italian ingredients in a way never known before. Services like FedEx and DHL rush prized constituents from the hills of Parma or the Bay of Naples to American tables.

Visit Carolyn Masone's website for a photographic tour of Italy at [www.EssenceofItaly.net](http://www.EssenceofItaly.net)

**WARM HANDS, WARM HEARTS**



**The Riverdale Library had a glove and mitten tree for children from the community. Patrons were asked to donate a pair of gloves or mittens to keep the hands warm of those children currently in need.**




# Recreation Department Programs

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

## Swim Lessons at New York Sports Club

Winter Session Begins January 10 until March 6  
Classes available for all ages from Toddler to Students!  
\$144 (8 week session)

Contact New York Sports Club for a full list of the  
Classes, Days & Times at 973-838-1140



Ask for William and  
mention Riverdale Recreation

## Children's Winter Bowling

Reminder...Reminder...Reminder...

**Bowling Starts: Sunday, January 9**

**Time: 2:00pm**

**Location: Holiday Bowl, Oakland**

Please arrive a few minutes early to find your lane  
and receive your child's t-shirt.

Questions, call Recreation Member:  
Anne Gould 973-248-9663

## NEW Riverdale Fencing

Classes Begin Tuesdays, January 11, 6:30-7:30 pm

**Cost: \$8.00 Class (6 Week Program)**

Recommended for 3rd thru 8th Grade Students

Cost Includes National Fencing Alliance-LLC  
Instruction & NFA Club Fencing Equipment. Students  
are introduced to Saber, Boy's & Girl's Learn-Fencing-  
Footwork, Drills, & Bouting.

Call or E-Mail To Sign Up ASAP: 973-706-6471  
jcarelli@riverdaleborough.com

## Kid's Dance Classes

*Instructor: Miss Livia at the Riverdale Community Center*

**Wednesdays, Jan 12 or Fridays, Jan 14**

(Miss Livia will accommodate either day of the week as long as  
enough students sign-up to have a full class. *Please inform your  
preference when calling in to sign-up.*)

**\$8.00 Student**

10 week session/Payment due 1<sup>st</sup> day of class-Cash or Check

**Tap, Ballet & Jazz**

for Ages 3, 4 & 5 at 4:00 PM

**NEW Shake it Up Dance!**

Ages 6 - Middle School Students at 5:00 PM

*Learn & perform all new dance moves just like the TV Dance Show!*



## POMPTON LAKES/RIVERDALE LITTLE LEAGUE

### 2011 Baseball and Softball Registration

Saturday, January 8	9 AM - 1 PM	<b>Riverdale Community Center</b>
Saturday, January 15	9 AM - 1 PM	57 Loy Avenue
Thursday, January 20	7 PM - 9 PM	<i>All first time sign-ups need to provide a birth certificate.</i>
Saturday, January 29	9 AM - 1 PM	

### 2011 Baseball/Softball Fees

1 player \$ 95  
2 players \$ 160  
3 or more \$ 190

Fees include uniforms  
After 1/29/11 a \$20 Late Fee

All 5 & 6 year old T-Ball players will have a *reduced* fee of \$65. Children can start  
playing at Little League age 5: A player born between the dates of 5/1/05 - 4/30/06.

**Please call or go online to get further information regarding  
Volunteer Fully Refundable Deposit and Candy Fundraiser, etc.**

**Mike Coss 973-907-6354 coss@optonline.net**

**Al Spahn 201-314-6160 aspahn@optonline.net**

**League Website: [www.plrll.com](http://www.plrll.com) and league email [admin@plrll.com](mailto:admin@plrll.com)**

COMMUNITY CENTER PROGRAMS

June Carelli (jcarelli@riverdaleborough.com) (973) 706-6471-Office Call or e-mail to Register or for Questions on Activities

# Exercises

**EXERCISE CLASSES** - All classes \$6.00

Call to sign-up or just come in. Everyone welcome!

**BOOTCAMP** - Instructor Cary Stone

Every Monday & Wednesday 7:45 PM

**FITNESS FUSED PILATES** - Instructor Karen Vizueta

Every Thursday 6:00 PM

**YOGA** - Instructor Kathy DeJesus

Every Thursday 7:30 PM

**ZUMBA** \$5.00/class; or pay in advance 4 weeks \$18

Classes begin Tuesday, January 18,

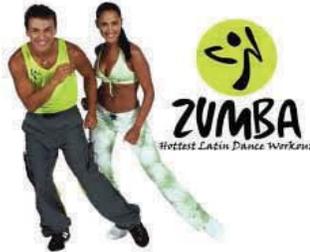
10:00 AM or 7:30 PM at

the Community Center

Instructor Mindy Gansley

Call or show up on January 18

973-706-6471



*Zumba is guaranteed to change the way you feel about working out! Burn anywhere from 600 to 1000 calories in 45-60 minutes. Zumba Gold was recently featured on WNBC-TV!*

Go to [www.youtube.com](http://www.youtube.com) and search Zumba Gold with Mindy.

Please note that a minimum of 10 people are required for classes to remain on the schedule.

**OUTRAGEOUS ART**

Let's Make a Snowman! Starts Tuesday, January 11

3 week workshop (Jan. 11, 18 & 25)

Class Time: 4:15pm – 5:30pm

Riverdale Community Center

Cost: \$8.00/Class Plus \$10.00 Materials Fee

(2<sup>nd</sup> & 3<sup>rd</sup> child in same family, \$7.00/Class)

Open to all Elementary School Students

Recommended for Grades 1-8 Students



Instructor:

Pam (Certified NJ Art Teacher)

Call or e-mail to Sign-Up:

(973) 706-6471

[jcarelli@riverdaleborough.com](mailto:jcarelli@riverdaleborough.com)

Creative & Hands-On Winter Sculpture Project! Classes are already filling up. Call now to reserve your spot.

**Biggest Loser starts this month!**

**KICK OFF SEMINAR**

Wednesday, January 12, 7:00 pm

Community Center

Seminar Cost: \$10.00 per person

(\$5 Admission & \$5 Riverdale Food Pantry Donation)

Instructor: Robert DeVito

Here is what will be introduced at the Kick Off Seminar:

- \*Information about weekly step-by-step lessons
- \*Continued support throughout the program
- \*Fun & Challenging Exercise
- \*Realistic, progressive & maintainable methods for long-term success
- \*Overcome emotional eating
- \*Meet all of the Community Center Exercise Instructors
- \*Plus prizes (provided at the end of the 90-day program)!!

Biggest Loser Official Program Starts:

Monday, Jan. 17-8:15pm &

Wednesday, Jan 19-8:30 pm

Call or e-mail to Sign-Up:

(973) 706-6471,

[jcarelli@riverdaleborough.com](mailto:jcarelli@riverdaleborough.com)



Find details about the "Biggest Loser—Riverdale Version" on Facebook! Search Riverdale Community Center and "Like" us!

# Tot's Music Class

Every Friday 11:00 am

Community Center Lower Level

\$8.00 Class

No Sign-Up Required

All Riverdale  
Tot's Welcome!



Community Center Programs

# 2011

My resolution for 2011:  
 Help all of my neighbors enjoy excellent, good health.  
 To do that, I'm inviting you to come in and find out what  
 chiropractic can do for you!

Your exam, including computerized thermal  
 and EMG scans and x-rays, when necessary,  
 will cost you only \$20.11.

Twenty eleven for 2011.



**STEWART**  
**FAMILY**  
**CHIROPRACTIC**  
 Gary C. Stewart, D.C.  
 43 Newark Pompton Tpke  
 Riverdale, NJ 07457

**Call NOW!!**  
**973-835-5773**

[www.stewartfamilychiro.com](http://www.stewartfamilychiro.com)

*Initial exam and x-rays could normally cost you from \$75 to \$523*

## Did You Know?

- Hail is a chunk of ice dropped from a thunderstorm. Sleet is frozen rain. Freezing rain is liquid rain that freezes to a surface such as the road or a tree.
- On New Years Day 1892 Ellis Island was opened. This island in New York Harbor was the port where over 20 million immigrants first landed to start a new life in America until its closing in 1954.
- On January 25, 1898 the four initial boroughs of NYC; Manhattan, Brooklyn, Queens, and The Bronx, are joined by Staten Island to create the five boroughs.
- One of the most severe winters in history began around 13 January in 1205, when the Thames in London froze over and ale and wine turned to solid ice and were sold by weight.
- Only two states have record highs no greater than 100 degrees. These are Alaska and Hawaii.

## Overnight Parking Rules in Effect December 1st

**No Parking from December 1 thru  
 March 31 Midnight to 6:00 AM**



**Code 160-26A:** Whenever snow has fallen and the accumulation is such that it covers the street or highway, no vehicle shall be parked on either side of any of the streets or highways in the Borough. This prohibition shall not apply to state and county roads.

**160-26B:** The above parking prohibitions shall remain in effect after the snow has ceased until the streets have been plowed sufficiently and to the extent that parking will not interfere with the normal flow of traffic.

**Sidewalk Snow Removal Code 147-22:** The owners and occupants of premises abutting and bordering upon any street, avenue or highway in this Borough shall remove all ice and snow from the sidewalks of any such street, avenue or highway abutting or bordering their premises within 24 hours after the same shall have fallen or be formed thereon.

**Code 147-29:** No person shall throw, place or deposit any snow, ice or yard waste into or upon any street, sidewalk or municipal right of way in the Borough, it being the intent and purpose of this provision to prohibit all persons from throwing, casting, placing or depositing snow, ice or yard waste, which accumulated within the private property belonging to such person, upon the streets, sidewalks or municipal rights-of-way of the Borough.



# 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](mailto:riverdalelibrary@nac.net)

Registration is required for all programs. Call 973-835-5044 or e-mail [riverdalelibrarykids@nac.net](mailto:riverdalelibrarykids@nac.net)

## INFANT & PRE-SCHOOL PROGRAMS

Fall infant and pre-school programs begin January 10 and run through the week of March 14.

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

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

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

## CHILDREN'S PROGRAMS

**Puppy Pals Reading Club** — Trained dogs will be on hand to listen to children in grades K – 5 read. Jan 11 (2<sup>nd</sup> Tuesday of each month) from 4:00 – 5:00 pm.

**Breakfast Book Club** — Saturday, Jan 15 from 10:15 – 11:30 am. Book discussion for parents and children in grades 2 - 5 with craft and a potluck breakfast. Pick up your copy of *Nim's Island* by Wendy Orr at the front desk.

**Movie Matinee** — On Saturday, Jan 15 from 1:00 – 2:30 pm. get out of the cold and join us for a family friendly movie! This month, read the book and then compare it to the movie version. For grades 1 and up.

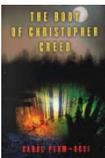
**Lego® Lab** — Children in grades K – 5 listen to a story and build creations out of Legos. Jan 25 (4<sup>th</sup> Tuesday of each month) from 4:00 – 5:00 pm.

## TEEN PROGRAMS Grades 6 and up

**Teen Advisory Board (TAB)** — Thursday, Jan 6 from 5:00 – 6:00 pm. hang out with friends and tell Ms. Rosie how you want *your* library to be.

**Teen Book Discussion Group** — Join us Tuesday, Jan 18 from 6:00 – 7:00 pm. for pizza as we discuss *The Body of Christopher Creed* by Susan Plum-Ucci.

Teens, check out our new **Book Review Blog** at [riverdaleteenreads.blogspot.com](http://riverdaleteenreads.blogspot.com) and add your own



## HOURS

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

## 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!

**January 31— Mrs. Dalloway by Virginia Woolf**

## 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.

**Microsoft Word I-** Jan 25, 3:00 pm.

**Introduction to the Computer-** Jan 27, 11:00 am.

## FLU PREVENTION

Do you feel the fear of germs around you? Do you avoid the sneezers on the subway? On Wednesday, January 26 at 3:30 pm. **Rachel Lender**, the town's health educator, will be presenting a program for adults about flu prevention. Don't be caught out in the cold without this one!

## CONQUER CLUTTER!

Come join **Linda Anders**, President of C.O.C. Enterprises on Saturday, January 29 from 11:00 am.-12:30 pm. Learn how to eliminate the clutter of paper piles from your life.

# DECEMBER HIGHLIGHTS





On December 4<sup>th</sup>, 41 children celebrated the holidays by building Gingerbread Houses in our holiday program! Friend of the library, Melissa Harsley, generously donated her time and icing skills to help make this year's program a huge success.

We would also like to thank Dennis and Liz Harsley for all of their contributions.

## LIBRARY SURVEY

When it comes to the Riverdale Library, are you satisfied? Thoroughly impressed? We'd love to hear your thoughts. Stop by the library or our website to fill out a survey! [www.riverdalelibrary.org](http://www.riverdalelibrary.org)

## MONTHLY

**Photography Club**—Mon, Jan 24, 7:00-8:00 pm.  
All Photographers welcome! Learn! Share!

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



Brownie Troop #84 took a trip to the *Great Swamp Outdoor Education Center* in Chatham to make fresh apple cider from an apple press on November 13. The girls earned their “Make It/ Try It” badge.



(L-R) Mindy of the GSOEC  
Jacolyn, Adrianna, Carrie  
(Front Row) Jillian, Kaylee



(L-R) Jillian, Kaylee, Finnie and his owner,  
Adrianna, Jacolyn, Carrie

As part of earning their “Animals” badge, Brownie Troop #84 learned how to care for dogs and cats, as pets, at the Girl Scout Council, Riverdale on November 21. They really enjoyed meeting *Finnie*, the service dog, that helped present the program along with his owner.



**The Pequannock River Coalition** had a productive year in 2010. This summer we were able to monitor the positive impacts of our new permit governing reservoir releases into the Pequannock River. We also had great success with our restoration project now underway at Appelt Park in Riverdale. Most recently, correcting the fence at Apschawa has kept us busy. Along with our “River in the Classroom” program, and our other events and projects, we continue to make a huge difference in the environmental health of our region. Our contributors and supporters had a direct hand in this. *Many thanks to you!*

Of course, these have been hard times economically. Like everyone, we have been bearing up as best we can. If possible, a small extra donation from during this holiday season would be greatly appreciated. Please help us to continue our successful work. Even a few dollars goes a long way.

We encourage you to bundle up, get out and enjoy the wonders of the season firsthand. Cold or not, it’s a special time.

**Ross Kushner, Executive Director, Pequannock River Coalition, PO Box 392, Newfoundland, NJ 07435  
973-492-3212 [www.pequannockriver.org](http://www.pequannockriver.org)**

The *Riverdale News and Events* is published on or about the first day of each month. We are interested in all the good news that is happening around town and in your families. We welcome all such announcements, including birthdays, anniversaries, graduations, and any other special occasions you may want to share with your neighbors. The deadline for all insertions is the 3rd Wednesday of each month, which may be extended in certain circumstances. Please email your copy and photos to [mayor@riverdalenj.gov](mailto:mayor@riverdalenj.gov) and [riverdalemayor@gmail.com](mailto:riverdalemayor@gmail.com). Photos should be in JPEG or TIFF formats and preferably at least 1MB in size.

WHEN IT'S TIME TO BUY OR SELL, ALWAYS REMEMBER  
YOUR RIVERDALE REAL ESTATE AGENT



**TINA CALI\***

For Best Results & Top Notch Service  
—E-PRO, SRES, SFR—  
Consistent Top Performer - A Proven Industry Leader

**973-493-1477 - CELL**

**YOUR TRUSTED REALTOR**

**[www.TinaCaliRealEstate.com](http://www.TinaCaliRealEstate.com)**

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GEMINI LLC Realty  
197 Berdan Ave., Wayne, NJ 07470  
973-696-1111 ext. 145  
973-493-1477 – Cell  
No. 1 Century21 in Northern, NJ

If you know anyone who would like to own a home, please have them call me.  
Why rent when you can own a great investment! Let's talk!

**HOMES FOR SALE IN RIVERDALE!**



**Riverdale**  
3 Bedrooms, 2 Baths  
Dutch Colonial  
\$424,900



**The Grande**  
2 Bedrooms, 2 Baths  
\$287,400



**The Grande**  
1 Bedroom w/Den  
\$268,900



**The Grande**  
2 Bedrooms, 2 Baths  
\$339,900



**Armed Forces: Thank you!**

On behalf of the parents whose sons are serving overseas we would like to thank everyone for their generosity this past year it means so much to our sons and to us. This is an incredible community and we could not be more proud. We have collected over 2000 Christmas cards to send to the troops that is a wonderful response and a nice peace of mind that we could put smiles on 2000 faces. God Bless all of you please continue to pray for our sons, they have long journeys ahead of them as they do what they need to with honor and commitment.

*Pam Sylvestri*



To see the photos of many of the events taking place around town, go the Borough's Website at [www.RiverdaleNJ.gov](http://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.

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

At last report, November 18, Jarred was in the Cherokee National Forest, where the Appalachian Trail crosses back and forth over the



Tennessee and North Carolina border. He and his hiking party were on their way to Hot Springs, NC to be picked up by Addison's family, who was hosting a Thanksgiving

Feast for them. They needed to cover between 20 and 25 miles per day in order to reach their pick-up point for the holiday weekend. The plans were to take a zero day on Thanksgiving, which would allow the hikers to spend time with Addison's parents and relatives who had planned a destination Thanksgiving in Asheville, NC. Their accommodations were a lovely mountain house, with beautiful porches having spectacular views, cozy fireplaces, hot showers, warm beds and delicious food. A place to be truly thankful! Friday would be a slack-packing hiking day, returning to the home base for the evening. Saturday would be the final day of rest before heading back to ht Trail for the final push to Springer Mountain, 217.8 miles away.

The warmth of family and friends, and the comforts of the Thanksgiving celebration faded quickly as Jarred

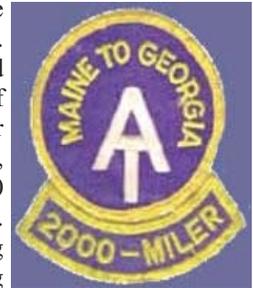
entered the Great Smokey Mountains National Park. A southern cold snap gripped the Smokey Mountains, and would not let up for the rest of the journey. Snow, freezing rain, ice-covered trails and below zero wind chill temperatures challenged their every step. Jarred would need to cover nearly 20 miles a day to reach the summit of Springer by December 12, the target date for completing the Trail. Frostbite was a constant concern, as was trying to keep supplies from freezing solid. We had sent boot spikes to add traction, and waterproof socks to help protect Jarred's feet from his snow-soaked boots. They helped a little, but the elements were way beyond his expectations of the weather he would encounter in a southern mountain range. Trying to reach enclosed sleeping quarters was a daily



Jarred would place his possessions in the sleeping bag with him to keep his supplies from freezing. His socks were placed on his stomach, using what body heat he could generate to dry them for the next morning! Waking up meant cracking the ice shell that had formed on the outside of his sleeping bag during the night. Frozen tuna and jerky were a main part of his diet the last 12 days. As parents, we eagerly waited for calls to

assure us that the hikers were moving on and in relatively good health.,

At 8:00 PM, December 12, 2010 we received a phone call from Jarred. He had reached the summit of Springer Mountain, Georgia, at 5:00 PM that evening. It was snowing and growing dark...he signed



the Trail Book...and headed down the mountain with his hiking buddy, Addison. Others in his hiking party took an extra day to reach Springer due to the weather, but they all met up at the base of the mountain for final good-byes. Jarred's friend, Louis, drove to Georgia to meet up with the hikers he had spent 1,700 miles with. Lou drove Jarred home, arriving in Riverdale on December 14. 169 days on the Appalachian Trail. My simple updates do not do his trip the justice it deserves, so if you want to know more about his experiences of the Trail, please contact me at [wrbush@optonline.net](mailto:wrbush@optonline.net) and I will put him in touch with you. *Written by Donna Bush (Jarred's mom).*

*Congratulations, Jarred, on your impressive accomplishment; you and your family should be very proud. Thank you and your mother for keeping the residents of Riverdale updated and a part of your exciting journey!*



## Food Pantry: Thank you!

To all who sustained the Riverdale Food Pantry this past year through food and monetary donations and volunteer assistance, Thank you. Your support made it possible to help our Riverdale families experiencing difficulties.

The Pantry's ongoing needs are basic food items, such as: Canned Vegetables, Fruits, Sauces, Soups, Boxed Potatoes, Rice, Cereals and Pancake Mix. Children's items: Mac 'n Cheese, Peanut Butter and Jelly, and Cookies. Paper and Cleaning Products are always needed.

To request confidential Pantry assistance, call Linda Roetman at the Municipal Building (973) 835-4060).

# RIVERDALE



**Eleanor Achrem**  
celebrates her 90th Birthday  
December 16 at Community Center



**The Riverdale  
Christmas Tree**



**Riverdale's Pearle Vision named  
Paragon Award Winner**



Riverdale Pearle Vision was presented with the Paragon Award for Quality, Sales Growth, High Standards, Marketing, and Community Involvement. Riverdale Pearle was one of only three winners out of 850 stores nationwide. Pictured L-R are sales associate Margo Rosenbaum, Owners Emma Mutz and Randi Lovett, Optical Apprentice Leonora Mahmudi and Optical Technician Matthew Budesheim.



The Borough's Christmas Tree, at 22 feet the largest one we ever had, was donated to Riverdale by Audrey Dhuyvetter of West Milford in honor of her late husband, Frank, a US Marine Veteran of the Korean War's Chosin Reservoir. The Duyvetters are the parents of Debbie Mahon, wife of DPW Superintendent Walter Mahon. We are very grateful

to the Duyvetter and Mahon families for their thoughtfulness and we hope that we do the memory of Frank Dhuyvetter a great honor for his service to our country with the decorating of his tree. A thank you to Rick Malanga for transporting the tree to the Borough Hall and the DPW for their participation. Merry Christmas! The full story is on our website [www.RiverdaleNJ.gov](http://www.RiverdaleNJ.gov) on the homepage. Rockefeller Center, watch out!

## Road Done!

The final link in the service road connecting the WalMart site all the way to BJ's without having to go back on Route 23. This final link connects Riverdale Square behind Ruppert's Restaurant to the Target driveway.



Car accident knocks down utility pole on December 13 shutting down the Hamburg Turnpike for nearly 12 hours. No injuries.



# DAILY NEWS



## Gingerbread Making

Throughout the day the Harsleys helped over forty youngsters make their own Gingerbread Houses to take home. This is done annually at the Riverdale Library.



We are grateful to have residents like Melissa, Dennis and Liz Harsley for taking the time to share their expertise and abilities. *Thank You!*



## Christmas Gifts for the Children



Thank you to everyone for donating so many gifts to the children of the community who would otherwise do without. It is such a blessing. Twenty-seven children received gifts this Christmas. Thanks to everyone. *Sam Dedio and Mary Ann Murphy are shown getting the gifts ready.*



Seniors enjoying their annual Christmas Party at the Regency House on December 13.





## Darren's Journey *Attitude is Everything!*

Many of you know that my son, Darren, sustained his spinal cord injury *more than six years ago*, in July 2004. Since that time, Darren has graduated from Ramapo College and is now more than halfway through the MBA program at Rutgers-Newark studying Supply Chain Management. While attending Ramapo, Darren lived on campus for three years; currently he is living at home and commuting to Newark several days a week for classes and group projects. He had a wonderful internship this past summer and is hopeful that he will find full time employment upon graduation.

In addition to this studies, Darren continues to work out at Push to Walk twice a week. He also uses his standing frame several times a week, and plays quad rugby. He stays busy and active. He knows that staying strong and healthy will help keep secondary complications to a minimum. Regaining strength and function has helped Darren drive independently, travel on his own, and participate in many of the same activities like others his age.

Push to Walk is a very unique exercise program - the only one of its kind in the entire NY-NJ-PA-CT area. We founded Push to Walk so that Darren and others with spinal cord injuries could have a place to work out with specialized trainers and equipment. Clients pay privately for this program; there is no insurance payment or reimbursement. But clients fees are not enough to cover our operating expenses; **fund raising is critical to keep our doors open.** *Please consider making a gift to Push to Walk today! Your support and generosity are greatly appreciated!* Donate online at [www.pushtowalk.org](http://www.pushtowalk.org).

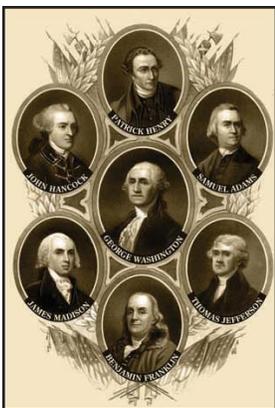
Thank you, Cynthia Templeton

### Why We Say...

**Armed to the Teeth.** This is a pirate phrase originating in Port Royal Jamaica in the 1600's. Having only single shot black powder weapons and cutlasses, they would carry many of these weapons at once to keep up the fight. In addition, they carried a knife in their teeth for maximum arms capability.

**Break a Leg.** "Break a leg" is sourced in superstition. It is a wish of good luck, but the words wish just the opposite. It was once common for people to believe in Sprites, who are actually spirits or ghosts that were believed to enjoy wreaking havoc and causing trouble. If the Sprites heard you ask for something, they were reputed to try to make the opposite happen. Telling someone to "break a leg" is an attempt to outsmart the Sprites and in fact make something good happen.

## Wisdom of our Fathers



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

"The powers not delegated to the United States by the Constitution, nor prohibited by it to the States, are reserved to the States respectively, or to the people."

*Tenth Amendment, Bill of Rights, United States Constitution*

"The states, then, being the parties to the constitutional compact, and in their sovereign capacity, it follows of necessity, that there can be no tribunal above their authority, to decide in the last resort, whether the compact made by them be violated; and consequently, that, as the parties to it, they must themselves decide, in the last resort, such questions as may be of sufficient magnitude to require their interposition."

*James Madison [Father of the Constitution], Virginia General Assembly Report of 1800.*

## CERT Excited over the Upcoming Year



Our Riverdale CERT members had an active and productive year in 2010, sponsoring events and educational programs to promote safety in and around residents' homes. Well-attended sessions included information on home fire extinguishers and first aid kits, as well as a National Rifle Association course on safe handling of personal firearms. Those courses addressed well-identified needs to prevent tragic events in the home setting.

The CERT team is headed by Russ Hatzel, who has been active in developing plans for additional courses for both the CERT team members as well as Riverdale residents.

The preliminary schedule of 2011 courses will be available early in the year. Residents are encouraged to attend the sessions, and to request specific classes they would like to have scheduled throughout the year. Suggestions can be submitted to [Mayor@RiverdaleNJ.gov](mailto:Mayor@RiverdaleNJ.gov).

**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](http://www.RiverdaleNJ.gov) and on Facebook at Riverdale NJ Government.

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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.

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Please help restock the Riverdale Food Pantry. Drop off your donations at Borough Hall.



## What the Length of Your Index Finger Says About You



For many decades, scientists have noticed an extraordinary link between the length of your ring and index fingers and a plethora of apparently unrelated traits. Evidence is growing that this “digit ratio” effect is real. Recently, strong evidence has emerged that men whose index fingers are longer than their ring fingers are significantly less likely to develop prostate cancer.

To work out the ratio of your fingers, measure the distance from the midpoint to the lowest crease at the base of the finger to the very tip - the fingernail does not count.

A long index finger correlates strongly with a lower risk of early heart disease and, in women, a higher risk of breast cancer and greater fertility. People with relatively long index fingers are also more likely to suffer from schizophrenia, allergies, eczema and hay fever.

The length of your index finger relative to your ring finger may reveal some interesting clues about your health and personality. Your 2D:4D digit ratio refers to the ratio of the length of your index finger (digit 2) and ring finger (digit 4). According to *Digit Ratio: A Pointer to Fertility, Behavior and Health* by developmental biologist Dr. John Manning, who has been studying this issue for more than two decades, generally a man’s index finger is about 96 percent the length of his ring finger, giving a “low” ratio of .96. Women generally have a “high” digit ratio of 1.00, as their index fingers and ring fingers tend to be nearly the same length. So far, the research shows that your digit ratio may you clues to more than 100 psychological traits and illness risks.

A high 2D:4D ratio (longer index finger) has been linked to a lower risk of prostate cancer and higher risk of early heart disease in men and greater fertility and breast cancer in women. A low ratio (shorter index finger) signals greater fertility and aggression in men, along with an increased propensity toward sports or playing a musical instrument. Women with a low ratio are also more likely to be aggressive.

The length of a baby boy’s fingers could indicate whether he will be at risk of a heart attack in early adulthood. An analysis of more than 150 male heart attack victims showed that boys with shorter ring fingers could experience heart problems as early as age 35. This is because these boys tend to have lower levels of the hormone testosterone, which protects against heart attack; genes that affect testosterone production also determine finger development. The average male tends to have a ring finger about 2 percent longer than the index finger, and the ratio remains the same throughout life. The longer the ring finger, the greater the testosterone production. Short ring fingers did not mean that a heart attack was inevitable, but could serve to alert parents that risk-reduction measures should be taken. Taken from [www.mercola.com](http://www.mercola.com)

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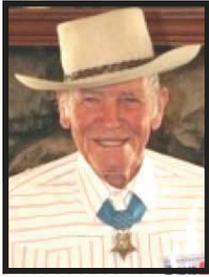
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## December 7th was the 69th Anniversary of Pearl Harbor Day

### John Finn: Last of Pearl Harbor's Medal of Honor Heroes



John William Finn was an amazing man. He passed away earlier this year just shy of 101 years of age. He was a military hero admired by the tens of thousands of service men and women who met him over the years, as well as the many thousands of people who never had the opportunity to meet him, but who had heard of, or read, his story. He was also a much-beloved husband, father, foster father, uncle, and neighbor. Alice, his devoted wife of nearly 60 years, died in 1998. He continued to live the simple rural life in the rustic home on their Pine Valley ranch near the California-Mexico border east of San Diego. John Finn was the last surviving recipient of the Medal of Honor awarded for heroism during the Japanese attack on Pearl Harbor on December 7, 1941. His official Medal of Honor citation (as printed in the official publication "Medal of Honor, 1861-1949, The Navy", page 183) reads:

*For extraordinary heroism, distinguished service, and devotion above and beyond the call of duty. During the first attack by Japanese airplanes on the Naval Air Station, Kanoeha Bay, on 7 December 1941, Lieutenant Finn promptly secured and manned a 50-caliber machine gun mounted on an instruction stand in a completely exposed section of the parking ramp, which was under heavy enemy machine-gun strafing fire. Although painfully wounded many times, he continued to man this gun and to return the enemy's fire vigorously and with telling effect throughout the enemy strafing and bombing attacks and with complete disregard for his own personal safety. It was only by specific orders that he was persuaded to leave his post to seek medical attention. Following first-aid treatment, although obviously suffering much pain and moving with great difficulty, he returned to the squadron area and actively supervised the rearming of returning planes. His extraordinary heroism and conduct in this action were in keeping with the highest traditions of the U.S. Naval Service.*



Finn's heroic exploits that day were later immortalized in the 1970 war film classic, *Tora! Tora! Tora!* Over the decades, he traveled to many military bases, service academies, and aircraft carriers to speak to the troops. He was usually mobbed by people who wanted to shake his hand, get his autograph, or have their pictures taken with him. He was no glory hog, but he was always accommodating. He was no pampered Hollywood celebrity; he was the real thing. As he got older, the travel became more difficult and tiring, but he continued to do it out of a sense of duty. "It means a lot to these young men," he said, "And I get a lot back from them." On June 27, 2009, more than 2,000 well-wishers came to Pine Valley to celebrate John's 100th birthday. John arrived at the festive event, appropriately, in an Army Jeep - no stretch limo for him. *The San Diego Union-Tribune* carried a nice story, *Going Great Guns at 100*, on the event, along with photos, including a photo of Finn with Vietnam War Medal of Honor recipient John Baca. Not all in attendance had come because of his Medal of Honor fame. Many came because they knew him as a fine human being, a good neighbor who was always willing to lend a helping hand to those in need. As the *San Diego Union-Tribune* article points out, he and Alice were foster parents to several Indian children of the Campo Indian Tribe, and they were well known for their assistance to other tribal members. In return, they had been, in effect, adopted by the tribe. John Finn passed away just before Memorial Day. May he rest in peace. Taken from *The New American*.

Christ Church Pompton Lakes is selling opportunities to win a trip to this year's **Super Bowl**. Ticket Donations are \$65 each. Only 300 tickets will be sold. Grand Prize includes two tickets to the Big Game plus a \$1,000 American Express Gift Card to help with travel and accommodations.

Make Donation checks payable to Christ Church Pompton, c/o Dr. Gary Stewart, 43 Newark Pompton Tpk, Riverdale, NJ 07457. If you want tickets call ASAP 201-317-0359 and leave a message so that your tickets can be put on hold. Drawing date is January 9 at 11:30 AM.



**PEEPHOLE DRIVING.** As snow and temperatures start to fall, it's "peephole driving" season in the USA. Many Americans have done it. Gone outside to an ice-covered vehicle on a cold winter's morning, chipped just enough ice off the windshield to see through and drive away. Peephole driving dramatically reduces a driver's field of vision, and it increases the likelihood that snow and ice can become dislodged and hit another vehicle or a pedestrian. On October 19 a new law took effect in NJ and amends various parts of NJSa 39:4-77.1 that requires drivers of ALL motor vehicles to make all reasonable efforts to remove accumulated snow and ice from exposed surfaces of motor vehicles prior to their operation.

# Riverdale News & Events

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## Cal's Corner

By Cal Deal

### RIVERDALE POLICE QUIT AS SALARIES GO UNPAID

**Town Budget Was Exhausted  
Aug. 1—Force Strikes and  
Looks for Work.**

*Special to The New York Times.*

RIVERDALE, N. J., Aug. 14.—While the traffic snarls along Main Street and the Pompton turnpike went untangled, Chief of Police Augustus Hartdorn and his four assistants in the department appeared on the sidewalks of Riverdale today in civilian clothes. They announced that not a one of them would swing a nightstick, make an arrest, or otherwise lift a finger or a voice until next January, when they hope the local treasury will be reimbursed sufficiently to allow them their pay. As things stand at present, Chief Hartdorn and his men are looking for work, any work.

According to the disgruntled police force, no pay-checks have been forthcoming since Aug. 1, when the town budget was exhausted. For two weeks the five members of the force have worked hard and diligently, directing traffic, snaring crooks, policing the village in the interests of general safety, they say—and all for nothing. Hartdorn has gone without his 75 cents an hour and his assistants have not received their 65 cents an hour. And now they have struck.

**The New York Times**

Published: August 15, 1927

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## Looking Back - Russ Miller's Gas Station



*By Cal Deal:* In the early 1960s I drove around town on my bike taking snapshots of key places. This is Russ Miller's gas station, where my friends and I would go for Pepsis after working up a sweat on our bikes. Just inside the door, on the right, Russ had a large cooler in front of the two windows, and you could help yourself. It was waist high and had two sliding doors on the top. There was nothing like a cold Pepsi on a hot day! Beyond the cooler was a small counter where Russ kept his receipts, and parallel to the back of the building was a glass display cabinet. I seem to recall him selling fishing tackle from that cabinet, but since I don't fish, I'm not sure. Behind that cabinet, in shelves on the wall, was candy! The back of the building was a bathroom; the door to the bathroom was to the left of the candy counter. Russ used to sit in front of the glass counter directly in line with the front door, and he had two or three chairs in there for visitors. We'd plop down and drink our sodas. To the right of the building is a concrete-lined ditch where he used to work under the cars. Russ said Babe Ruth stopped there on his way to Pompton Lakes. This is the building after it was fixed up. I believe the picture window was added, and the building used to be all white. That's Russ' car on the right. *This is still located on the Newark Pompton Turnpike, the site of Rick's Reliable Repairs*

Don't forget that your dog and cat licenses must be renewed on or before Jan. 31, 2011. There is a late fee if not renewed on time. Borough Hall open on Thursday evenings until 7:00 PM for your convenience.