

Riverdale News & Events

Vol. 7 No. 4 *A Monthly published by the Riverdale Mayor and Council*

www.RiverdaleNJ.gov

Santa Visits



Santa Claus (aka Steve Revis) paid a visit to Riverdale as part of our Christmas Tree Lighting Ceremony.



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Major Dr. Kamal Kalsi, United States Army, was presented with a Certificate of Appreciation by Vietnam War Veteran Councilman Garret Astarita and the Mayor for his service to our country and being awarded the Bronze Star at a recent Council meeting. Dr. Kalsi lives with his family on Sky View Terrace.



Riverdale School Music Program led the residents in singing carols.



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Support Our Troops



Fundraiser for the Troops, held at the Community Center on December 11, was hugely successful in raising money for our Riverdale troops overseas. You may continue to support them by donating to the "Riverdale Food Pantry-Armed Forces". It costs \$13 to mail supplies overseas.

Announcements



Happy Birthday to **Tommy Carelli!** 16 Years Old! Celebrating on January 17. Love you lots, Mom, Dad, Michael, Samantha, Treat & Magic, Grandma & Grandpa Carelli and Nauni.

Happy Birthday, **Bill Budesheim III**, on January 5. Love, from the Family.

Happy 4th Birthday, **Erin Jane Struble**, on January 9. We love you! Love Mommy, Daddy and Emma.



Congratulations to the PLHS Varsity Football Team! We are so proud of you and look forward to a great game at the State Championship Finals at the MetLife Stadium - what an awesome year, boys!! We love our Cardinals!!



Happy 4th Birthday, **Nicholas Budesheim**, on January 20. Love, Mom, Dad, Mattie, Kevin and the whole family.



We would like to extend our warmest heartfelt thanks to June Carelli for all her hard work and dedication as the Recreation Director of our town. You will be missed. Love, Your Rec Ladies!

Happy Police Birthday to **Secretary Terri Pellegrini** on January 16.

Riverdale Seniors

The first meeting of December was opened by **President Irene Moehring**. She welcomed everyone, then **Chaplain Grace Chiesa** gave a lovely reading. **Marion Davis** led the group in singing *Jingle Bells* and *Silent Night*. Roll call was taken, followed by reading of the minutes of the last meeting, by **Secretary Jean McMichaels**. **Treasurer Laura Larosa** then gave her treasurers report. **Gerry Mahler** gave a report on the auditing of the treasurer's books, done by the auditing committee. President Irene reminded us of the upcoming Christmas Party to be held at the Regency House. The December celebrants were honored by **Vice president Loretta Lippens** and given a rousing Happy Birthday song

by the group. **Monica Meade** thanked everyone for their kindness shown at the memorial service for her mother recently. * The Riverdale School concert will be held on December 8. All Seniors are invited to attend. This will be an evening concert. * **Sunshine Lady Dorothy Bowersox** said she will see that the shut-ins will get their Christmas gifts. Officers for the new year were elected and installed, so they are all ready for the new year. Dessert was served following the meeting.

The second meeting of the month was held on December 19. President Irene Moehring opened the meeting. There were 48 present. Dorothy Bowersox led the group in singing *Silent Night*. Everyone was commenting on the great time we all had at our Christmas party at the Regency

House on December 13. Thanks to **Lorraine Moody** for taking charge of it. Great job! A Police Chief Police Committee is needed to represent our club. **Bob Dondero** volunteered to head this group. Vice-president Loretta Lippens said the borough nurse will not be available to take blood pressure readings at our first meeting next month. She will be doing it at the second meeting. Dr. Kohl in Pompton Lakes is offering a free one day session to examine those who wish. This on back pain. An appointment must be made. * Sunshine Lady Dorothy Bowersox took Christmas checks to our shut-ins. Next meeting will be a "tree undecorating pizza party." Gerry Mahler gave a report as Librarian Liaison. Refreshments were served. See you all at the next meeting. Happy New Year!

Presented by Marion Davis



Scratches on Wood Furniture?

Rub it with a Walnut!

Rubbing a walnut over scratches in your furniture will disguise dings and scrapes.

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

Winter infant and pre-school programs begin the week of Jan. 9th and run through the week of March 5, 2012..

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, Jan 11 & Feb. 8 (2nd Wed each month) from 4:00–5:00 pm**

Storytime with the Outlaws — NJ's newest hockey team will be at the library to read stories, answer questions, sign autographs and more. **Thurs, Jan. 19, 5:00-6:00pm**



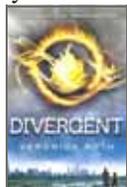
Lego® Lab — Children in grades K-5 listen to a story and build creations out of Legos. **Wed, Jan. 25 (4th Wed each month) 4:00–5:00 pm**

Once Upon a Storytime — Wear your PJs to this bedtime themed storytime! (2yrs.—1st grade) **Wed, Jan. 25, 6:00–7:00 pm**

TEEN PROGRAMS Grades 6 and up

Teen Advisory Board (TAB) — **Thurs, Jan. 5 & Feb. 9 (1st Thursday of every month) from 5:00–6:00 pm**, Hang out with friends and tell us how you want your library to be.

Teen Book Discussion Group — Join us **Wed, Jan. 18 from 6:00–7:00 pm** for pizza as we discuss *Divergent* by *Veronica Roth*.



Teen Movie Night — Join us **Wed, Jan. 4 from 5:30–7:45 pm** Hang with friends and watch the feature of the month. January's feature is *Super 8*.

Origami Night — Join us **Wed, Jan. 11 from 6:00–7:00 pm** Learn how to make new and classic origami designs while exploring the culture that surrounds this ancient art.

Outlaws Q&A—NJ's newest hockey team will be at the library to answer questions, host trivia challenges, and more. **Thurs, Feb. 2 5:00-6:00pm**

WARM HANDS, WARM HEARTS
Each glove or mitten ornament on the tree corresponded to a specific child in need of gloves or mittens for the winter season. We want to thank all those who donated gloves and helped to make this holiday season a little warmer for these children!



HOURS

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

E-BOOK LESSON

January 11 from 6:30-7:30 pm. Learn how to download an eBook with your library card and onto your eReader device. Special instruction provided with the Kindle. Bring your devices.



HOUSE PLANT CLINIC

Join Laura Roberts, NJ certified arborist, as she explains the ins and outs of successful house plant care. Bring up to 3 plants to be examined for pests, diseases, and overall health. **Saturday, January 14 2:00 - 4:00 pm.**

ADULT BOOK DISCUSSION

Join us for a discussion, *usually*, the third 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 16 -The Girl Who Played with Fire
By *Stieg Larsson*

FLU PREVENTION

January 25, from 6:30-7:00pm Learn all you need to know about fighting the flu with Rachel Lendner, health official in Morris County.



KNITTING CLASS

February 1, 6:30-7:30pm Learn the basics of knitting at this beginner's class. If you have knitting needles please bring them.



\$ INDIVIDUAL TAX PREPARATION SUCCESS \$

Join us, **February 15 from 6:30-7:30pm** when Michael Bertha presents helpful and informative methods for filing your tax returns. Bring your questions!

Over 50 children and teens came to the library the first week of December to decorate their own gingerbread houses! The program was a great success with an abundance of creativity and sugar consumption! A big thank you to the library's special friend Melissa Harsley and her family for donating their time and talents to this fabulous program!

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MONTHLY

Photography Club — January 23
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!



The Art Club 4 Teens - Ongoing Every Friday Evening

Kids ages 11 to 16 have discovered a great way to get out on Friday nights, hang out with friends, do a variety of amazing art projects with dynamic teachers and eat pizza. Classes include clay sculpture, silk painting, printmaking, drawing and painting and multimedia collage.

- ◆ Friday evenings 6:00 to 9:00 PM
- ◆ \$30 includes materials and pizza - payable to the RAC
- ◆ Held at RAC Studios, 5 Mathews Avenue
- ◆ Contact Loryn Mooney 973-513-9250 or email lmooney@riverdaleartcenter.org

WINTER 2012 ART CLASSES

Unleash Your Creative Energy

Join us for a series of art classes for adults ages 18 and older. Each week features a different artistic activity to help you release your hidden creative talents!

- ◆ Instructors: Ritika Gandhi-Silk Painting; Adam Schechter-Painting, Drawing and Ceramic Sculpture; Linda Dumoff-Process Art and Yoga; Carol Mainardi-Printmaking;

Mindy Casey-Mixed Media Collage.

- ◆ Tuesday mornings, 10:00 AM to 12:00 PM and Tuesday evenings, 6:30 to 8:30 PM.
- ◆ January 10 to February 14 and February 28 to April 3
- ◆ \$40 per class or six sessions for \$185 payable to The RAC, 2 Newark Pompton Tpk, Riverdale
- ◆ Held at The RAC, 5 Mathews Avenue, Riverdale
- ◆ Contact Loryn Mooney 973-513-9250 or email lmooney@riverdaleartcenter.org

Computer Arts

Want to get a great introduction to computer arts? Learn how to build your own website? Make an i-movie? Create an online art portfolio? Deon Koekemoer, a graduate of the Art Department of William Paterson University and an experienced computer arts instructor at County College of Morris, will help you gain mastery over your computer skills and apply them in a variety of different projects. Bring your own laptop to class.

- ◆ Saturdays, 10:00 AM to 12:00 PM
- ◆ January 7 to February 11 and February 25 to March 31
- ◆ \$40 per class or six sessions for \$185.
- ◆ Held at RAC Studios, 5 Mathews Avenue
- ◆ Contact Loryn Mooney 973-513-9250 or email lmooney@riverdaleartcenter.org



Dr. Joseph J. Young
Chiropractic Physician

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Here are 8 eco friendly suggestions from Suite101 for storing your Christmas keepsakes:



1. Use egg cartons for storing small, delicate pieces. Use tissue paper saved from gifts to cushion them.
2. Store holiday crystal or stemware in wine or liquor boxes, easily sourced from your local liquor store or Trader Joe's.
3. Store strings of lights in cardboard or tin coffee cans. Or if you were the recipient of Danish butter cookies or a giant tin of popcorn, these will work as well or better.
4. Store wreaths and garlands in individual paper shopping or gift bags. Garland can be wound around a used gift box and secured with ribbon. You can hook the bag handles over a clothes hanger for crush-free storage.
5. Use what you already have. Saving the boxes that an item came in (obviously only works if it's store-bought!) and putting the items back in them is something I try to do as much as possible.
6. Storing or disposing of your Christmas tree. Most cities and municipalities have Christmas tree recycling for those who opted for a real tree. To store your artificial tree, repack in its original box, but wrap it in old dry cleaning bags to keep it dust free. You may also want to put a couple of cedar blocks inside to keep insects out.
7. To keep your holiday candles dust-free, store them in old socks or stockings. But remember to keep them in a cool, dry place. The last thing you'd want to find next year is a bunch of waxy socks that melted over the summer.
8. Last but not least, **label all your boxes clearly!** This will save you from becoming frustrated next year when you can't find the box that your holiday lights are in and the impatient urge to buy a whole new set. Using and maintaining (and being able to find) what we already have is one of the greenest options we can exercise.

Memories from Cal Deal



The day the circus came to town in 1955 or 1956. I was in kindergarten at the time and, of course, didn't have a clue that a circus was coming. Because the school was overcrowded, the kindergarten was in the church building across Newberry Place, opposite the ball field. One day we looked out the windows, which look across the rear of the school property. To our 5-year-old shock we saw ELEPHANTS walking around behind the school. A spaceship could have landed and we would not have been more amazed! Huge elephants were right there in our very own schoolyard, walking behind our very own school! None of us had even seen one before, and here they were walking around in our little town. It was just incredible.

Speaking of Newberry Place (the name of which I had to look up on a map, I've been away so long), I remember Mr. Newberry himself. (I'm assuming the street is named after him or his family.) I used to go to his house every now and then. It's a big place opposite Parkway Entrance. He had souvenirs from World War I and lots of interesting stuff he had collected. I took snapshots of some of it, which I still have. He had glass cases in a room upstairs. He was an interesting and very nice old man.

Where else was there to go in town? There was Neil's Restaurant (Golden Sakura) diagonally across from the Borough Hall, to the south. I'm not sure what it is now. Once the Boy Scouts had a spaghetti dinner in there and I collided with someone at the kitchen door. I dropped a whole tray of spaghetti! *Taken from his website: <http://graphicwitness.com/federalhill/memories.html>*



CREATING NOURISHING WINTER SOUPS. It's cold and there is nothing better than a healthy, nourishing soup to use as our comfort food. Join us for an informative demonstration on quick and easy ways to put together a delicious soup. Discussion will focus on the benefits of certain ingredients, including adding protein to make a complete meal. Organic options will be discussed as well. Samples and recipes included! *Presenter:*



Monica Sabo, Certified Nutritional Consultant, Certified Personal Chef of the Art of

Healthy Living. 7 PM, Thursday, February 9, The Collins Pavilion of Chilton Hospital, Conference Center. Fee: \$5

Driving in Snow and Ice

- ◆ Snow falling from vehicles is a hazard. Completely remove all snow and ice from entire car, especially from headlights, the hood, windows and the roof—It is the law in New Jersey.
- ◆ Always wear your seat belt and buckle the children into child safety seats.
- ◆ Turn on your headlights. Use low beams when driving in snow.
- ◆ Use main roads or arteries when possible.
- ◆ Slow down! Give yourself plenty of time to get to your destination. Adjust your speed for visibility, traffic and road conditions.
- ◆ Remain calm. Nervous, jerky movements and quick turns, lane changes or abrupt speed changes can cause skidding.
- ◆ Increase following distance. In winter weather, travel at least eight to ten seconds behind the car in front of you.
- ◆ When driving, test the road conditions from time to time by applying the brakes to determine stopping distance. Only brake when you are traveling in a straight line.



- ◆ Watch for slow or stopped traffic ahead of you and begin braking well in advance. Again, only brake when traveling in a straight line.
- ◆ Bridges, ramps, overpasses and roads freeze before road surfaces freeze.
- ◆ Beware of "black ice." it appears to be water, but it is ice.
- ◆ Slow down before exiting the highway. Exit ramps often have icy patches, sharp curves and stalled or stopped vehicles
- ◆ On a multi-lane road, stay in the lane that has been cleared most recently.
- ◆ Avoid changing lanes because you could lose control when driving over snow and ice between lanes.
- ◆ Do not tailgate snowplows or other snow removal equipment—stay at least two car lengths behind. Never cut between a caravan of plows or sanders clearing the highway.
- ◆ If you lose control of the vehicle, try steering toward the shoulder or into a snow bank, rather than into another car.
- ◆ Do not use cruise control when driving in inclement weather.



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

Resolution: Get healthy? Get off of medication?

Stop wishing for health and begin building health. Whether you have high blood pressure, migraines, diabetes, arthritis, or cancer, we can help release the natural God-given ability to heal which is within you.

See how chiropractic has helped many people with various health concerns, visit www.stewartfamilychiro.com.

First visit, including exam, computerized scans, and any necessary x-rays:
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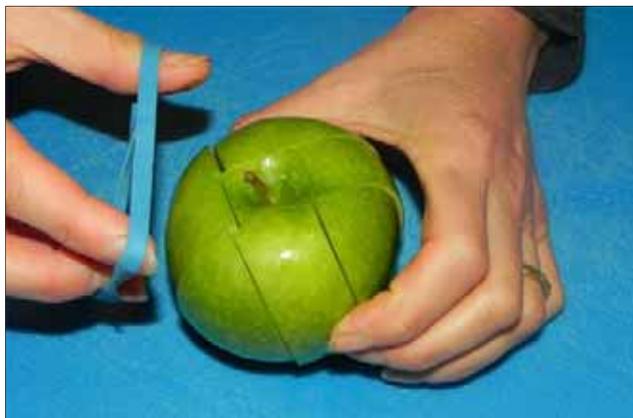
973-835-5773

At our regular fees, an initial visit starts at \$125.00.

Did You Know?

- ◆ Ohio is listed as the 17th state in the U.S., but technically it is number 47. Until August 7, 1953 Congress forgot to vote on a resolution to admit Ohio to the Union.
- ◆ Montgomery Ward's first catalogue was printed in 1872 - on one sheet of paper.
- ◆ The roller coaster was invented in Russia in the 17th century.
- ◆ A flamingo can only eat when its head is upside down.
- ◆ The shortest distance from the east coast to the west coast in the U.S. as the crow flies is from Jacksonville, Florida to San Diego, California - 2,092 miles.
- ◆ Only two U.S. Presidents are buried in Arlington National Cemetery - John F. Kennedy and William Howard Taft.
- ◆ France's King Louis XIV was on the throne so long (72 years) that he was succeeded by his great-grandson.

Want to keep a cut apple from turning brown in child's lunch? Once you slice the apple, reassemble it and wrap a rubber band around it.



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New Jersey Outlaws
Professional Hockey
Ice Vault, Wayne, NJ



Riverdale Recreation Night

Saturday, February 4th vs. Brooklyn Aviators— 7:35 pm



Enjoy the FUN of pro hockey in Wayne, NJ! The 2011-2012 season is the New Jersey Outlaws' Inaugural campaign. We are the class "A" affiliate of the ECHL Trenton Titans. On Saturday, February 4th Riverdale residents will receive a discount to this exciting night of professional hockey.



The Outlaws play their home games at the Ice Vault Arena ... with a bar/restaurant and a full concession stand.

Face value on tickets is \$13; however, **you will receive a discounted price of \$10 for Riverdale Recreation Night.**



This ticket special is limited ... be sure to reserve your seats early to be part of your hometown professional hockey team.

Deadline is Friday, 1/17/12. Space is limited. To reserve your seats, contact Anne Gould 973-248-9663

Recreation Dept Activities	Community Center Activities	
<p>JOIN US!! The Rec Committee is looking for you to join us in 2012! Have new ideas? Enjoy helping out? Like to meet new people? We would love for you to join us! Call Krista-Rec Dir (973) 835-1234 or E-mail RiverdaleRec@Gmail.com Check us out on Facebook! "Riverdale Rec"</p>	<p>BOB ROSS WET-ON-WET OIL PAINTING  Thursday, January 26 5:30pm (arrive no later than 6:00pm) Scene: Seascape \$35.00 (Payment due night of class) Cost Incl's all supplies! (Easel, Canvas, Brushes, Etc) Class Size Limited to 10 Participants. Don't Wait to Sign-Up! (973) 706-6471 Comm Center or jcarelli@riverdaleborough.com Comm Ctr E-Mail</p>	
<p>Calling all 6th, 7th, & 8th Grade Teens'! TEEN NIGHT MOVIE NIGHT Friday, Jan 27th 7:30pm—10:00pm Community Center—Upstairs \$5 At Door (Incl's Movie, Snacks & Drinks)</p> 	<p>GIRLS SOFTBALL CLINIC Instructor: Danielle Walker Clinic Begins: Monday-Jan 23 4 Weeks \$10 Per Student Riverdale School Gym</p> <p>Pitching Clinic 5:00pm—6:00pm</p>  <p>Hitting Clinic 6:00pm—7:00pm</p> <p>Sign-Up: (973) 706-6471 Comm Ctr jcarelli@riverdaleborough.com</p>	<p>LEGO LEAGUE Tuesday, Jan 10th (4 week program) Project every week! Creative & fun! \$20/ 4 wks</p> <p>Excellent afterschool activity for 2nd thru 5h grade students. Please call to sign-up: (973) 706-6471 jcarelli@riverdalebor ough.com</p>
<p>GOLD'S GYM WINTER EXERCISE CLASSES Low Low Low Rates Offered Just for Riverdale & Pompton Lakes Rec! Begins Week of February 4th Toning & Boxing Bootcamp \$40/for 6 wks <i>Tuesday & Thursday's, 5:30pm, Begins Feb 7</i> Cardio Mix, \$30/for 6 wks <i>Wednesday, 10:30am, Begins Feb 8</i> Yoga \$30/for 6 wks <i>Wednesday, 6:30pm, Begins Feb 9</i> Step Express \$20/for 6 wks (Low Cost!) <i>Saturday, 9:30am, Begins Feb 4</i> Zumba, \$30/for 6 wks <i>Saturday, 10:00am, begins Feb 4</i> Cardio Combat Boxing, \$30/for 6 wks <i>Sunday, 9:30am</i></p>  <p>Must sign-up in advance- Contact Krista-Rec Dir (973) 835-1234 ot E-Mail RiverdaleRec@Gmail.com</p>	<p>KIDS SEWING WORKSHOP Instructor: Vivian (So You Sewing) Thursday's, Jan 12, 19, & 26 3:30pm—5:30pm \$15 for 3-week Workshop (All Supply & Instruction Incl'ed) MAKE A HAT! Learn to work with a pattern, use Real Sewing Machines, & basic stitching. (973) 706-6471 Comm Ctr or jcarelli@riverdaleborough.com</p>	<p>TOT'S MUSIC Every Friday, 10:00am Lower Level Walk-In Come Participate in a Fun & Interactive Music Class for you &</p>
<p>'NEW' INDOOR FIELD HOCKEY Thursdays, March 15th thru April 19th 7:00pm—8:30pm Open to 2nd thru 8th Grade Students Lakeside Gymnasium, Lakeside School, P.Lakes \$70 (6 Week Program)</p> <p>Must sign-up in advance- Contact Krista-Rec Dir (973) 835-1234 or E-mail RiverdaleRec@Gmail.com</p>	<p>NEW YEARS RESOLUTIONS! EXERCISE! LOSE WEIGHT!</p> <p>Tuesday's,Zumba, 10:00am & 7:30pm Yoga, 11:30am</p>  <p>Thursday's Zumba, 6:00pm Pilates, 7:00pm (Welcome back to Pilates Instructor-Karen!)</p> <p>Saturday's, KettleBell Fitness, 9:00am</p>	



RABIES CLINIC
for
Dogs and Cats

FREE Rabies Clinic. Kinnelon, Saturday, January 21 at the Kinnelon DPW Garage, 1:00 - 3:00 PM
 Bloomingdale, Saturday, February 11 at the Bloomingdale Senior Center, 11:00 AM to 1:00 PM

Join Riverdale Recreation on a Trip To



- ◆ Ringling Bros. and Barnum & Bailey® Presents DragonsSM is a once in a millennium event that honors The Year of the Dragon.
- ◆ Circus performers from the farthest reaches of the earth have assembled for Ringling Bros.® Presents Dragons to showcase their astounding acts of bravery and astonishing athleticism.
- ◆ Ringling Bros.® Ringmaster Johnathan Lee Iverson presides over this fantastical celebratory tournament of circus champions that brings together mystic dragon lore with authentic circus feats.
- ◆ Dragons is a never-before-seen blend of renowned spiritual and real life legends that can be found only at The Greatest Show On Earth!®

Friday, March 9, 2012

@ 7:30pm

@ I ZOD Center (Meadowlands)

Price \$15.50 Per Ticket

Anyone who is a scout will receive a free patch. Please let me know when reserving your tickets.

**To Purchase Tickets Contact
Anne Gould 973-248-9663**

All Tickets Must Be Purchased by February 24, 2012

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."



Riverdale resident **Pat Parrill** (l) and DPW worker **Don Van Orden** unload a 15' fir tree to be decorated as the 2011 Christmas Tree on the front lawn of the Municipal Building. The Parrill Family donated the tree to the Borough. Thank you, Parrills!



Leanne Weiss leads residents in a Christmas sing-along at the Library.



Ribbon-cutting ceremony at the new Girl Scout Headquarters on the Newark Pompton Turnpike .



Results of the Gingerbread making class at the Library conducted by **Melissa Harsley and Family**

State Champs!



Members of the State Champion Pompton Lakes High School Football Team were presented with Certificates of Acknowledgement from the Riverdale Mayor and Council at a recent meeting.

Special Programs at the Library

SAVE MONEY

eBooks. Download library eBooks for free onto your eReader. Attend our **eBook Lesson** on Wednesday, January 11, 6:30-7:30 PM. Learn how to borrow eBooks from the Library.

Individual Tax Preparation Success. Michael Bertha gives tip and advice on Wednesday, February 15, 6:30-7:30 PM.

TO BE HEALTHY

Flu Prevention on Wednesday, January 25, 6:30-7:30 PM. Learn all you need to know on how to fight the flu with Rachel Lender, health official and presenter.

LEARN A NEW SKILL OR NEW INFORMATION

Knitting Class on Wednesday, February 1, 6:30-7:30 PM. Learn the basics of knitting at this beginner's class, and create an open-weave scarf.

The Traveling Stage Company presents *Mary Todd Lincoln* from their "Women in History" Series, with Mary Ryzuk as Mary Todd Lincoln on Wednesday, February 8, 7:00-8:00 PM. (Snow date Thursday, Feb. 9). Sponsored by The Friends of the Riverdale Library.



Before heading over to the School Santa Claus (aka Passaic County Freeholder Terry Duffy) met with David in the office of his father, Police Chief Kevin Smith



Workers from the Riverdale Quarry brought gifts for the Riverdale School kids when Santa came to visit.



Work on The Glenburn is moving along. Interior renovations should be completed by March.

When it's time to buy or sell always remember your Riverdale Real Estate Agent (Riverdale Resident)



"Wishing Everyone a Happy & Healthy New Year"

TINA CALI

AWARD WINNING AGENT
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TINA'S PAST 30 DAYS PRODUCTIVITY

- 8 Ackerson Avenue, Pequannock – Under Contract!
- 18 Carper Lane Riverdale – Under Contract!
- 732 Cannella Way, Riverdale – Under Contract!
- 58 Carlton Terr., Nutley – Under Contract!
- 18 Rock Creek Terrace – Listed & Under Contract in One Week by Tina!

YOU ARE NEXT – CALL TINA TO GET LISTED TODAY!



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 A BUYER!



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 BUYER!



RIVERDALE!
 3 Bedrooms 2 Baths
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 \$299,900



RIVERDALE!
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 Colonial
 Open House January 8
 12 to 3 PM
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\$375,00



THE GRANDE
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 2 Bedrooms 2 Baths

SHORT SALE!



CARPET CARE. If you have a pet and the resulting problems with fleas in your carpets, your vacuum cleaner is your best ally in the battle against these pests. Always vacuum thoroughly after applying flea killers. Some people toss a few mothballs into the vacuum cleaner bag to kill the bugs that get evicted from their homes in the carpet. * A quick way to fix indentations in the carpet caused by furniture legs is to place a single ice cube in the indentation. As it slowly melts, the moisture will go into the fibers and plump them up.

STORAGE SPACE. Put old bookcases into closets for ready-made shelving. You can paint them to match or leave them as they are.*

Install shelves over the commode in the bathroom to hold towels and miscellaneous bathroom accessories. **DRIPPY AND NOISY**

FAUCETS. You don't have to turn faucet handles off until they feel tight. Just turn until the water goes off. Any further turning compresses the gaskets, which will make the faucets leak. * Faucet aerators need cleaning. Unscrew the aerator, take the screen out, and rinse it. If it is totally clogged with mineral deposits and hard water buildup, you can soak the aerator screen in vinegar to remove that, and then put the entire mechanism back together. **USING SCREWDRIVERS.** If you soap or wax screw threads, the screw will go in more easily. Taken from *All-New hints from Heloise A Household Guide for the 90's*, Heloise, Perigee Books 1989.

FRIENDS



Riverdale 75th Anniversary Books

Available at the Riverdale Library

\$1

All proceeds go to The Friends of the Riverdale Library. Published during our anniversary year, 1998, this Commemorative Book is filled with many old photos from years gone by, along with the early history of our great community.

House Plant Clinic

The Riverdale Public Library is planning a House Plant Clinic on **Saturday, January 14, from 2:00 - 4:00 p.m.** with ISA Certified Arborist, Laura Roberts, who works as a Horticulturalist and Garden Manager for Van Vleck House and Gardens. Bring up to three plants to be examined for pests, diseases and overall health. Preregistration is required by registering online or calling the library at 973-835-5044.



RIVERDALE

Food Drive



Dr. Gary Stewart's Chiropractic office collected food donations during November from his patients to be donated to the Riverdale Food Pantry. A total of 56 bags was collected.

Photo Contest



Winners of the Photography Club contest held at the Riverdale Library were:
1st Place **Danielle Mastrangelo**
2nd Place **Lori Pirolo**
3rd Place **Jody Anne Oliveri**

Girl Scouts



Brownies and Daisies gather together to carol and deliver gifts to the residents of the Bloomingdale Health Center.



The girls of Troop 94889 help out at the Food Pantry at the Bloomingdale United Methodist Church in Butler.



GIRL SCOUTS



Junior Troop 1105 proudly shows off the cards they made for members of our U.S. military, veterans & their families.





DAILY NEWS

School Events



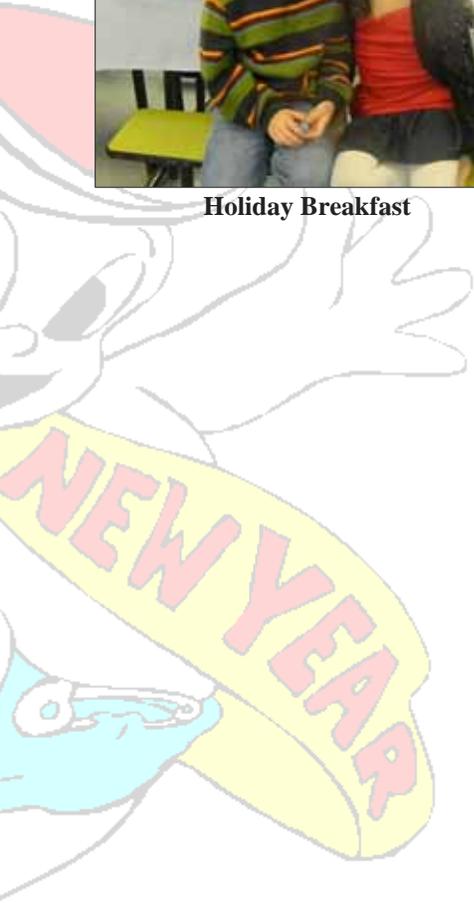
Holiday Breakfast



1st Grade Gingerbread House Activity
December 14



1st Grader Zachary Cali making his
Gingerbread House



Christmas Decorations



Winners of the Christmas Home Decoration Contest were the Hanna Family, 21 Halsey Avenue. Pictured with their lawn sign proclaiming their house the *Most Festive* are Wendy, Chris, Madison and Morgan. Congratulations, Hannas!

Riverdale Woman's Club

Have you organized all the wonderful holiday pictures you've taken? Why not plan to attend the Riverdale Woman's Club Scrapbook Crop Day on **Saturday, February 18** at the Riverdale Senior Community Center, 57 Loy Avenue. The Crop will be held from 10 AM to 10 PM.

Enjoy 12 hours of Cropping for only \$45. Lunch, dinner and snacks will be provided. Lots of space and every seat is an aisle seat. "Close to My Heart" and "Stampin Up" vendors will be there.

Only 60 spots are available. Reserve now. Call Jenny at **973-650-8860**.



Where to store your left-over gift wrapping rolls?



Look up! Use wire to make a space to store gift wrap rolls against the ceiling rather than cluttering up the floor.



The Friends of the Riverdale Library Annual **BOOK SALE** is scheduled for **Friday, March 23** thru **Sunday, March 25**. Buy great books at great prices! Donations to the book sale will be accepted Jan. 31 thru March 1. Good condition books, DVD's & CD's accepted. Please, no VHS tapes, magazines or textbooks.

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EVERY DAY!**

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Winter Storm Safety Checklist

Winter storms can range from a moderate snow over a few hours to a blizzard with blinding, wind-driven snow that lasts for several days. Some winter storms are large enough to affect several states, while others affect only a single community. Many winter storms are accompanied by dangerously low temperatures and sometimes by strong winds, icing, sleet and freezing rain.

Know the Difference

Winter Storm Outlook
Winter storm conditions are possible in the next 2 to 5 days.

Winter Weather Advisory
Winter weather conditions are expected to cause significant inconveniences and may be hazardous. When caution is used, these situations should not be life threatening.

Winter Storm Watch
Winter storm conditions are possible within the next 36 to 48 hours. People in a watch area should review their winter storm plans and stay informed about weather conditions.

Winter Storm Warning
Life-threatening, severe winter conditions have begun or will begin within 24 hours. People in a warning area should take precautions immediately.

What should I do?



- Dress in several layers of lightweight clothing, wear mittens and a hat (preferably one that covers your ears).
- Wear waterproof, insulated boots to keep your feet warm and dry and to maintain your footing in ice and snow.
- Minimize travel. If travel is necessary, keep a disaster supplies kit in your vehicle.
- Listen to a NOAA Weather Radio or other local news channels for critical information from the National Weather Service (NWS).
- Winterize your vehicle and keep the gas tank full. A full tank will keep the fuel line from freezing.
- Insulate your home by installing storm windows or covering windows with plastic from the inside to keep cold air out.
- Maintain heating equipment and chimneys by having them cleaned and inspected every year.
- Bring pets/companion animals inside during winter weather. Move other animals or livestock to sheltered areas with non-frozen drinking water.
- Running water, even at a trickle, helps prevent pipes from freezing.
- All fuel-burning equipment should be vented to the outside and kept clear.

Cold-Related Emergencies

- Frostbite** and **hypothermia** are two dangerous and potentially life-threatening emergencies. Learn how to care for these emergencies by taking a first aid class.

What supplies do I need?



- Water—at least a 3-day supply; one gallon per person per day
- Food—at least a 3-day supply of non-perishable, easy-to-prepare food
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First aid kit
- Medications (7-day supply) and medical items (hearing aids with extra batteries, glasses, contact lenses, syringes, cane)
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Baby supplies (bottles, formula, baby food, diapers)
- Pet supplies (collar, leash, ID, food, carrier, bowl)
- Tools/supplies for securing your home
- Sand, rock salt or non-clumping kitty litter to make walkways and steps less slippery
- Warm coats, gloves or mittens, hats, boots and extra blankets and warm clothing for all household members
- Ample alternate heating methods such as fireplaces or wood- or coal-burning stoves

What do I do after a storm?



- Go to a designated public shelter if your home loses power or heat during periods of extreme cold.
- Avoid driving when conditions include sleet, freezing rain or drizzle, snow or dense fog.
- Before tackling strenuous tasks in cold temperatures, consider your physical condition, the weather factors and the nature of the task.
- Protect yourself from frostbite and hypothermia by wearing warm, loose-fitting, lightweight clothing in several layers. Stay indoors, if possible.
- Help people who require special assistance such as elderly people living alone, people with disabilities and children.
- Check on your animals and make sure that their access to food and water is not blocked by snow drifts, ice or other obstacles. If possible, bring them indoors.

Caution: Carbon Monoxide Kills

- Never use a generator, grill, camp stove or other gasoline, propane, natural gas or charcoal-burning devices inside a home, garage, basement, crawlspace or any partially enclosed area. Locate unit away from doors, windows and vents that could allow carbon monoxide to come indoors.
- The primary hazards to avoid when using alternate sources for electricity, heating or cooking are carbon monoxide poisoning, electric shock and fire.
- Install carbon monoxide alarms in central locations on every level of your home and outside sleeping areas to provide early warning of accumulating carbon monoxide.
- If the carbon monoxide alarm sounds, move quickly to a fresh air location outdoors or by an open window or door.
- Call for help from the fresh air location and remain there until emergency personnel arrive to assist you.

Let Your Family Know You're Safe

If your community experiences a severe winter storm, or any disaster, register on the American Red Cross Safe and Well Web site available through RedCross.org to let your family and friends know about your welfare. If you don't have Internet access, call **1-866-GET-INFO** to register yourself and your family.



For more information on disaster and emergency preparedness, visit RedCross.org.

Heating Safety

There is something about the winter months and curling up with a good book by the fireplace. But did you know that heating equipment is a leading cause of home fire deaths? With a few simple safety tips and precautions you can prevent most heating fires from happening.

BE WARM AND SAFE THIS WINTER!

- »»» Keep anything that can burn at least three-feet away from heating equipment, like the furnace, fireplace, wood stove, or portable space heater.
- »»» Have a three-foot "kid-free zone" around open fires and space heaters.
- »»» Never use your oven to heat your home.
- »»» Have a qualified professional install stationary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer's instructions.
- »»» Have heating equipment and chimneys cleaned and inspected every year by a qualified professional.
- »»» Remember to turn portable heaters off when leaving the room or going to bed.
- »»» Always use the right kind of fuel, specified by the manufacturer, for fuel burning space heaters.
- »»» Make sure the fireplace has a sturdy screen to stop sparks from flying into the room. Ashes should be cool before putting them in a metal container. Keep the container a safe distance away from your home.
- »»» Test smoke alarms monthly.



Heating Equipment Smarts

Install wood burning stoves following manufacturer's instructions or have a professional do the installation. All fuel-burning equipment should be vented to the outside to avoid carbon monoxide (CO) poisoning.

Install and maintain CO alarms to avoid the risk of CO poisoning. If you **smell** gas in your gas heater, do not light the appliance. Leave the home immediately and call your local fire department or gas company.



FACT

Half of home heating fires are reported during the months of **December, January, and February.**



Your Source for **SAFETY** Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

www.nfpa.org/education

RIVERDALE SETS KINDERGARTEN REGISTRATION

The Riverdale School District will be conducting registration for incoming Kindergarten students on **January 10 & 12**. Children whose last name begins with **A-M** will be registered between the hours of 9 to 12 noon on Tuesday, January 10 and those children whose last names begin with **N-Z** will be registered between the hours of 9 to 12 noon on Thursday, January 12. Should you not be able to attend registration during these times, please contact the school office at 973-839-1300 x0 to make alternate arrangements.

To be eligible to attend school in September, a child must be five years of age on or before October 1, 2012. Parents must present an original birth certificate and medical records indicating the child has received four DPT inoculations (the fourth inoculation must be given after the fourth birthday, five or more doses meet the requirement); four doses of polio vaccine, two doses of the mumps and rubella vaccine, varicella vaccine, and three doses of Hepatitis B vaccine series.

The child's parent/guardian must also present at least four (4) of the following documents as proof of residency at registration: utility bill, voting record, house deed, telephone bill, current department store or credit card bill, rent lease or contract. The amounts and/or account numbers may be blocked out.

Incoming kindergarten students need not be present at registration. Childcare is not available. It may be difficult for young children to wait while parents fill out the necessary paperwork. We appreciate your cooperation, since the registration process takes approximately 45 minutes to complete.

A Kindergarten Tea will take place in June for parents and their youngster to attend, in order to become familiarized with our program

Our Kindergarten is presently full day program, which operates according to the school calendar. Information regarding our

Kindergarten screening and orientation programs will be available at registration. If you do not have a child of Kindergarten age, but know of someone who does, please inform him or her of our registration information. We look forward to welcoming our newest students to our school!

Preschool Open House is scheduled for Wednesday, February 1 at 7 PM. The tuition based program anticipates having limited openings for 3 and 4 year olds for the 2012-2013 school year. Please join us to find out more about the program and our curriculum. Registration procedures and information regarding the "lottery" for available openings will be posted shortly on the district's website. www.rpsnj.org

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



January Events

- ♦ **Jan. 10** - Kindergarten Registration A-M 9 to 12 noon
- ♦ **Jan. 11** - Board of Education Meeting and celebration of student success.
- ♦ **Jan. 12** - K registration N-Z 9 to 12 noon.
- ♦ **Jan. 16** - District Closed
- ♦ **Jan. 24-27** - Midterms, End of 2nd Marking Period.

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



Mr. Peter Bankuti, Sr. wishes to thank all of his Riverdale Friends for their continued support throughout the year. Mr. Bankuti is totally reliant on *Ensure* for his nourishment.

Mr. Bankuti, of course, continues to depend on your support for his nutritional needs. If you are able, please bring your bottles of Ensure Nutrition to the Municipal Building (Chocolate or Vanilla. He can't use Strawberry flavor.)



Don't Forget Your Help is Still Needed

The Food Pantry 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

Wisdom of our Fathers



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

“Can the liberties of a nation be sure when we remove their only firm basis, a conviction in the minds of the people, that these liberties are a gift from God?” *Thomas Jefferson*

“Our Constitution was made only for a moral and religious people. It is wholly inadequate to the government of any other.” *John Adams*

“No pecuniary consideration is more urgent, than the regular redemption and discharge of the public debt: on none can delay be more injurious, or an economy of time more valuable.” *George Washington*

“He that would make his own liberty secure, must guard even his enemy from oppression; for if he violates this duty, he establishes a precedent that will reach to himself.” *Thomas Paine*

“There is not a syllable in the plan under consideration which directly empowers the national courts to construe the laws according to the spirit of the Constitution.” *Alexander Hamilton, Federalist No. 81*

Why We Say...

Cat Bird Seat (A highly advantaged position) - Mocking birds are sometimes referred to as cat birds. Mocking birds typically sit at the top of a tree. Hence the cat bird seat is at the top.

Close, but no cigar (Nearly achieving success, but not quite) - Carnival games of skill, particularly shooting games, once gave out cigars as a prize. A contestant that did not quite hit the target, but was close, did not get a cigar.

Get a Leg Up (To get a boost or advantage) - Is from an act of an equestrian receiving help in mounting a horse. The helper would create a foothold by cupping the hands to heft the rider upward, throwing a leg up and over the steed.

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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

FEVERFEW Since the Middle Ages, Feverfew has been used as an herb to reduce fevers. Feverfew comes from the Latin *febrifugia*, which means “driver out of fevers.” In the first century A.D., the ancient Greek physician Dioscorides recommended the herb for “all inflammations and hot swelling,” which may have been a reference to arthritis. Recent research is restoring Feverfew’s reputation as a pain reliever.



The experiences of migraine sufferers indicate that Feverfew is effective in reducing the number and severity of headaches, as well as alleviating the nausea and vomiting that often accompany them. The word “migraine” comes to us from the Greeks and means “half of the skull,” as the excruciating pain usually strikes one side of the head. Researchers have actually shown extracts of Feverfew to have greater activity in inhibiting inflammation and fever than aspirin in experimental studies. Feverfew also decreases the secretion of inflammatory particles from platelets and white blood cells.

- Migraine headaches can also be caused by abuse to the body by consuming heavy white sugar products, coffee, alcohol and tobacco.
- Some of the other possible causes of migraines include mental tension such as grief, rage, anxiety, glandular deficiencies (migraine stop when glandular functions slow down in middle age), wrong eating habits (diet should be low fat, medium carbohydrates), constipation (from auto-intoxication), certain allergies (from foods or food preservatives, i.e., cheese, milk, chocolate, pork, wine) and liver problems (if the bile thickens from fatty foods, it causes bile ducts to become temporarily congested resulting in nausea and the vomiting of greenish-yellow bile).
- One herbalist stated that “Feverfew needed to be taken daily as a preventive for migraine headaches, instead of taking it only when they felt a headache coming on.
- Feverfew is used for pain relief, migraine headaches, chills, fevers, colds and inflammation from arthritis.
- Researchers speculate that substances in the Feverfew plant appear to make smooth muscle cells less responsive to body chemicals that trigger migraine muscle spasms.
- Scientists have determined that extracts of Feverfew have inhibited the production of prostaglandins which constrict and dilate cerebral blood vessels which cause migraine headaches.
- Feverfew increases fluidity of lung and bronchial tube mucus.
- Feverfew aids in allowing the body to heal itself and is a natural way to strengthen the body.
- Feverfew has been used to restore normal liver function. Alcohol destroys Feverfew’s benefits.

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. (Eccles 38:5-7).

RESTRICTIVE FERTILIZER LAW NOW IN EFFECT

- ◆ Please be advised that as of **January 5, 2012**, lawn care professionals must be certified in order to apply fertilizer in NJ.
- ◆ According to New Jersey’s fertilizer law, as of November 15, 2011 residents cannot apply fertilizer containing nitrogen or phosphorous to their lawns until spring - **March 1, 2012**.
- ◆ Commercial fertilizer applicators must complete their customer service cycle of late fall nitrogen or phosphorous fertilization by December 1, 2011. Fertilizer containing nitrogen or phosphorous cannot be applied onto lawns again until **March 1, 2012**.
- ◆ Effective **January 5, 2013** all fertilizer product for turf must contain at least 20 percent slow-release nitrogen, and zero phosphorous unless a soil test demonstrates a need for more.



- ◆ On January 5, 2011, Governor Chris Christie signed into law the most restrictive fertilizer content standards in the nation for nitrogen and phosphorous. Specifically, the law decreases the total amount of nitrogen in fertilizer and increases the amount of slow release nitrogen to 20%. In addition, it requires no phosphorous in fertilizer unless a soil test indicates it is needed.
- ◆ Nitrogen and phosphorous are nutrients required for plant growth. A limited amount of these nutrients is important for healthy plant life. An overabundance, however, not only can harm lawns, but when washed into our waterways, stimulates excessive algae and weed growth. This in turn depletes the oxygen from the water and reduces the sunlight needed for healthy aquatic life. For more information go to www.nj.gov/dep/healthylawnshealthywater/



Riverdale Photography Club

Meets on the 4th Monday each month at the Library from 7:00 to 8:00 PM

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

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

Club open to all, residents and non-residents.



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Peace Out Girl Scouts!

Is your daughter entering Kindergarten in September? Then she can

register for Girl Scouts and become a Daisy in September, also. If you want to learn more about Girl Scouting, how to become a leader or how to get your daughter of ANY age involved, come to our informational meeting on Tuesday, February 13, at 7pm at the Riverdale Community Center, 57 Loy Ave., Riverdale. And bring your daughter so she can hear about the activities that Daisy's and Girl Scouts do, too!

And speaking of activities that Girl Scouts do, there sure were there a lot of them in December! Daisy Troop 94888 and Brownie Troops 94284 and 94283 all went caroling to spread some cheer during the holiday season. Daisy Troop 94889 assisted the food pantry at the Bloomingdale United Methodist Church and distributed holiday baskets to local families. Junior Troop 1105 participated in the 2011 American Red Cross Holiday Mail for Heroes campaign and made homemade cards wishing them "Happy Holiday's" and thanking them for their service. And at the annual Leader/daughter dinner for all Lakedale troops, the mom's and their daughters made holiday cards for residents at a local nursing home. Participating in community service projects like these are just one of the ways that Girl Scouts is helping to build young woman of character!

Thanks to everyone who participated in the "Light Up Riverdale

and Pompton Lakes" luminary project! It was a beautiful sight to see all the candles lining the streets on December 24. Remember that sight so that we can make next year even more spectacular.

Congratulations to Lakedale Service Unit Volunteer of the Month Natalie Vacca. Natalie stepped in to help lead a troop of fourth grade girls this past fall and has done a fantastic job. With the support of her terrific co-leaders Dawn Wirth and Wendy Hanna, Natalie has revitalized the troop and created lots of new and exciting activities and opportunities for the girls. We look forward to great things from this troop under this new leadership!

Lastly, don't miss out on buying everyone's favorites: GIRL SCOUT COOKIES! Please support the girls by either buying some yummy cookies to enjoy yourself or by donating the cost of a box of cookies through the Gift of Sharing program.

This allows you to purchase a box of cookies but instead of it being delivered to you, it will be delivered to the charity of choice for each troop. In the past, Gift of Sharing boxes have been donated and sent to service men and women overseas as well as local food pantries and shelters.



Sugar Cookie Bowls

Turn your muffin pan upside down, bake cookie dough over the top and you have cookie bowls for fruit or ice cream.



Ingredients:

- ◆ 2 ¾ cups all-purpose flour
- ◆ 1 teaspoon salt
- ◆ 1 cup (2 sticks) unsalted butter, softened
- ◆ 1 ½ cups granulated sugar
- ◆ 1 egg
- ◆ 1 ½ teaspoons vanilla extract
- ◆ ½ teaspoon No Color Almond Extract

Makes 12 bowls

1. Preheat oven to 350 F. Spray the outside of each bowl cavity of Ice Cream Cookie Bowl Pan with vegetable pan spray.
2. In medium bowl, combine flour and salt. In large bowl, beat butter and sugar with electric mixer until light and fluffy. Beat in egg and extracts. Add flour mixture to butter mixture, 1 cup at a time, mixing after each addition.
3. Roll out dough on generously-floured surface to 1/8 inch thickness. Cut 4 - 1/2 inch circles from dough. Drape one circle over each bowl cavity of pan, pressing to form smooth surface.
4. Bake 11 - 13 minutes or until cookie cups are firm and golden brown. Cool on pan on cooling rack 10 minutes. Loosen bottom edges of cookies from pan using small spatula. Carefully remove cups from pan and cool completely. Wash, dry and spray pan; repeat with remaining dough.

Riverdale Health Department



973
835-5700
Ext 127

Medical Equipment for Loan

The Health Department has a supply of walkers, canes, wheelchairs, shower chairs, elevated toilet seats available for loan to residents. Call the Public Health Nurses for more information.

Child Health Conferences

Immunizations and wellness physicals are available to uninsured/under insured children. Clinics are scheduled bi-monthly. \$10 per visit. Appointments are required.

Walk-in Blood Pressure Checks

Public health nurses schedule monthly blood pressure clinics throughout our area. This service is free to all residents. Call the number above to get schedule.



Hello! My name is Lori Douma and I am a client at Push to Walk. In February 2001, I became paralyzed due to an unknown cause at the time. My diagnosis is Transverse Myelitis and about a year following the paralysis the cause was finally diagnosed. I have Lyme Disease. Over the past ten years, I have lived with being paralyzed from the waist down but the key here is that I have LIVED.

In September of 2003, I went out to California to Project Walk for three months of training. However, with the high costs of traveling and having no family out in California, I came back home to NJ, had a physical therapist trained in the methods that Project Walk utilized and continued my rehabilitation at home. In January 2008, I stumbled across Push to Walk on the internet and to my BIGGEST surprise, it was one and a half miles from my home. I contacted them as soon as possible and my training began.

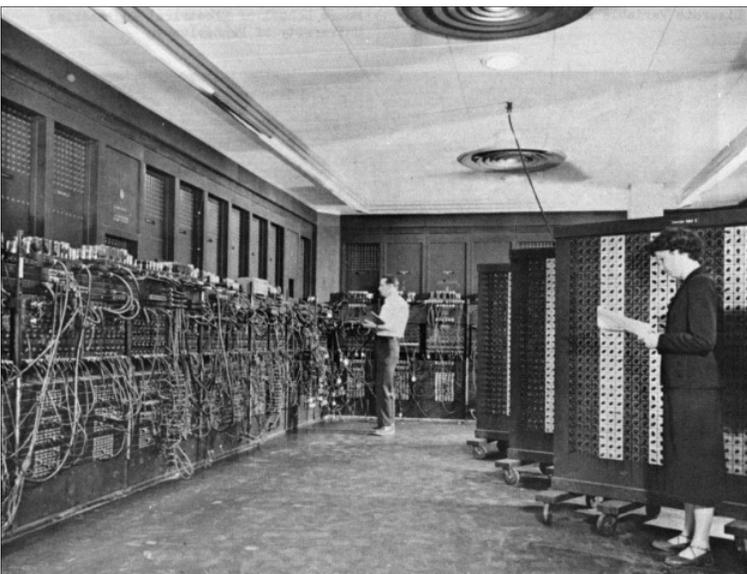
Even though I had continued my rehabilitation at home and at a variety of facilities, my exercise programs always fell a little short from what I had at Project Walk. Equipment always had to be modified, exercises were unable to be done effectively because of not having the right tools and I typically was the only one in a wheelchair. Now at Push to Walk that is all in the past. My exercise program is tailored to me! The focus is on what I **can** do, what my **goals** are for the future and what the trainers **challenge** me to do. Push to Walk has created a sense of family. The clients, trainers and staff are friends not a business. The friendships make the workouts fun but challenging. Cynthia often says when we are working out that she wishes she was out in the gym because it sounds like we are having fun. Ironically, despite all of the hard work we **are** having fun.

In 2003, I completed my Masters of Science degree in Speech-Language Pathology, have a successful career, and completed a certification in Applied Behavioral Analysis. I bought a home, got married, and gave birth to a BEAUTIFUL baby girl eleven short weeks ago.

I and all of the clients are blessed to have a place like Push to Walk to work out and have friends to care enough to help us reach our ultimate goals. Please continue to help us reach our goals and **LIVE LIFE!** Your generosity is **ALWAYS** appreciated.

A Little Push Goes A Long Way! Donate online at www.pushtowalknj.org

World's First Computer



NIAC (Electronic Numerical Integrator And Computer) was the first general-purpose electronic computer. It was a Turing-complete digital computer capable of being reprogrammed to solve a full range of computing problems. ENIAC was designed to calculate artillery firing tables for the United States Army's Ballistic Research Laboratory. When ENIAC was announced in 1946 it was heralded in the press as a "Giant Brain". It boasted speeds one thousand times faster than electro-mechanical machines, a leap in computing power that no single machine has since matched. This mathematical power, coupled with general-purpose programmability, excited scientists and industrialists.

The ENIAC's design and construction was financed by the United States Army during World War II. The construction contract was signed on June 5, 1943, and work on the computer began in secret by the University of Pennsylvania's Moore School of Electrical Engineering.

Besides its speed, the most remarkable thing about ENIAC was its size and complexity. ENIAC contained 17,468 vacuum tubes, 7,200 crystal diodes, 1,500 relays, 70,000 resistors, 10,000 capacitors and around 5 million hand-soldered joints. It weighed more than 27 tons, was roughly 8 feet by 3 feet by 100 feet (2.4 m × 0.9 m × 30 m), took up 1800 square feet (167 m²), and consumed 150 kW of power. *Taken from Wikipedia.*



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Dr.'s. Glenn & Christine Foss*

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