

# Riverdale News & Events

Vol. 7 No. 5

*A Monthly published by the Riverdale Mayor and Council*

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



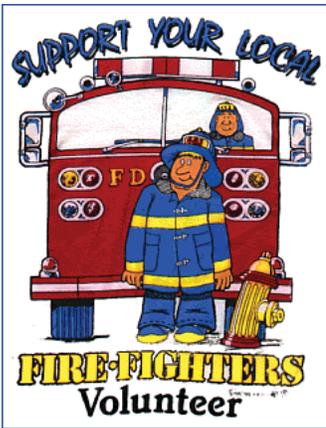
## Fire Department Officers Take Oath of Office

Assistant Chief Jim Regeling  
Chief Dan Sturm



Mike Reilly, Bill Revis,  
Mike Van Ry, Mike Norton

# Happy Valentine's Day



## NJ Outlaws



Players from the Outlaw Hockey Team read stories to Riverdale children at the Library.



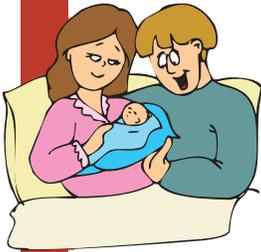
Riverdale DPW clears brush and invasive trees from the Glenburn Estate



### What's Inside:

Announcements	Page 2
Senior Citizens	Page 2
Library News	Page 3
The RAC	Page 4
Cal Deal	Page 5
Recreation	Pages 7
Fire Dept. News	Page 15
Woman's Club	Page 16
School News	Page 17
Natural Health	Page 19
Girl Scouts	Page 22
Essence of Italy	Page 23

## Announcements



Happy Sweet 16th Birthday to **Nicole Lotterman** on February 12! Lots of Love from Mom, Dad, Kaylee, Cody (woof!), Grandma Helen & the rest of the family!

Happy Birthday to **Adam Budesheim** on February 5. Love, Tori, Caroline, Elizabeth and the rest of the family.

Happy 2nd Birthday to **MacKenzie Karen O'Connell** on January 29. We love you! Love, Mommy, Daddy and Big Sister Morgan.

Wishing a very Happy 6th Birthday to **James & Julia Regeling** on February 28!! We love you both so very much! Love Mommy and Daddy. Also love from Christine, Jimmy, Morgan and MacKenzie xoxo.

Happy Birthday, **Gregory Budesheim** on Feb. 27. Love, Lisa, Jack, Emma, Sara and the rest of family.

Happy Birthday to Brothers, **Steven Brown** on February 28 celebrating his 19th birthday and a Happy 5th Birthday to **Cody Sylvestri** on January 23. We love you both, Mom, Mike and Gram.

Happy 13th Birthday, **Joseph Soto**, on February 17. Lots of love, Mom, Dad, Tyler, Ryan and Matthew.

Happy February Police Birthdays to **Ptl. Chuck Quant** (3th) and **Sgt. Glenn Danzo** (10th)



## Riverdale Seniors

**President Irene Moehring** introduced **Municipal Clerk Carol Talerico**, who then swore in our new officers for the coming year. Outgoing president Moehring was presented with flowers and acknowledged for her service. New **President Loretta Lippens** took over her new position. We will be acknowledging our Riverdale Seniors for its 39th year. Loretta introduced the new officers. **Chaplain Grace Chiesa** read *In His Footsteps*. **Marion Davis** led us in singing "God Bless America." Roll call was taken with 51 present. We all toasted the New Year with a toast of sparkling cider. Birthday celebrants were acknowledged and sung to. Following the meeting, pizza was enjoyed, and several good "doo-bees" untrimmed the

Christmas Tree and put everything away for another year. Happy New Year to all!

The second meeting of the month was opened by President Loretta Lippens. Tribute was paid to all the deceased past members of our club by Chaplain Grace Chiesa. She read "In His Time." Irene Moehring took roll call with 56 members present. Grace then read a history of our Senior Club. It started 39 years ago with 87 members and now has 113. she read the names of all the deceased members. **Annette Lucente** filled in as Secretary, in the absence of **Jean McMichael**. We celebrated our 39th anniversary with a beautiful big cake. **Lorraine Moody** suggested having a Corned Beef & Cabbage Dinner. All were in favor of this, and it will be held in March, following the meeting. It will be held at the Regency. \* **Kay**

**Peacock**, long-time member, is in the hospital, but will be moving to the Wyckoff Care Facility. We send our love and wish you well, Kay!

We miss you. \*



**Gerry Mahler** reported that a Book Sale for the Library will

be held on March 23, 24 & 25. **Barbara Stillwagon** reported for the trip committee. The first trip will be to the Pocono Casino. Our own Mayor Budesheim spoke to us on how things are in our town and how they will be. We enjoyed a beautiful, big delicious cake for our 39th Anniversary. See you at the next meeting. Stay healthy!

Presented by Marion Davis



Remove crayon masterpieces from your TV or computer screen with WD40 (also works on walls).

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](mailto:riverdalelibrary@nac.net) for adult programs and [riverdalelibrarykids@nac.net](mailto:riverdalelibrarykids@nac.net) for children's programs. You can also register online at [www.riverdalelibrary.org](http://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 therapy dogs will be at the library to listen to children read. (Grades K-5) Join us on **Wed, Feb. 8 (2<sup>nd</sup> Wed each month) from 4:00–5:00 pm**

**Lego® Lab** — Children in grades K-5 listen to a story and build creations out of Lego's. **Wed, Feb. 22 (4<sup>th</sup> Wed. each month) from 4:00–5:00 p.m.**

**The Seeing Eye** — Learn how the Seeing Eye puppies are trained and what it takes to help the visually impaired get through a normal day. **Wed, Feb. 15 from 4:00–5:00 p.m. \*Snow Date: Feb. 29\***



## TEEN PROGRAMS Grades 6 and up

**Teen Advisory Board (TAB)** — **Thur., Feb. 9 (1<sup>st</sup> 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, Feb 15 from 6:00–7:00 pm** for pizza as we discuss *Supernaturalist* by Eoin Colfer.

**Teen Movie Night** — Join us **Wed, Feb. 1 from 5:30–7:45 p.m.** Hang with friends and watch the feature of the month. This month's feature is *Happy Feet*.



**Minute to Win It** — Join us **Wed, Feb. 22 from 6:00–7:00 p.m.** Compete against your friends in these fun, short challenges!



Players from the NJ Outlaws Hockey Team read stories and answered questions for some enthusiastic youngsters!



Laura Roberts, a NJ certified arborist helped bring house plants back to life and gave tips on how to care for them.

## HOURS

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

## VALENTINE MOVIE PICK

“Crazy Stupid Love,” will be shown on **Monday, February 6, from 5:30 – 7:30 p.m.** Come in out of the cold and get warm for this endearing, funny love story, with refreshments.



## THEATRICAL PERFORMANCE

Travel back in time and meet first hand Mary Todd Lincoln as she entertains, informs and reveals fascinating tales of a famous woman in history. Mary Ryzuk's theatrical performance is sponsored by the Friend's of the Library on **Wednesday, February 8, from 7 – 8:00.**

## INDIVIDUAL TAX PREPARATION SUCCESS\$

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

## 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!

**February 27 — The Girl Who Kicked the Hornets Nest by Stieg Larsson**

## LEARN THE ART OF ORIGAMI

Join this beginner's class to learn about the art of origami and the history of this ancient craft on **Wednesday, February 29 from 6:30 – 7:30 p.m.**



## BOOK SALE!



The Friends of the Riverdale Public will be having a **BOOK SALE** at the Riverdale Senior Community Center, at 57 Loy Avenue in Riverdale on **Friday, March 23, from 4:00 to 8:00 p.m., Saturday, March 24, from 10:00 – 4:00 p.m. and Sunday, March 25, from 12 to 3:00 p.m.**

**Donations** of books, DVD's, CD's and audio books are being accepted for the Riverdale Public Library's Book Sale beginning January 31 until March 1 at the Riverdale Public Library. Only books or DVD's in good condition are welcome.

*Please, no magazines, text books, condensed books, VHS tapes, or out-of-date encyclopedias will be accepted.*

**Volunteers!** -The Friends of the Riverdale Public Library are looking for volunteers to help with their Big Book Sale, in March. **All interested parties should contact the Director of the Riverdale Public Library, at 973-835-5044 .**

## MONTHLY

**Photography Club** — Fourth Monday monthly, 6:30-7:45 p.m. All Photographers welcome! Learn! Share!

**Job Hunter's Workshop** - Second Friday monthly 3 – 4:00 p.m.

**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

### 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!

- ◆ Tuesday mornings, 10:00 AM to 12:00 PM and Tuesday evenings, 6:30 to 8:30 PM.

- ◆ 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

#### 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
- ◆ February 25 to March 31
- ◆ \$40 per class or six sessions for \$185.
- ◆ Held at RAC Studios, 5 Mathews Avenue

For all classes please contact Loryn Mooney 973-513-9250 or email [lmooney@riverdaleartcenter.org](mailto:lmooney@riverdaleartcenter.org)

### Daily Water Flush

Water, water everywhere...including our bodies.

- ◆ Water makes up about 70% of your body's composition.
- ◆ It acts to lubricate organs and transport nutrients throughout the body.
- ◆ It helps cleanse the body by taking waste products out of the system.
- ◆ It also helps our body to maintain a natural biochemical balance.

Becoming even slightly dehydrated can slow our thought processing and interfere with the natural flow of energy in the body. Hot, humid weather, dry buildings, and physical activity can greatly deplete our body's fluid levels. Dehydration leads to lower blood plasma, which means there is less fluid to carry critical nutrients and oxygen to the muscles. The result is your stamina decreases, you tire more easily and you risk experiencing blood clots.



**Simple daily regime (referred to as *Water Therapy*)** How and when we drink our water is critical to our overall health. We can all benefit from this simple daily regime. Always use purified water (reverse osmosis is the best).

- ◆ Upon rising in the morning, before even brushing your teeth, begin drinking water. You will need 2 full 8 oz glasses to rehydrate the body from your hours of sleep. Begin the therapy by working your way up to 2 glasses daily upon rising. After you have mastered this, you are ready to begin the true *therapy* phase.
- ◆ THERAPY PHASE: In order to eliminate low grade symptoms and some diseases you need to work your way up to drinking between 4 and 6 glasses of water daily upon rising. *Depending on your body type, you may find it difficult to go beyond 4 to 5 glasses. Be sure to listen to your body and find your own personal amount.*
  - ◆ It is best to limit the time between glasses to 1 to 2 minutes.
  - ◆ Try to organize your morning so that you have 45 minutes to 1 hour before eating breakfast...this is when the true cleansing effect occurs. Persisting with this treatment will prove invaluable over time.
  - ◆ After you have gotten up to your maximum level and have done so for two weeks, add two tablespoons of lemon juice or one tablespoon of unpasteurized apple cider vinegar to the last glass of water.

**What to expect** Results can often be experienced days after beginning this therapy. You may start noticing small changes like less hair loss, fewer headaches, better elimination, reduced night blindness, increased bladder control and improved memory.

*Long term benefits include* reduced blood pressure levels, reduced cholesterol levels, less inflammation and joint pain, no more constipation, reduced incontinence, healthier finger nails and less fluid retention.

**Throughout the day** Continue drinking your usual amount of water during the remainder of the day.

- ◆ An ideal amount will be another 1 to 1 1/2 quarts for a total of 2 1/2 to 3 quarts.
- ◆ The best time to consume this water is 30 to 60 minutes before lunch and dinner OR 2 hours after eating.

*This information is from a Detoxification notebook by Martha Willmore.*

## Riverdale Memories from Cal Deal



When I was a kid, I used to like to up on top of Federal Hill, which I wrote about earlier. We used to play in what was known as "Gooseyland," [Independence Park]. There was a long steep slope to the bottom, and people would occasionally dump stuff. Once I pulled an old cedar chest out there and dragged it home to store stuff in. I still have it! A dirt road ran along the edge of Gooseyland, parallel to the tracks, to the sand pit that was down by Riverdale Road. The bottom of Gooseyland was full of very tall, reedy grass. It was higher than a person, so you could play great hide-and-seek games in there. On the east side of Gooseyland there were woods, and a wonderful little ran through them. Many times I drank from that stream; the was delicious and crystal clear. Later they put the artesian well there for the town. We also used to catch frogs down there, near the pump house at the south end of the wooded area.

Speaking of that area, I can still remember standing on Post Lane at the end of Parkway, looking down toward the railroad tracks...and seeing a huge steam locomotive go by! What a sight! That must have been in the 1950s, and I only saw it once. But still have a clear mental image of that glorious black steam engine chugging by. Blimps used to fly over, too. A blimp would come by to check the gas pipeline every now and then, and it would fly very low right over my house.

Of course I used to go to the luncheonette at "the corner". That was the first place I was allowed to go alone as a kid, and I was always running up there for this and that. Once a horse-drawn stagecoach came through town and the owner of the luncheonette - I think his name was Jack - mad a big deal of it by staging a mock stagecoach robbery of his store. I don't recall what the story was behind that stagecoach, but is sure generated a lot of interest.

Taken from <http://graphicwitness.com/federalhill/memories.html>



**Dr. Joseph J. Young**  
Chiropractic Physician

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

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

*"Building the Foundation to A Healthy Spine"*

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



## Riverdale CERT Team Partnering with the American Red Cross

The Riverdale Community Emergency Response Team (CERT) has met with the American Red Cross, and will be working with them to provide training to residents and the CERT team members. Three courses have been arranged that will allow Riverdale to be better prepared to handle emergencies such as the 2011 hurricane that resulted in major flooding, and the snow storm that knocked out power throughout much of the borough.

The first course is scheduled for February 21 at the Firehouse, and is for residents, providing information on how to prepare individual homes and families for a disaster situation. A second course will train CERT members and other resident volunteers on the operations and requirements of a disaster shelter. The third course will reinforce this training, using table-top simulations of various disaster situations, with appropriate responses.

Any Riverdale resident interested in learning more about volunteering for the CERT program is asked to contact Russ Hatzel at [rwh077@msn.com](mailto:rwh077@msn.com).

## 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

# Bring a Date



We love Riverdale residents - a special initial visit offer just for you:

## You pay only \$14

Includes exam, computerized scans, any necessary x-rays, and follow-up Doctor's Report of findings. Must mention this ad to pay \$14. Offer Expires 2/29/12.



**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)

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

## Did You Know?

- ◆ The Panama Canal is the only place in the world where you can see the sun rise on the Pacific and sets on the Atlantic.
- ◆ The maximum weight for a golf ball is 1.62 ounces.
- ◆ A cow spends an average of 18 hours a day chewing.
- ◆ According to regulations a race horse's name can be no longer than 18 letters.
- ◆ Abbot and Costello are the only two men in the Baseball Hall of Fame who had nothing to do with baseball because of their *Who's on First?* routine.
- ◆ To mathematicians, the earth shapes up as an *oblate spheroid*.
- ◆ Last month a mistake was found by resident Gerry Karg who pointed out that Ohio would have been the 48th state, not the 47th. Thanks for the heads up, Gerry!

Overhaul your linen cupboard – store bed linen sets inside one of their own pillowcases and there will be no more hunting through piles for a match.




"Feed, Seed & Needs For All Breeds"

90 Hamburg Turnpike  
 Riverdale, NJ 07457

**973-839-7747**

Fax 973-839-4269

[mike@mikesfeedfarm.com](mailto:mike@mikesfeedfarm.com)

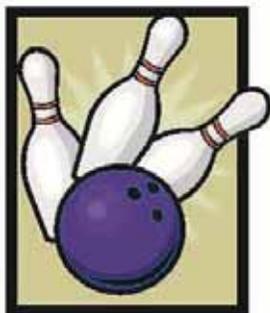
[www.mikesfeedfarm.com](http://www.mikesfeedfarm.com)

"LIKE" Riverdale Recreation on Facebook and stay up to date on the latest news!

# RECREATION NEWS

## Let the Good Times Bowl!

Get your babysitters and schedule in this event!



**SATURDAY, MARCH 24**

**8:00 PM \$30 PER PERSON**

Holiday Bowl (29 Spruce Street, Oakland)

Includes: 2 games of bowling, Fun Games & Prizes...plus hot & cold buffet

(Adult beverages available)

To sign up: contact Ann Marie Nadiroglu at 973-616-5225 or email RiverdaleRec@gmail.com  
Must sign up by MARCH 1st



Breakfast with the Easter Bunny

Saturday, April 7

9:00—11:00 a.m.

Riverdale Community Center

Cost: \$5.00 Adult, \$3.00 Child

Can only serve 150—never too early to reserve your seat...email Riverdalebunnybreakfast@gmail.com with Name & quantity of tickets.

**Annual Easter Egg Hunt to follow at 11:00 a.m.**

### \*\*NEW\*\* INDOOR FIELD HOCKEY

Thursdays, March 15 thru April 19, 7:00 - 8:30 p.m.  
Lakeside Gym, (Pompton Lakes)

Open to 2nd thru 8th grade Students

**\$70 (6 week program)**

Must sign-up in advance...Contact Krista- Rec Dir (973) 835-1234 or email RiverdaleRec@gmail.com

### Golds Gym Winter Exercise Classes

Begins Week of February 4th!

Toning-Boxing-Bootcamp \$30/6 weeks, Tue. & Thurs. 5:30 p.m. begins Feb. 7

Cardio Mix, \$20/6 weeks, Wed. 10:30 a.m., begins Feb. 8

Yoga, \$20/6 weeks, Wed. 6:30 p.m., begins Feb. 8

Step Express \$10/6 weeks, Sat 9:30 a.m. begins Feb. 4

Zumba \$20/6 weeks, Sat. 10:00 a.m. begins Feb. 4

Cardio Combat Boxing \$20/6 weeks, Sun 9:30 a.m. begins Feb. 5

\*\*Must sign-up in advance - contact Krista - Rec Dir (973-835-1234) or email RiverdaleRec@gmail.com

### Ringling Brothers & Barnum & Bailey Circus



Friday, March 9 at 7:30 p.m.

Izod Center (Meadowlands) - Price \$15.50 per ticket

To purchase tickets contact Anne Gould (973) 248-9663

All tickets must be purchased by FEBRUARY 13, 2012.

# Friday Night at the Movies



Movie Night! From the creators of *Fireproof* we present *Courageous*. This incredible movie follows four police officers as they work to protect the streets and their families. Join us at Riverdale Baptist Church on Friday, February 10 at 7:00 PM for a free viewing on their auditorium's big screen. Refreshments will be served during an intermission. Child care is available for Riverdale residents only. You must call to preregister your children. For more information on the movie visit [CourageousTheMovie.com](http://CourageousTheMovie.com). For more information on the showing call the church at 973-835-3275. The movie is rated PG-13.

## Riverdale Baptist Church

### The Riverdale Fire Department Auxiliary *Membership Drive!*

The Auxiliary is a support unit to the Fire Department. We assist the Fire Department by bringing food, water, etc. to the firefighters when needed at an incident. Members also participate in fundraising events to not only support the Fire Department, but to support other worthy causes such as the St. Barnabas Burn Foundation and the Grace Peine Memorial Scholarship, which is given to a graduating high school senior each year who is a Riverdale resident.

We meet once a month, so if you are 18 and have an hour or two a month to spare and would like to become part of this fun and worthy organization, call Meg at 973-248-9273 or Marge at 973-835-5851 to join us at our next meeting on February 28 at the Firehouse.



## Rotary & Riverdale Art Center Photo Contest



Pequannock Valley Rotary (PVR) and the Riverdale Art Center (RAC) proudly present: *A Photo Gallery*, the first juried photography exhibition and contest held jointly by these two local nonprofit organizations. Please come out and support the arts in our community, and in doing so, you might just Save A Life.

The \$10 entry donation for the Opening Reception on Friday, March 2 from 6 to 9 PM, with wine and hors d'oeuvres, will help fund the Riverdale Art Center and Pequannock Valley Rotary's "Save A Life Fund," which purchases bullet proof vests for our local policemen and provides funding for needed equipment to the local fire departments and first aid squads. The exhibition will be held at the RAC's new art gallery, Salon No. 5, at 5 Mathews Avenue in Riverdale. A Photo Gallery will also be open to the public on March 3 and 4 from 12 to 4 PM with the opportunity to purchase some of these photographs.

The exhibition is open to all amateur photographers living in New Jersey, ages 18 and older. The categories for entries are landscaping/nature, animals, portraits and abstracts. Prizes will be awarded to winners in each of these categories. Please see the entry form for all the details. We encourage all who love photography to share their photographic memories with us and help support two great causes.

For entry forms, tickets or further information, email Doug Cook at [doucook123@optonline.net](mailto:doucook123@optonline.net) or the RAC at [info@riverdaleartcenter.org](mailto:info@riverdaleartcenter.org). Or call Doug Cook at 973-835-9355. **Download the application and rules at [riverdaleartcenter.org](http://riverdaleartcenter.org).**

# 100-day Weight-Loss Challenge

Open to Residents of Bloomingdale, Florham Park, Kinnelon, Pequannock and **Riverdale\***



\*participants must be 18 or over

## PRIZES

**The overall top winner will  
receive a \$100 gift card.**

Additional winners  
will receive a \$50 gift card.  
*One winner per town.*

Don't just lose weight ... reduce the toxic inches  
around the stomach and abdomen and get healthy!

2011 Participants Lost an Average of 10.56 lbs.  
Winners each lost more than 20 lbs!

The Health Department is  
sponsoring a multi-town  
**Weight-Loss contest**  
**February 6 to May 15**  
to see which participants can lose  
the most pounds and inches in 100  
days!

**Appointments required**  
**Please contact Rachel**  
**973.835.5700 ext 115**  
**or [rlendner@peqtwp.org](mailto:rlendner@peqtwp.org)**

Weigh-in & measurement dates, times  
and locations below:

February 6  
4-7 pm

- Kinnelon Public Library
- Pequannock Senior House
- Florham Park Library

February 7  
4-7 pm

- Bloomingdale Municipal Building
- Riverdale Senior Center

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."

**BOB ROSS WET-ON-WET OIL PAINTING**



**Saturday, Feb 11**

10:00am—4:30pm

Scene: Thomas Kinkade Style Cottage

\$45.00 (Payment due @ 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 (Leave Message)

[jcarelli@riverdaleborough.com](mailto:jcarelli@riverdaleborough.com) or [Riverdalecommunitycenter@gmail.com](mailto:Riverdalecommunitycenter@gmail.com) Comm Ctr E-Mail's



**ZUMBA TONING IS ARRIVING AT THE COMMUNITY CENTER!**



Begins Monday, Feb 27  
7:30pm, Walk-In's Welcome

Zumba toning is an innovative muscle training protocol utilizing light-weight toning sticks or dumbbells. The program provides participants with a safe and effective, redefining total body workout. Expect the same party atmosphere as every other Zumba program! Toning sticks will be available for sale.

**EXERCISE SCHEDULE**

Tuesday's, Zumba @  
10:00am & 7:30pm

Thursday's, Zumba @ 6:00pm

Saturday's,  
KettleBell Fitness @ 9:00am

**TOT'S MUSIC**



Every Friday, 10:00am, Lower Level, Walk-In  
Come Participate in a Fun & Interactive Music Class !

**KID'S KID'S KID'S!**

**KIDS VALENTINES DAY SEWING WORKSHOP**

Instructor: Vivian ( So You Sewing)

Feb 8

6:00pm—7:30pm

\$10 per student



(All Supply & Instruction Incl'd)

**MAKE A VALENTINES DAY PILLOW**

Learn to work with a pattern, use Real Sewing Machines, & Basic Stitching.

(973) 706-6471 Comm Ctr (Leave Message)

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

[Riverdalecommunitycenter@gmail.com](mailto:Riverdalecommunitycenter@gmail.com)

Comm Ctr E-Mail's

**KIDS WINTER BREAK SEWING WORKSHOP NO SCHOOL FUN DAY!**

Instructor: Vivian (So You Sewing)

Monday, Feb 21 & Tuesday, Feb 22

10:00am—3:00pm

\$75 / 2 day Workshop or \$50/per day

(All Supply & Instruction Incl'd)

**BRING YOUR OWN LUNCH**

Lots of Project Categories to select from.

Examples are:

Pillows—You can make a round pillow, a tint pillow, a huge pillow, a patchwork pillow or a cube... it is up to the participant!

Must contact us to sign-up:

(973) 706-6471 Comm Ctr (Leave Message)

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

[Riverdalecommunitycenter@gmail.com](mailto:Riverdalecommunitycenter@gmail.com)

Comm Ctr E-Mail's



**GIRLS SOFTBALL CLINIC**

Instructor: Danielle Walker

Clinic Rescheduled to: Monday-Feb 27th / 4 Weeks

Inside the Riverdale School Gym

Pitching / 5:00pm

Hitting / 6:00pm



**MUST CONTACT TO SIGN-UP:**

(973) 706-6471, [jcarelli@riverdaleborough.com](mailto:jcarelli@riverdaleborough.com) or

[Riverdalecommunitycenter@gmail.com](mailto:Riverdalecommunitycenter@gmail.com)



**LEGO LEAGUE**

Tuesday's @ 3:30pm

New Session Starts Feb 28th

NEW Project's Every Week!

\$50—4 Weeks (Only \$12.50/Session!)

Good for 2nd thru 5th Graders!



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 [mayer@riverdalenj.gov](mailto:mayer@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 (& Riverdale Resident)**



**TINA CALI**  
AWARD WINNING AGENT  
973-493-1477 – CELL

**TINA'S PAST 30 DAYS  
PRODUCTIVITY**  
18 Carper Lane, Riverdale – **SOLD!**  
732 Cannella Way, Riverdale – **SOLD!**  
58 Carlton Terrace, Nutley – **SOLD!**  
8 Ackerson Ave, Pequannock – **SOLD!**  
55 Princeton Terr, Wayne – **SOLD!**  
28 Foxboro Rd, Wayne – **SOLD!**  
18 Rock Creek Terrace – **LISTED &  
UNDER CONTRACT IN 1 WEEK**  
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TINA TO  
GET LISTED TODAY!**



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**THE ENCLAVE  
RIVERDALE!  
I HAVE A BUYER!**



**ROCK CREEK  
RIVERDALE!  
I HAVE A BUYER!**



**OPEN HOUSE  
FEB 12, 2012  
12-3 PM**

**4 HILLCREST  
TERR.  
RIVERDALE  
\$369,000**



**RIVERDALE  
Comm'l/Res'l  
3 Bdrm 2 Bth  
Colonial  
\$299,900**



**THE GRANDE  
RIVERDALE  
2 Bd, 2 Bth condo  
SHORT SALE!  
\$285,000**



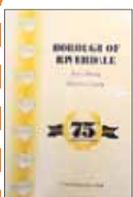
**CARPET CARE.** If you have a pet and the resulting problems with fleas in your carpets, your vacuum cleaner is your best ally in the battle against these pests. Always vacuum thoroughly after applying flea killers. Some people toss a few mothballs into the vacuum cleaner bag to kill the bugs that get 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.

**F  
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**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.







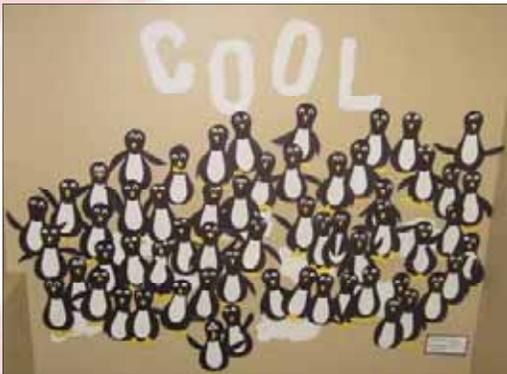
# DAILY NEWS

## Recreation

## Art Show



Recreation Committee takes oath of office.



Lakeland Girl Scouts Art Work at Community Center



Some happy members of the Friday morning Tot Music Class



Clean Communities Sponsored Program at Riverdale School

**When seconds count, we'll give you a call.**  
 From evacuation notices to missing child reports, you'll be among the first to receive vital information with an automatic call. We have obtained the 911 landline database so there is no need to register your landline.

**GLOBAL CONNECT**  
 Emergency Notification System

## Sign-up for Reverse 9-1-1

The Borough of Riverdale has contracted to provide Reverse 9-1-1 services to the residents and businesses in town. This gives us the opportunity to advise you of local emergencies, such as flooding, road closures, evacuations, shelter facilities, etc. If you need to know, we will call you. On this page you will be able to register cell phones that are billed to your Riverdale residential address and the land lines you have through the cable company. [Go to www.RiverdaleNJ.gov](http://www.RiverdaleNJ.gov) to sign up.

**Kidney Stones and Calcium** For many years, medical experts insisted that higher intake of calcium increased the risk of kidney stones. Researchers in Boston analyzed data from 45,619 men followed for an average of 10.5 years. Those consuming the **most calcium** had a 31% reduced risk of kidney stones. Higher **magnesium** intake reduced risk by 29% and higher **potassium** (found in most fruits and vegetables) by 66%.

Though the calcium information is relatively new, magnesium and potassium have been used successfully for quite a while to prevent stone recurrence. Magnesium inhibits the formation of calcium oxalate crystals in the urine (the basis for most stones), and also reduces the absorption of oxalate from foods. Vitamin E has also shown some benefits. Other factors that can reduce the risk of kidney stones include a lower intake of animal protein, less salt, eating lots of fruits and vegetables, and fewer "fast carbs" (i.e. eat "low Glycemic Index" carbs.)

*The Natural Woman & The Natural Man. Vol. 16 No. 6*



### Brilliant Space Saver

Install a tension rod to hang your spray bottles.

Genius!



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.

**PEARLE VISION**  
 Clearly Different™



**EYEGLASSES**  
**BUY ONE,**  
**GET ONE**

Free eyeglasses or RX Sunglasses with complete pair purchase.  
 Buy a complete pair (frame and lenses) at tag price and receive a free complete pair of eye-glasses or RX sunglasses - some prescription, valued up to \$200. First pair must be of equal or greater value to free pair. Certain frames excluded including Maui Jim and Oakley. Cannot be combined or used in conjunction with any vision care or insurance benefits or plans, any store or other offer, discount or sale, previous purchases, readers or non-prescription sunglasses. Savings applied to lenses. Valid prescription required. Valid at participating locations. Void where prohibited. Some restrictions apply. See store for details. Offer expires 2/29/2012. R. Lovett NJ Lic# D3520 and E. Mutz NJ Lic# 3050

**SAVE 30%**  
**EVERY DAY!**

Discount off tag prices. Valid on multiple pairs. Frame and lens purchase with valid prescription required. Certain frames excluded including Maui Jim and Oakley. Cannot be combined or used in conjunction with any vision care or insurance benefits or plans, any store or other offer, discount or sale, previous purchases, readers or non-prescription sunglasses. Savings applied to lenses. Valid at participating locations. Void where prohibited. Some restrictions apply. See store for details. Offer expires 2/29/2012. R. Lovett NJ Lic# D3520 and E. Mutz NJ Lic# 3050

**PEARLE VISION**

**RIVERDALE**

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## ESCAPE PLANNING

In 2010, there were an estimated 369,500 reported home structure fires and 2,640 associated civilian deaths in the United States.



Fire can spread rapidly through your home, leaving you as little as two minutes to escape safely once the alarm sounds. Your ability to get out depends on advance warning from smoke alarms, and advance planning — a home fire escape plan that everyone in your family is familiar with and has practiced.

### Facts and figures

- Only one-fifth to one-fourth of households (23%) have actually developed and practiced a home fire escape plan to ensure they could escape quickly and safely.
- One-third of American households who made an estimate thought they would have at least 6 minutes before a fire in their home would become life-threatening. The time available is often less. And only 8% said their first thought on hearing a smoke alarm would be to get out!

### Clear your escape routes

Items that block doors and windows in your home could keep you from escaping in the event of a home fire. And that could mean the difference between life and death. So unblock your exits today!

Key to your family's safety is planning and practicing a home fire escape plan twice a year. Start by identifying two escape routes out of each room, if possible, then make sure that each of those escape routes can be used safely by everyone.



▶ Draw a home escape plan and discuss it with everyone in your household.

▶ Practice the plan night and day with everyone in your home twice a year.

▶ Know at least two ways out of every room, if possible. Make sure all doors and windows leading outside open easily.



# Enter Your Photos

 <b>Pequannock Valley Rotary presents</b>		<b>Opening Reception Tickets \$10. each</b> Wine & Hors D'oeuvres <b>March 2, 2012 • 6 to 9 pm</b>	
<b>a Photo Gallery</b> <b>March 2, 2012</b> <b>6 TO 9 PM</b> Snow Date: March 3, 2012		For tickets and on-line entry form go to: <a href="http://www.pequannockvalleyrotary.org">www.pequannockvalleyrotary.org</a> or <a href="http://www.riverdaleartcenter.org">www.riverdaleartcenter.org</a>	
<b>A Juried Photography Exhibition</b> to support The Pequannock Valley Rotary Club's Save a Life Fund		<b>Exhibition Dates:</b> March 3 & 4 from 12 to 4 pm	
 The Riverdale Art Center		 <b>RIVERDALE ART CENTER</b> <b>SALON N° 5</b> 5 Mathews Ave., Riverdale, NJ 07457	

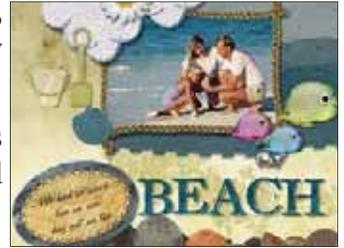
**Call For Entries!** Pequannock Valley Rotary and the Riverdale Art Center proudly present **A Photo Gallery**, a juried photography exhibition and contest on **March 2 at 6 to 9 PM and March 3 & 4 from 12 to 4 PM.** Exhibition is open to all amateur NJ photographers ages 18 and older. **Entry Deadline: February 18.** Entry categories: landscape/nature, animals, portraits & abstracts. **Download entry form at [www.RiverdaleArtCenter.org](http://www.RiverdaleArtCenter.org).**

**Join us for the Opening Reception** with wine and cheese on March 2 from 6 to 9 PM at the RAC's new art gallery, **Salon No. 5**, at 5 Mathews Avenue. \$10 donation for tickets. Proceeds support the Pequannock Valley Rotary's *Save A Life Fund*, which provides bullet-proof vests for our local policemen and equipment for our local fire departments and first aid squads. For tickets and more info call Doug Cook 973-835-9355 or [dougcook123@optonline.net](mailto:dougcook123@optonline.net)



# 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.

**Our next meeting is February 8 at the Senior Community Center at 7:30 PM. All women are invited to join us and learn more about our local club and the New Jersey State Federation of Women's Clubs.**

## Riverdale Fire Marshall Ralph Porrino



Downed utility lines, power company blackouts, heavy snow falls or summer storms can all lead to power outages. Many people turn to a portable generator for a temporary solution without knowing the risks.

- » Generators should be used in well ventilated locations outside away from all doors, windows and vent openings.
- » Never use a generator in an attached garage, even with the door open.
- » Place generators so that exhaust fumes can't enter the home through windows, doors or other openings in the building.
- » Make sure to install carbon monoxide (CO) alarms in your home. Follow manufacturer's instructions for correct placement and mounting height.
- » Turn off generators and let them cool down before refueling. Never refuel a generator while it is running.



» Store fuel for the generator in a container that is intended for the purpose and is correctly labeled as such. Store the containers outside of living areas.

### Just Remember...

When plugging in appliances, make sure they are plugged directly into the generator or a heavy duty outdoor-rated extension cord. The cords should be checked for cuts, tears and that the plug has all three prongs, especially a grounding pin.

If you must connect the generator to the house wiring to power appliances, have a qualified electrician install a properly rated transfer switch in accordance with the National Electrical Code® (NEC) and all applicable state and local electrical codes.

### FACT

❗ CO deaths associated with generators have spiked in recent years as generator sales have risen.

## Book Sale

The Friends of the Riverdale Library are beginning to collect books for this year's book sale.

Books must be in good condition, no torn or moldy books. VCRs or magazines will not be accepted.

The books should be dropped off at the Library during operating hours.

Book Sale to be held March 23, 24 and 25 at the Community Center.



**Get Rid of Ants.** Put small piles of **cornmeal** where you see ants. They eat it, take it "home", can't digest it, so it kills them. It may take a week or two, especially if it rains, but it works and you don't have to worry about pets or small children being harmed!

Dr. Betty Ann Wyks

## RIVERDALE SETS KINDERGARTEN REGISTRATION

Is your child eligible to attend Kindergarten in September? Please consider registering for the full day program at Riverdale School.

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.

**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.



**Middle School Students Compete Academically.** We are proud to announce the winners of Riverdale School's annual geography and spelling bees. Eighth grader **DJ Shuck** edged out classmate **Daniel Brandt**, who emerged as the winner and runner up of the Geography Bee. In the Spelling Bee, seventh grader **Ayla Markowski** emerged as the winner and eighth grader **Claire Morales** earned the distinction of runner up. Winners will proceed to the next round of their respective competitions. Go Riverdale!

**Attention parents of special education students.** You are invited to attend the quarterly **special educations parents' advisory group** meeting scheduled for Wednesday, February 22 at 2:45 PM in the school library. If you plan on attending, please RSVP to [ksullivan@rpsnj.org](mailto:ksullivan@rpsnj.org).

**Preschool Program for 2012-2013.** Riverdale School is proud to announce that it will be accepting pre-enrollment for its class of 3

year olds. The program meets daily from 8:15 to 11:10 a.m. when school is in session. To be eligible, children must be three years of age by October 1, 2012 and toilet trained. Parents assume responsibility for their child's transportation to and from school. A modest tuition of \$2750 per year is charged. Only five openings are available for the upcoming program, so a drawing will take place at the public Board of Education meeting on February 22, from those who have completed the pre-enrollment process. For further information, please call Mrs. Palek at 973-839-1300 x7.

**Eighth Graders attend UN Event** under the direction of Language Arts teacher Michele Miller were invited to the UN, where they joined approximately 300 high school students and participated in a Q&A with Holocaust Survivor, Roman Kent. The event was part of the IWitness program, produced by the Shoah Foundation Institute at USC, which was designed to provide teachers and students access to the video testimonies of more than 1,000 Holocaust eyewitnesses.

**Arithmetickles assembly held** Students in grades K-4 get up and moving as they learn about math in a fun way. Arithmetickles Assembly was held on Monday, January 9. Two separate assemblies (K-4 and 5-8) had an interactive, math game show assembly that involved the students and teachers in the process of learning math in a fun way. Thanks to the sponsor, Riverdale PTA.

**School Receives WalMart Grant** of \$2500 will be utilized towards technology which will serve to foster student literacy.

**PARENT WORKSHOPS PLANNED** - The following workshops are planned to promote the home-school connection  
**Feb. 29 @ 7 PM** for parents of students in grades 1-3. *Strategies and Activities to Support Using Reader's Workshop at Home.*  
**April 3** for parents and students grades 6-8. *Organizing for School Success.* These workshops are funded under NCLB grant.

### February Events

- ◆ **Feb. 3** - Report Cards distributed.
- ◆ **Feb. 8** - Board of Education meeting.
- ◆ **Feb. 10** - Valentine's Day Dance
- ◆ **Feb. 14** - State Monitoring Visit
- ◆ **Feb. 15** - PTA Founder's Day
- ◆ **Feb. 17-21** - SCHOOL CLOSED WINTER RECESS
- ◆ **Feb. 22** - Board of Education meeting.
- ◆ **Feb. 29** - Parent Workshop - *Strategies and Activities to Support Using Reader's Workshop at Home* 7 PM

**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.)



## The Food Pantry Shopping List

Cereal, canned corn, peas, tuna, chicken; peanut butter & jelly, cookies, boxed potatoes and rice, mayonnaise, macaroni and cheese, children's snacks, soup, pasta, pasta sauce, laundry detergent.  
**Also paper bags for bagging.**



**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.*

“I consider trial by jury as the only anchor yet imagined by man by which a government can be held to the principles of its Constitution.” *Thomas Jefferson*

“I have lived, Sir, a long time, and the longer I live, the more convincing proofs I see of this truth - that God governs the affairs of men. And if a sparrow cannot fall to the ground without His notice, is it probable that an empire can rise without His aid?” *Benjamin Franklin*

“If you love wealth more than liberty, the tranquility of servitude better than the animating contest of freedom, depart from us in peace. We ask not your counsel nor your arms. Crouch down and lick the hand that feeds you. May your chains rest lightly upon you and you posterity forget that you were our countrymen.” *Samuel Adams*

“Over grown military establishments are under any form of government inauspicious to liberty, and are to be regarded as particularly hostile to republican liberty.” *George Washington*

### Why We Say...

**Brand Spanking New (New and Unused)** - Doctors have traditionally spanked babies immediately after delivery to start them crying and breathing.

**Busting Your Chops (To say things intended to harass)** - At the turn of the 20th century, wearing very long sideburns—called mutton chops or lamb chops—was very en vogue. A bust in the chops was to get hit in the face.

**Clean Bill of Health (To be found healthy)** - This widely used term has its origins in the “Bill of Health”, a document issued to a ship showing that the port it sailed from suffered from no epidemic or infection at time of departure.

**Support  
Riverdale**



**Bring Your  
Used Clothes  
Here!**

### We're Cut From a Different Cloth Than Other Clothing Bin Companies

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

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



*The collection containers are next to the Municipal Building.*

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

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



## Natural

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

**VALERIAN** Valerian root has been used for many centuries to call all kinds of nervous disorders. It slows the action of the heart, while increasing its general force. The volatile oil of Valerian contains esters (compounds created from the union of an alcohol and an acid with loss of water) similar to those in Rosemary. Valerian root is a primary sedative and is used when sleep disorders are the result of anxiety, nervousness, exhaustion, headache or hysteria. It has an influence on the cerebrospinal system and is employed as a sedative of the primary nerve centers for afflictions such as St. Vitus' Dance, nervous unrest, neuralgia pain, epileptic fits, hysteria, restfulness and wakefulness. Valerian root is playing an important role in the somewhat arduous process of rehabilitation for many an addict. Often it serves as a substitute for Valium to help the addict sleep easily, relax and mellow out.



- Nature's tranquilizer, Valerian calms the nerves without the side effects of comparable orthodox drugs.
- Besides acting upon the circulatory system, it stimulates secretion and peristalsis of the stomach and intestines.
- The herb is a proven sedative, but it also improves coordination and antagonizes the hypnotic effects of alcohol.
- Valerian is suggested for cases of heart palpitation, because it slows down the heart rate while increasing the strength of the beats.
- It is also used for circulatory problems and to stimulate the stomach and intestinal motility.
- Valerian is often used for hypochondria, stomach cramps, stress, calm the nerves and also relieves pain and spasms.
- It can be said that this herb is anti-spasmodic and equalizing, therefore, can be said to act as a sedative in states of agitation and a stimulant in fatigue.
- Valerian may work by affecting the central nervous system, thus it is more a psychological drug than a physiological one.
- It has a sedative effect, acting to decrease anxiety and aggression and aiding in insomnia. It is one of the best herbal sources of calcium and magnesium.
- Good for After-Birth Pains, High Blood Pressure, Bronchial Spasms, Convulsions, Heart Palpitations, Muscle Spasms, Nervous Breakdown, Nervous Conditions, Pain Relief and Sleeplessness.

*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. (Ecclus 38:5-7).*



**SHADE TREE COMMISSION**  
A reminder from the  
**Riverdale Shade Tree Commission**  
In order to take down a tree, a permit must be

## Individual Tax Preparation Success

Riverdale resident and Library Board Trustee Michael Bertha presents helpful and informative methods for filing your tax returns. Bring your questions!

**Wednesday, February 15**  
**6:30 to 7:30 PM at the Riverdale Library**



### Board of Health Reminder

**Dog and Cat Licenses are due no later than Wednesday, February 29 in order to avoid a late fee.**



**FREE Clinic**  
**Saturday**  
**February 11 at the**  
**Bloomington**  
**Senior Center,**  
**11:00 AM to 1:00 PM**



### Borough of Riverdale now accepting Credit Card Payments for:

- ◆ **Property Taxes**
- ◆ **Water and Sewer Bills**
- ◆ **Court Fines**
- ◆ **Dog & Cat Licenses**
- ◆ **Recreation Programs**
- ◆ **Exercise Classes**
- ◆ **Community Center**
- ◆ **Glenburn Estate**

A small convenience fee applies. Go to our website [www.RiverdaleNJ.gov](http://www.RiverdaleNJ.gov) to make your online payments. Credit cards may be used in person, too!



## 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](http://www.RiverdalePhotoClub.weebly.com)**

New director of the club is **Cassi Claire**, a professional photographer. Visit her website [www.veritybrand.com](http://www.veritybrand.com)  
Club open to all, residents and non-residents.



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39 Hamburg Turnpike, Riverdale, NJ 07457

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Laurel Gesimondo NMLS# 206151



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# Remembering the 50's

Long ago and far away, in a land that time forgot,  
 Before the days of Dylan, or the dawn of Camelot.  
 There lived a race of innocents, and they were you and me,  
 For Ike was in the White House in that land where we were born,  
 Where navels were for oranges, and Peyton Place was porn.

We longed for love and romance,  
 and waited for our Prince,  
 Eddie Fisher married Liz, and no one's seen him since.  
 We danced to "Little Darlin,"  
 and sang to "Stagger Lee"  
 And cried for Buddy Holly in the Land That Made Me, Me.



Only girls wore earrings then, and 3 was one too many,  
 And only boys wore flat-top cuts, except for Jean McKinney.  
 And only in our wildest dreams did we expect to see  
 A boy named George with lipstick, in the Land That Made Me, Me.

We fell for Frankie Avalon, Annette was oh, so nice,  
 And when they made a movie, they never made it twice.  
 We didn't have a Star Trek Five, or Psycho Two and Three,  
 Or Rocky-Rambo Twenty in the Land that Made Me, Me.

Miss Kitty had a heart of gold, and Chester had a limp,  
 And Reagan was a Democrat whose co-star was a chimp.  
 We had a Mr. Wizard, but not a Mr. T,  
 And Oprah couldn't talk yet, in the Land That Made Me, Me.

We had our share of heroes, we never thought they'd go,  
 At least not Bobby Darin, or Marilyn Monroe.  
 For youth was still eternal, and life was yet to be,  
 And Elvis was forever in the Land That Made Me, Me.

We'd never seen the rock band that was Grateful to be Dead,  
 And Airplanes weren't named Jefferson, and Zeppelins were not Led.  
 And Beatles lived in gardens then, and Monkees lived in trees,  
 Madonna was Mary in the Land That Made Me, Me.

We'd never heard of microwaves, or telephones in cars,  
 And babies might be bottle-fed, but they were not grown in jars.  
 And pumping iron got wrinkles out, and "gay" meant fancy-free,  
 And dorms were never co-ed in the Land That Made Me, Me.

We hadn't seen enough of jets to talk about the lag,  
 And microchips were what was left at the bottom of the bag.  
 And hardware was a box of nails, and bytes came from a flea,  
 And rocket ships were fiction in the Land That Made Me, Me.  
 T-Birds came with portholes, and side shows came with

freaks,  
 And bathing suits came big enough to cover both your cheeks.  
 And Coke came just in bottles, and skirts below the knee,  
 And Castro came to power near the Land That Made Me, Me.

We had no Crest with Fluoride, we had no Hill Street Blues,  
 We had no patterned pantyhose or Lipton herbal tea,  
 Or prime-time ads for those dysfunctions in the Land That Made Me, Me.

There were no golden arches, no Perrier to chill,  
 And fish were not called Wanda, and cats were not called Bill.  
 And middle-aged was 35 and old was forty-three,  
 And ancient were our parents in the Lord That Made Me, Me.

But all things have a season, or so we've heard them say,  
 And now instead of Maybelline we swear by Retin-A.  
 They send us invitations to join AARP,  
 We've come a long way, baby, from the Land That Made Me, Me.

So now we face a brave new world in slightly larger jeans,  
 And wonder why they're using smaller print in magazines.  
 And we tell our children's children of the way it used to be,  
 Long ago and far away in the Land That Made Me, Me.

If you didn't grow up in the Fifties,  
 You missed the greatest time in history,  
 Hope you enjoyed this read as much I did.

## 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, Feb. 13 @ 7pm at the Riverdale Community Center, 57 Loy Ave. And bring your daughter so she can hear about the activities that Daisy's and Girl Scouts do.

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.

## 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

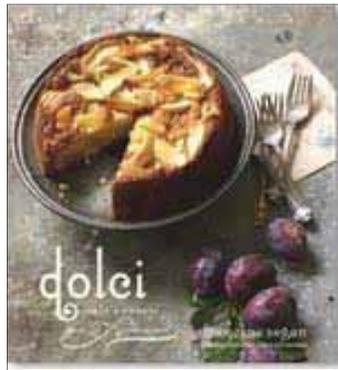
Public health nurses schedule monthly blood pressure clinics throughout our area. This service is free to all residents. Call the number above to get schedule.

### While At The Table No One Grows Old

“You must visit Nonna. She lives in the village and seldom has visitors, but she absolutely makes the best dolci!” An enthusiastic endorsement like this prompted many journeys for Francine Segan, food historian, author and speaker, in her search for the very best Italian sweets. These treasured recipes are now in her latest book, *Dolci, Italy's Sweets*.

Ms. Segan wanted to collect not only the recipes from generations past but also the ones served today in contemporary Italian kitchens. She met with famous chefs, contacted infamous Italian bloggers and visited the kitchens of Italian grandmothers. Her book guides us through Italy's hills and valleys, nooks and crannies, as she cooks, tastes and records these luscious desserts.

Ms. Segan recently celebrated the launch of the book at The National Arts Club in the Gramercy



Park section of Manhattan. Always an engaging speaker, she recounted stories of her latest trips to Italy and her search for divine desserts. She told of one *Nonna* who kept Francine in her kitchen for 6 hours until she “got the recipes right”. Still, I can think of worse ways to spend a day than in a warm *cucina* filled with aromas of chocolate and fruit.

The book is beautifully illustrated and the recipes are taken from all over Italy. Chapters are devoted to after-dinner liqueurs and special coffees. Ms. Segan includes a smattering of history and folklore among the dolci, as well as some of her favorite Italian food proverbs.

For example, instead of “an apple a day keeps the doctor away”, it's *due dita di vino e'una pedata al medico* (two fingers of wine is kick in the butt to the doctor). And my personal favorite: *a tavola non s'invecchia* (while at the table no one grows old).

Submitted by Carolyn Masone  
www.essenceofitaly.net

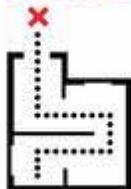
## Riverdale Offering Red Cross Disaster Training Course for Residents Tuesday, February 21

The Riverdale Office of Emergency Management (OEM) has met with the American Red Cross, and together, the combined groups will be offering courses and resources to enhance the Borough's ability to handle the need of residents in the event of emergency situations. The Red Cross will be providing supplies and training courses to establish a true disaster shelter at the Community Center.

### Be Red Cross Ready



Get a Kit



Make a Plan



Be Informed

The first course is entitled **Be Red Cross Ready**, and is offered to residents, covering the basics of personal disaster preparedness. It is scheduled at 7 PM on February 21 at the Riverdale Fire Department on Post Lane. This course will allow residents to prepare their homes and families for events such as flooding, power outage, and other natural disasters. **All residents are encouraged to attend this important training session.**

Following the course, personnel from the Fire Department, the First Aid Squad and the Community Emergency Response Team (CERT) will be available to discuss their roles in a disaster, and to provide information on how to volunteer for these groups.

Register for the course by contacting Mayor Budenheim at mayor@RiverdaleNJ.gov or call Linda Roetman at 973-835-4060 x6. Pre-registration is requested, but not necessary.



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

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