

January 2013

Riverdale

News & Events

www.RiverdaleNJ.gov

Vol. 8 No. 1

In this Issue

<i>Recreation</i>	Page 3
<i>Community Center</i>	Pages 6 & 7
<i>Announcements</i>	Page 8
<i>Woman's Club</i>	Page 15
<i>Center Fold</i>	Pages 16-17
<i>CERT</i>	Page 18
<i>Fire Department</i>	Page 19
<i>School News</i>	Page 20
<i>Library</i>	Page 22
<i>Natural Health</i>	Page 27

To submit stories and photos please email to :
Mayor@riverdaleNJ.gov



Santa Claus (Steve Revis) was the center of attention at the Borough's Christmas Gathering at the Riverdale Community Center on December 4. Hundreds enjoyed the festivities, desserts provided by the civic groups in town, with Christmas carols performed by the Riverdale School Band and Chorus.



Townwide Garage Sale

The Auxiliary of the Riverdale Volunteer Fire Department will sponsor a town-wide garage sale September 28, 2013. You'll be able to set up either on your own property or, if that isn't an option, we'll have a large community space where you can sell your stuff. The Auxiliary will supply advertising, maps and information. So start cleaning out the attics and closets. Make some money and support the charitable efforts of the Auxiliary!!

Look for more information in the spring!!!!



Visit us on the Borough of Riverdale Facebook Page

<http://www.facebook.com/RiverdaleNewJersey>



The Right Way to Boil Eggs



Add one teaspoon of baking soda. It'll make the shell come off effortlessly.

The tradition of making a New Year's Resolution is said to have been started by early Babylonians who resolved to start the New Year with a clean state by returning borrowed farm equipment.

Squeezing Lemons



Use a Pair of Tongs

You'll get much more juice out. Another tip: microwave for a few seconds. It'll make the lemon softer and more squeezable.

The Fast, Efficient Way to Peel a Banana



Pinch the bottom ends and split open. You'll end up with a cartoon-perfect banana peel, plus it eliminates the stringy stuff.

RECREATION NEWS

riverdalerec@gmail.com



"LIKE" us
at Riverdale Recreation

Congratulations to our Holiday House Decorating Contest Winners:

The "Clark Griswald" Award goes to the D'Ambola Family
The "Santa is Coming to Town" Award goes to the Davis Family
The "Miracle on 34th Street" Award goes to the Burg Family

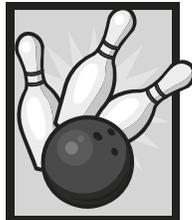


Let the Good Times Bowl... Adult Crazy Bowl is back!

Date and Time to be announced
Please watch the town sign, school back-pack and Facebook page for more details!

You don't want to miss out on this fun time!

Questions?
email
riverdalerec@gmail.com



Breakfast with the Easter Bunny Saturday, March 30 9:30—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 Riverdalerec@gmail.com with name & quantity of tickets.

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

NEW YEAR, NEW YOU... with Riverdale Rec & Golds Gym!



STEP EXPRESS-Saturdays 9:30a.m.-10:00a.m. Begins February 2, Cost \$10.00

ZUMBA-Saturday 10:00a.m.-11:00a.m. Begins February 2, Cost \$20.00

CARDIO COMBAT BOXING-Sundays 9:30-10:30a.m. Begins February 3, Cost \$20.00
Please bring boxing gloves for the punching bag!

TONING-BOXING-BOOT-CAMP-Tuesday & Thursday 5:30 p.m.-6:30p.m. Begins February 5, Cost \$30.00

CARDIO MIX-Wednesdays 10:30 a.m.-11:30a.m. Begins February 6, Cost \$20.00

YOGA-Wednesdays 6:30-7:30 p.m. Begins February 6, Cost \$20.00 Please bring a towel and a yoga mat.

SPINNING-(hurry! limited number of sign ups) begins Mondays 9:30-10:15a.m. starting February 5
OR Thursdays 6:00-6:45p.m. starting February 8. Cost \$25.00/ea. or both for \$45.00

***Must sign up in advance by calling or emailing Krista Osborne (Rec Dir) at 973-835-1234 or riverdalerec@gmail.com.

ALL CLASSES ARE SIX WEEKS LONG.

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 Youths assist in Sandy Clean-up.

My name is Nancy Vernay. My two grandchildren live and attend Riverdale grammar school. Their names are **Charlie** and **Dana Dube**. I'm so proud of them. On Saturday December 8th my grandchildren set their alarms for 5:30 am to drive 2hours to Bayville on the new Jersey shore. They both helped unload a tractor trailer that drove up from Fort Meyers, Florida. My brother Bill Vernay who lived in New Jersey before retiring to Florida, had local clubs help donate items for the hurricane victims. They both worked very hard that day. Charlie and Dana carried boxes of clothing all day. Dana helped sort clothing and watched over children while their parents sorted out clothing. Please recognize Charlie and Dana as being outstanding young citizens of Riverdale, who took the time out to give to other in need.



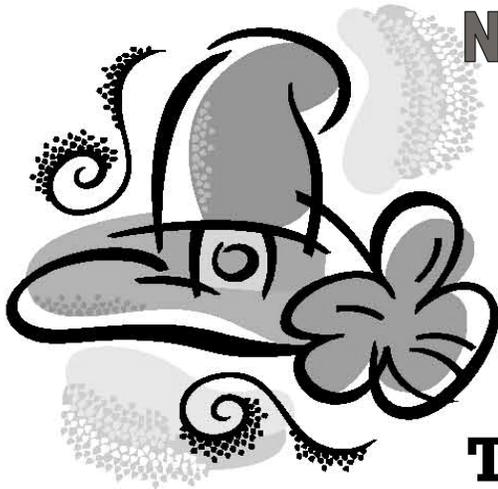
Ferrule
The metal part of a pencil.



Muntin
The strip separating window panes.



Morton's Toe
When your second toe is bigger than your big toe.



New Technology for Riverdale School

**Riverdale PTA's Tricky
Tray Fundraiser
"Luck of the Irish"
March 7, 2013**

The Grand Chalet, Wayne, NJ

\$45 per person

(includes dinner, coffee/tea, dessert and a value pack of raffle tickets)

To get your tickets call Kelly Norris **973-616-6311**

Or **kellynorris5253@yahoo.com**

To donate a themed basket, an item for a basket, a gift certificate or a service contract

Call Jessica Rentas **973-641-4554**

Brenda Vaccaro **862-228-2223**

trickytraydonations@gmail.com

Singin in the Rain



STORY LINE: In 1927, Don Lockwood and Lina Lamont are a famous on-screen romantic pair. Lina, however, mistakes the on-screen romance for real love. Don has worked hard to get where he is today, with his former partner Cosmo. When Don and Lina's latest film is transformed into a musical, Don has the perfect voice for the songs. But Lina - well, even with the best efforts of a diction coach, they still decide to dub over her voice. Kathy Selden is brought in, an aspiring actress, and while she is working on the movie, Don falls in love with her. Will Kathy continue to "aspire", or will she get the break she deserves ?

TRIVIA: While the film makes a central point of the idea that Kathy's voice is dubbed over Lina Lamont's, what is not told is that, ironically, in some of these songs - notably "Would You" and "You Are My Lucky Star" - Debbie Reynolds, the actress who plays Kathy, is actually dubbed by Betty Noyes. However, Reynolds' own singing voice can be heard on the outtake footage of "Lucky Star" as performed next to the giant billboard of Gene Kelly.

In the "Would You" number, Kathy Selden (Debbie Reynolds) is dubbing the voice of Lina Lamont (Jean Hagen) because Lina's voice is shrill and screechy. However, it's not Reynolds who is really speaking, it's Jean Hagen herself, who actually had a beautiful deep, rich voice. So you have Jean Hagen dubbing Debbie Reynolds dubbing Jean Hagen. And when Debbie is supposedly dubbing Jean's singing of "Would You", the voice you hear singing actually belongs to Betty Noyes, who had

a much richer singing voice than Debbie.

Was voted the 10th Greatest Film of all time by Entertainment Weekly, being the highest ranked musical. In 2007, the American Film Institute ranked this as the #5 Greatest Movie of All Time.

After they finished the "Good Morning" number, Debbie Reynolds had to be carried to her dressing room because she had burst some blood vessels in her feet. Despite her hard work on the "Good Morning" number, Gene Kelly decided that someone should dub her tap sounds, so he went into a dubbing room to dub the sound of her feet as well as his own.

For the "Make Em Laugh" number, Gene Kelly asked Donald O'Connor to revive a trick he had done as a young dancer, running up a wall and completing a somersault. The number was so physically taxing that O'Connor, who smoked four packs of cigarettes a day at the time, went to bed (or may have been hospitalized, depending on the source) for a week after its completion, suffering from exhaustion and painful carpet burns. Unfortunately, an accident ruined all of the initial footage, so after a brief rest, O'Connor, ever the professional, agreed to do the difficult number all over again.

In the famous dance routine in which Gene Kelly sings the title song while twirling an umbrella, splashing through puddles and getting soaked to the skin, Kelly was sick with a 103 °F (39 °C) fever. The rain in the scene caused Kelly's wool suit to shrink during filming. A common myth is that Kelly managed to perform the entire song in one take, thanks to cameras placed at predetermined locations. However this was not the case as the filming of the sequence took place over 2-3 days

It's that wonderful time of the year! Girl Scout Cookies are BACK!

Support your local Girl Scouts by purchasing boxes of cookies for yourself or to donate to a local charity or the armed forces.

Choose your old favorites like Thin Mints, Samoas, or Trefoils.

Cookies go on sale on January 5 for \$4.00 per box.



AD-K-RE-HE-RO-Y-H-UMMOO

Exercise, Exercise, Exercise

AEROBICS

EVERY Tuesday, 4:00pm (30 min)
 \$6/Student (Boys & Girls)
 Payment due at class/Cash or Check

Kids have fun dancing to kid-safe popular music!

CARDIO BOXING

Thursdays, 4:00pm (1 Hour)
 \$8/Student

(Payment due 1st Class/Cash or Check)
 New Session: Thursday - Dec 6 (6 Wks)
 Come in first day of Class to Sign-Up.

*Interval training with basic boxing drills
 using Focus Mitts & Active Games.*

Boxing Gloves Required.

(\$18-\$20 or Gloves avail to borrow before purchasing your own)



FUN N' GAMES

EVERY Tuesday, 4:30pm (30 min)
 \$6/Student (Boys & Girls)
 Take BOTH Kids and it's \$4/Each Class!
 Aerobics & Fun Games
 Payment due at class/Cash or Check
Play Active Group Games! FUN CLASS!

TOT'S WINTER TAP & BALLET

& POP STARS (Hip Hop)

Starts: Friday, January 11

Tap & Ballet 4:00pm

Pop Stars 5:00pm (1 Hour)

\$8/Class (10 Weeks)

Come in First Day to Sign-Up!

TOTS MUSIC

Fridays 10am (1 Hour)
 \$9/Child (\$7 - 2nd Child)
 Walk-in's Welcomed...

Glenburn Events



TOP OF THE LINE DOG TRAINING

Mondays, 6:00pm
 The Glenburn Estate BARN
 \$155/7 Week Program

1st Class - Pet Owner Workshop
 6 Weeks - Pet & Owner Basic Training
 Taught by - Norma Overlock
 Certified Dog Behaviorist
www.normasdogtraining.com

MUST SIGN-UP IN ADVANCE
 (201) 337-6179 - Norma

NEW At The GLENBURN ESTATE HOUSE

PILOXING EXERCISE

Monday - Feb 4 8:00pm
 (Every Monday after this date)
 \$7 Advance Sign-Up Or \$10 Drop-In

To Sign-Up:
 E-mail - jcarelli@riverdaleborough.com
 Or Call (973) 706-6471

Piloxing is the latest Exercise Trend!

A barefoot combination of Pilates & Boxing.
 Burns fat, sculpts muscle and is an excellent core
 interval workout.

GLENBURN ESTATE NOW OFFERS A MONTHLY ACTIVITY FLYER

Flyer is available for Pick-Up at the:
 Riverdale Borough Hall *Front Doors Vestibule*,
 Riverdale Library & Riverdale Community Center Foyer
 OR Can Be E-Mailed to you Monthly.
 Sign-Up to receive via E-Mail to:
jcarelli@riverdaleborough.com or
 (973) 706-6471 Leave Message

YOGA AT GLENBURN ESTATE HOUSE

Thursdays, 7:30pm
 Bring Yoga Mat & Refreshment
 \$8/Class
 Walk-in's Always Welcome

Mondays -
Zumba Toning, 7:30pm \$6

Tuesdays -
Bootcamp, 5:30am \$6/ Zumba Gold 10:00am \$6/
Zumba 7:30pm \$6

Wednesdays -
Zumba Sentao & Toning, 7:30pm \$6

Adults

Exercise, Exercise, Exercise

Thursdays -
Bootcamp, 5:30am \$6/ Zumba, 7:00pm \$6

Saturdays -
KettleBell Fitness, 9:00am \$7



Buggy Bootcamp

Wednesday – Feb 6
(Every Wednesday after this date)
11:00am

\$8 Advance Sign-Up / \$10 Drop-In

To Sign-Up :
E-Mail - jcarelli@riverdaleborough.com
Or Call (973) 706-6471

Try a NEW Stroller Fitness Class that includes
Bootcamp, a Piloxing Class & Jogging Group!
Every class ends with Parachute
time for babies & toddlers.

BOB ROSS TECHNIQUE OIL PAINTING

Thursday - January 10, 6:00pm
Scene - Lake with Mountain Background
\$35/Per Person (Includes ALL Supplies)

Saturday - January 19, 11:00am
Scene - Wintertime Church
Nestled in Mountains
Advanced Class Cost - \$45/Per Person
(Includes ALL Supplies)

Payment Due at Class (Cash or Check)
MUST SIGN-UP IN ADVANCE
Call or E-Mail jcarelli@riverdaleborough.com
(973) 706-6471 (Leave Message)

SEWING CLASSES

Wednesdays
\$10/Per Person (Includes all Supplies)
Come in the Day of Class to Participate.
4:00pm - 5:30pm

January 2
Jewelry Making

January 9
Patchwork Quilting

January 16
Make Hair Accessories

January 23
American Doll Clothes

Feb 1
Make a Valentine's Day Card
(Sew on paper!)

Feb 13
Heart Shaped Pillow

Feb 27
Embroider a Pillowcase

FRIDAY NIGHT FROLICS 3RD, 4TH & 5TH GRADE STUDENTS

Friday - January 11, 6:30pm - 8:00pm
\$5/Admission/Student
Includes snacks, refreshments, music, & games!

*Come out for a fun night with your friends!
Listen to your favorite music,
play active group games with prizes to winners
and snacks for all.*

WINTER WIPEOUT ALL MIDDLE SCHOOL STUDENTS

Friday - January 25, 7:00pm - 9:00pm
\$5/Admission/Student
Includes snacks, refreshments, music & games!

*We're playing Minute to Win It & Wipeout!
Prizes to Winners.*

RIVERDALE FOOD PANTRY

Items ALWAYS Needed.
Drop-off @ Borough Hall

SIGN UP TO RECEIVE COMMUNITY CENTER MONTHLY ACTIVITY FLYER

Flyer is available for Pick-Up at the: Riverdale Borough Hall *Front Doors Vestibule*, Riverdale Library & Community Center Foyer
OR E-Mailed Monthly. Sign-Up via E-Mail to: jcarelli@riverdaleborough.com or (973) 706-6471 Leave Message



Steve and Jean Revis are thrilled to announce the birth of their two grandsons.

Theodore James Moran was born to former Riverdale residents, Jennifer and John Moran on November 8 in Florida. Teddy joins his two older brothers, Johnny and Stevie.



Darren Jeffery Revis was born to Riverdale residents, John and Tonya Revis, on December 20.

Who can ask for two better Christmas presents!?!



David and Courtney Quackenbush of Riverdale are happy to announce the birth of their daughter, **Ava Reilly Quackenbush**. Ava was born on September 26 at Valley Hospital in Ridgewood. She weighed in at 7 lbs, 2 oz. and was 20 3/4 inches long. Proud grandparents are Michael and Janine Reilly of Riverdale; Dave and Denise Quackenbush of Pequannock.



Welcome to **Stephen Michael Budesheim**, born on August 15 to Adam and Tori. He joins big sisters, Caroline and Elizabeth.

Proud grandparents are Bill and Marian and Tony and Sallie DelVecchio.



Welcome to **Juliana Rose Budesheim**, born on October 1 to Matt and Sylvana. She joins big brothers, Matthew,

Kevin and Nicholas. Proud grandparents are Bill and Marian and Silvio and Myrna Gavilanes.



Welcome to **Alex Michael Budesheim**, born on December 24 to Greg and Lisa. He joins big brother, Jack and big sisters, Emma and Sara. Proud

grandparents are Bill and Marian and Joe and Diane D'Imperio.

Announcements

Happy Belated 40th Birthday, **Brian Schofield**, on December 11! Love, Carrie, Louie and Reilly.



Happy 40th Birthday, **Kelly Norris**, on January 6. Love, Carrie, Louie and Reilly.

Happy Birthday **Dave Desai**, on January 25. We Love You

- Anne and Reilly.

Happy 5th Birthday **Erin Jane Struble** on January 9th. We Love you! Love Mommy and Emma

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

Happy 5th Birthday, **Nicholas Budesheim**, on January 20. Love, Mom, Dad, Matty, Kevin, Juliana and the whole family.



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

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

How To Eat Tic Tacs



The Tic Tac dispenser is specifically engineered to allot ONE AT A TIME.

Help Us Keep Our Taxes Down! Recycling saves tax dollars.

Our garbage bill is based on the weight of the garbage collected in Riverdale. The less recycling materials that find their way into the general garbage collection the lower the cost of garbage removal. **The first Friday of the month is for Metal Appliances and Scrap Metal. These are usually heavy and save the most in disposal costs.**





Riverdale Baptist Church is hosting a **Teen Activity**

on **Friday, January 11 @ 7 pm.**

There will be pizza, games and a devotional message.

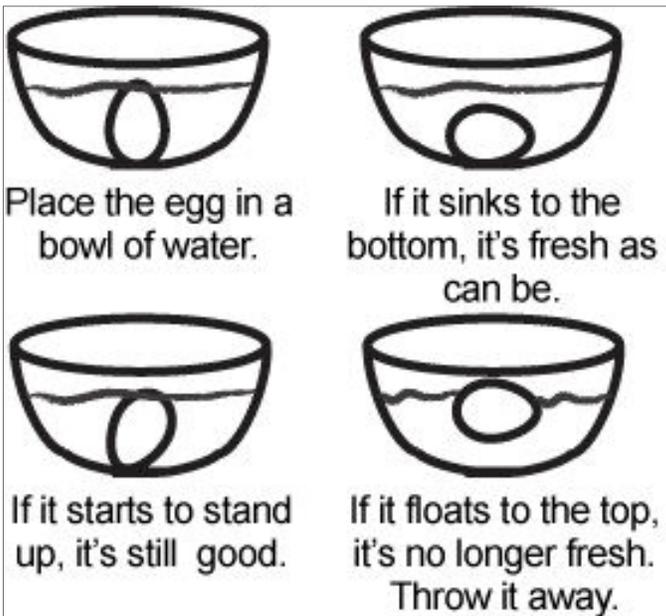
All teens welcome to come.

Riverdale Baptist Church

6 Newbury Place

973-835-3275

riverdalebaptistchurch.org



Use wax paper to decorate cakes like a professional. Cut a piece of wax paper the same size as the cake. Write directly on the paper instead of the cake and freeze it. Gently peel the frozen letters and

words off the paper and place them on the cake

PHOTO TIPS: FOCUSING

As digital cameras have a tendency to take slightly longer to focus than film camera, an important tip is to half-depress the shutter button until the camera has had time to lock the focus, and then completely press the button to take the actual shot - this can often make the difference between blurry, out-of-focus shots, and clear pictures.



Also, with normal picture-taking, shutter speeds are fast enough that a small amount of shake won't affect the resulting image much, however, there are times when you'd want to use a tripod to compensate: when taking pictures in low light, where the shutter speed will slow

down enough to potentially make drag lines, and when using a long zoom, where distant objects are susceptible to blur. In each case, the tripod will settle the image and let you forget about shaking the image and focus on capturing what's in your mind's eye.



DIRTY DOZEN

Buy These Organic

- WORST**
- 1 Apples
 - 2 Celery
 - 3 Strawberries
 - 4 Peaches
 - 5 Spinach
 - 6 Nectarines
 - 7 Grapes
 - 8 Sweet bell peppers
 - 9 Potatoes
 - 10 Blueberries
 - 11 Lettuce
 - 12 Kale / collard greens

CLEAN 15

Lowest in Pesticides

- BEST**
- 1 Onions
 - 2 Corn
 - 3 Pineapples
 - 4 Avocado
 - 5 Asparagus
 - 6 Sweet peas
 - 7 Mangoes
 - 8 Eggplant
 - 9 Cantaloupe
 - 10 Kiwi
 - 11 Cabbage
 - 12 Watermelon
 - 13 Sweet potatoes
 - 14 Grapefruit
 - 15 Mushrooms

Just to be upfront: this little trick is a preventive. Once you actually have a stomach bug in your system, it will not work. I just heard this from a coach who works at my husband's high school. He carried grape juice with him all the time. And he was never sick and always attributing his stellar immune system to the good people at Welch's. We actually drink grape juice everyday. Each kid has a glass with his breakfast. And when I hear the bug is going around, we bump it up to a couple of servings a day. When someone gets the bug, we go on full alert...three servings of grape juice a day and the adults add a teaspoon of apple cider vinegar to theirs. It's the acidity in the juice that's supposed to help the bug from settling in the digestive tract.



One big rule is that it MUST be 100% grape juice. No light or white, no "Essentials", no grape juice cocktail...just plain old 100%. I even avoid the ones with calcium. There are so many varieties...look carefully when shopping for grape juice.

If you're just using it as a preventative when you've been exposed to the bug, try 3 glasses a day. If you want to add a bit of apple cider vinegar (no more than 1 tsp.). Again, it's a preventative.
Taken from Kristi@ishouldbemoppingthefloor.

NATURAL REMEDIES TO HELP YOU QUIT SMOKING



Cayenne Pepper: cayenne pepper is an excellent remedy to help quell the cravings for a cigarette. It desensitizes the respiratory system to tobacco and chemical irritants thereby thwarting the cravings for cigarette

Lobelia: This herb has been promoted to help people fight the effects of nicotine withdrawal and is found in many anti-smoking products.

Ginger is a wonderful herb for digestive problems. This is

important because quitting smokers sometimes experience stomach problems such as indigestion, cramps and constipation. The main benefit of ginger for smokers however is its anti-emetic properties. This means it relieves the nausea some smokers feel as a withdrawal symptom.(source : EzineArticles)

St. John's Wort: One of the best known herbs for promoting a positive mental attitude—something people often need help with during the early phases of becoming a non-smoker.

Korean ginseng: Is one of the most popular herbs in the world for stimulating energy and helping the body to deal with stress. This property enables ginseng to help alleviate the fatigue and anxiety related to quitting smoking. Ginseng is known to help reestablish balance in the body's systems, which can be helpful to smokers as their bodies adjust to the absence of nicotine.(Source : care2)

Peppermint: Has a relaxing effect on the muscles of the digestive system, combats flatulence, and stimulates the flow of bile and other digestive juices. The volatile oil in peppermint acts as a mild anesthetic to the stomach wall, which helps alleviate feelings of nausea. Where headaches are associated with digestion, peppermint may help. Peppermint also eases anxiety and tension

Perspective

US Tax Revenue	\$2,170,000,000,000
Federal Budget	\$3,820,000,000,000
New Debt	\$1,650,000,000,000
National Debt	\$14,271,000,000,000
Recent Budget Cuts	\$38,500,000,000

Let's now remove the 8 zeros and pretend it's a household budget:

Annual Family Income	\$21,000
Money the Family Spent	\$38,200
New Debt on the Credit Card	\$16,500
Outstanding Balance on Credit Card	\$142,710
Total Budget Cuts So Far	\$38.50

Salt Stains on Shoes

Apply white vinegar to shoes with a rag and wipe off salt stains. This is supposed to deactivate the salt as well.

To Clean Microwave Oven and Remove Odors

Place a bowl of vinegar in the microwave and run on HIGH til it comes to a boil. Wipe the interior clean with a rag dipped in the vinegar

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

Clean up after your dog

Borough Code Chapter 173A: **No person owning, harboring, keeping or in charge of any dog shall cause, suffer or allow such dog to soil, defile, defecate on or commit any nuisance on any common thoroughfare, sidewalk, passageway, bypath, play area, park or any place where people congregate or walk or upon any public property whatsoever or upon any private property without the permission of the owner of said property.**

The person who owns, harbors, keeps or is in charge of such dog shall immediately remove all feces deposited by such dog by any sanitary method.

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.



DRINKING MILK FROM THE CARTON AFFECTS STORAGE LIFE. Even if you live alone and no one else drinks from the carton, the bacteria you deposit into the carton will cause the milk to sour faster and shorten the storage life of the milk.

BEE POLLEN

NATURE'S FOUNTAIN OF YOUTH

Did you know...bee pollen contains almost twice the amount of protein in beef, twice as much iron than any other food, substantial amounts of highly-absorbable vitamins and minerals, and thousands of world-class athletes even take bee pollen as a “Legal Sports Enhancer”.

www.undergroundhealthreporter.co

Food Industry is Waging War on Your Cells with These 10 Toxic Ingredients

Preservatives and synthetic food agents found in foods inhibit oxygen and delay the development of fungus and mold, creating a longer shelf-life for products. But after being consumed, these toxins **deprive human cells of oxygen** and rob them of nutrients, thus leading to cell mutation and the perfect breeding ground for cancer.



Just like humans, cells need oxygen to survive and thrive. “Fungus fighting” preservatives and man-made food agents choke out your body’s nutrients at the DNA level by depriving **mitochondrial cells** of oxygen, sometimes completely shutting them down. And if the body does not have enough essential nutrients, it becomes more susceptible to disease.

Longer shelf life, shorter human life

If you’re not a label-reader already, you better become one soon. You don’t have to be a chemist or a linguist either, just be able to **sight read and spot the poisons** so you can live cancer-free. Most food toxins are followed by a phrase, often in parenthesis, to make them sound “safe” and *in your best interest*, like “as a preservative,” or “for added freshness,” or “to preserve flavor.” These catchy little phrases really mean **for the added choking of your cells to aid with cancer development**.

The top 10 cell stranglers revealed

The United States has several major regulatory agencies and “cancer prevention” organizations which have not only been suppressing natural cancer cures for 70 years, but have been approving, supporting, endorsing and profiting from cancer-causing agents in food, beverages and cosmetics since World War II.

1.Sodium Benzoate: This stealthy killer flies under most people’s radar, and is *found in just about everything in jars and bottles*, like salad dressing, pickles, sauces, mayonnaise, almost all soda and juice drinks, and even in foods labeled as “all natural.”

2.Canola Oil: This artificial, Canadian-exported GMO is super popular and is found in over 30% of all products. It chokes out your mitochondrial cells. Canola oil is really rapeseed oil and can cause emphysema and respiratory distress, eventually leading to cancer.

3.Monosodium Glutamate(MSG): The FDA allows 20 “pseudo” names for it including autolyzed yeast extract, free glutamate, glutamic acid, soy lecithin, calcium caseinate, hydrolyzed corn, hydrolyzed soy protein, and maltodextrin to name a few. Just because a product says “No MSG” doesn’t mean it’s not in there!

4.Sodium Nitrates(nitrosamines): Used for fertilizers and explosives, and as a solvent in the dry cleaning industry. This ingredient keeps hemoglobin molecules in your blood from carrying oxygen to your body tissues. It’s considered a “super salt” (like MSG) added to things like hot dogs, cold cuts and bacon for added shelf-life, color and flavor. Problems compound when microwaved.

5.Margarine: The body cannot incorporate trans-fatty acids into membranes, thus causing deformed cellular structures. Vegetable shortening and partially hydrogenated vegetable oils accelerate aging and degenerative changes in tissues.

6.Anti-foaming agents: (Dimethylpolysiloxane) An industrial chemical used in caulks and sealants. This component is mostly used in fast food chicken nuggets and eggs. Also watch for TBHQ, a petroleum derivative, used as a stabilizer in perfumes, resins, varnishes and oil field chemicals, and linked to stomach tumors and DNA damage.

7.Anti-caking agents: Chemicals that absorb moisture and prevent other compounds from sticking together. These are added to table salt and powdered food products. They are often composed of phosphate, carbonate, silicate and oxide compounds which contain aluminum. Watch for sodium aluminosilicate, aluminocalcium silicate and aluminium silicate. Aluminum is linked to Alzheimer’s and is also used in flu shots and vaccines.

8.Artificial colorings: Synthetic petrochemicals made from petroleum, antifreeze and ammonia. Blue #1 causes kidney tumors in mice. Red #2 and Blue #2 cause brain and bladder tumors in rats. Red #3 causes thyroid cancer in animals, and is banned in cosmetics, but still allowed in food. Red #40 debilitates the immune-system. Green #3 causes bladder and testes tumors. Yellow #5 and #6 cause adrenal tumors in animals.

9.Emulsifiers: Carrageenan, polysorbate 80 and brominated vegetable oil (BVO). These are stabilizing, smoothing and thickening agents. They are typically found in chocolate milk, cottage cheese, ice cream, infant formula and jelly. BVO remains in body fat for years. Polysorbate 80 is also found in most vaccines.

10.Artificial Sweeteners: Aspartame, Acesulfame K, Sucralose, Sorbitol, Truvia, and of course, Saccharin. Because they taste sweet, these chemical sweeteners trick the body into ingesting them and holding on to them for extended periods of time, turning rancid in the body fat. Fake sugars are the “Trojan horses” of the cell-choking and mutating, food agent industry. Sorbitol is also found in many vaccines.

Skeuomorph

“A design feature copied from a similar artifact in another



material, even when not functionally necessary.” For example, rivets on jeans, copper color on pennies, the shutter sound on a digital camera, and the pointless handle above.

Influential Women

Rosa Parks

February 4, 1913 - October 24, 2005

Born Rosa Louise McCauley in 1913, she stepped into the pages of history on December 1, 1955 when on the bus on her way home from her work as a seamstress she refused to give up her seat for a white man. Her actions that day sparked Martin Luther King, Jr. to lead a bus boycott in Montgomery, Alabama. She moved to Detroit in 1957 and got a job as a receptionist for John Conyers, an African American member of the House of Representatives. She later became his staff assistant and in her spare time continued her work with the Southern Christian Leadership Conference and the NAACP, as well as co-founding the Rosa and Raymond Parks Institute for Self-Development.



Did You Know?

- ◆ The town of Cash, Texas, was named in honor of its first postmaster, J.A. Money.
- ◆ America’s gold is kept at Fort Knox. America’s silver is kept at West Point.
- ◆ There are 88 keys on a piano - 52 white and 36 black.
- ◆ In 1896 Henry C. Traute came up with the phrase that appears on all matchbook covers - “Close before striking”.
- ◆ The Manhattan cocktail, a concoction of whiskey and sweet vermouth, was created by Winston Churchill’s mother.
- ◆ Remember P.F. Flyers? P.F. stood for Posture Foundation.
- ◆ The face of comic book hero Captain Marvel was modeled after actor Fred MacMurray.
- ◆ The car BMW stands for Bavarian Motor Works.

How to Whiten Your Teeth with Banana peel



Take a piece of the inside of the banana peel and gently rub around on your teeth for about 2 minutes. The amazing minerals in the peel like potassium, magnesium and manganese absorb into your teeth and whiten them.

“It does not take a majority to prevail ... but rather an irate, tireless minority, keen on setting brushfires of freedom in the minds of men.”
Samuel Adams

“Honor, justice, and humanity, forbid us tamely to surrender that freedom which we received from our gallant ancestors, and which our innocent posterity have a right to receive from us.”
John Dickinson

“If ever time should come, when vain and aspiring men shall possess the highest seats in Government, our country will stand in need of its experienced patriots to prevent its ruin.”
Samuel Adams

AUTOMATIC GARAGE DOOR OPENER

If you're leaving home for a period of time, unplug your garage door opener and lock the door. Thieves may patrol the area with an opener of their own testing to see who's door opens. Another good idea is to reset the "factory" code on your opener to a personal one.



RIVERDALE FOOD PANTRY

The Pantry is supported with your donations. Items needed are:

Canned vegetables and soups

Boxed potatoes and rice

Cereal – hot and cold

Pasta and pasta sauces

Kids snacks, juices, mac ‘n cheese

Crackers and cookies

Canned meat and tuna fish

Paper products - napkins, towels, toilet tissue

Drop off donations at the Riverdale Borough Hall-91 Newark Pompton Turnpike

Food Pantry Volunteers Welcomed

One day for 2 hours every month - Tuesday or Saturday mornings

CALL: Food Pantry (973) 835-4060 - select #6

Break In Your New Shoes In Under Five Minutes



Put on a thick pair of socks and then put on your shoes. Aim a hairdryer at the shoes, concentrating on the tighter spots. Wiggle your toes and feet around. Keep them on while they cool.

Remove the socks and test out shoes. They should be stretched out, but if not, just repeat the process.



Riverdale Woman's Club

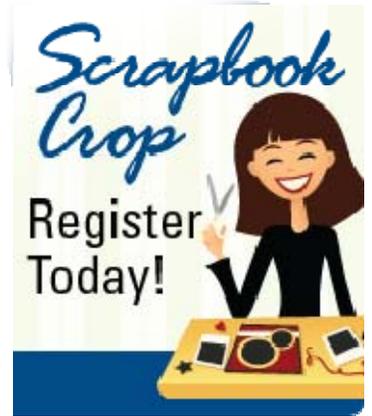
The Riverdale Woman's Club is hosting the *Second Annual Scrapbook Crop Fundraiser* on Saturday, February 9 from 10 AM to 10 PM at the Riverdale Community Center.

- ◆ Lunch, Dinner and Snacks included.
- ◆ Close to My Heart and Stampin Up vendors.
- ◆ Door prizes and more
- ◆ Cost is \$45.
- ◆ Pay by January 15 and you pay only \$40! Checks payable to the Riverdale Woman's Club

Call Jenny Walenta for information or to reserve your spot **973-650-8860**.

Be sure to get your reservation in early as this is always a sell out!

For membership information please contact Jean at 973-835-3269 or any club member.



Win a Trip to this Year's Super Bowl

Only 300 tickets will be sold.

Chances are only \$50.00 each

and it is a donation to Christ Church Pompton Lakes

Prize Value: \$5000



Prize includes
2 tickets to the Super Bowl
plus

\$1000 American Express Gift Card

Make Checks Payable to:

Christ Church

mail to:

Gary Stewart DC

43 Newark-Pompton Turnpike, Riverdale NJ 07457

Drawing will be January 13, 2013

**Spiders HATE
Peppermint!**



7 Reasons Why You Should Drink Warm Water With Lemon



1. Boosts your immune system
2. Balances pH
3. Helps with weight loss
4. Aids digestion
5. Acts as a gentle, natural diuretic
6. Clears skin
7. Hydrates the lymph system

www.EdibleHarmony.com

Source: Mind Body Green

RIVERDALE



Doll Club



Christmas Tree



DPW workers, Neil DeBonte and Rob Nichols decorate the tree donated to the Borough by residents Pat and Pam Parrill. A heartfelt thank you to the **Parrill Family** for their very generous donation.

Glenburn Work



Archeological work, largely funded by a County grant, takes place at Glenburn. Excavation determined the age of the foundation and found a number pieces of artifacts buried in the soil. Also samples were taken of the wood in the Country Store to determine when the store was built.

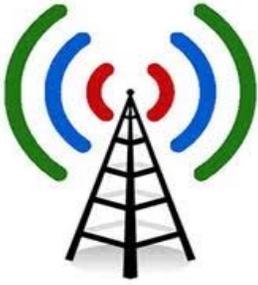
DAILY NEWS

Christmas at Glenburn



The staff of the Riverdale Library had its Christmas Party at Glenburn.





BOROUGH OF RIVERDALE: *All Plugged In*

There are several electronic venues available to Riverdale to keep in touch with the latest and most necessary information in the event of an emergency.



RIVERDALE EMERGENCY HOTLINE 973-835-3719

Activated only during an emergency, this dedicated phone line is available to report emergency situations and to inquire about services available to residents needing help. ***Life-threatening emergencies should always be reported directly to the Police Department at 973-835-0034, or by dialing 911.***



RIVERDALE REVERSE 911

This proactive service sends out notifications of emergency road closures, important information regarding emergencies, and upcoming events and services available regarding urgent situations.

Sign up for this valuable service on the Riverdale Website www.riverdalenj.gov



RIVERDALE FACEBOOK PAGE

In addition to regular postings on events and activities within the Borough, during an emergency situation, the Office of Emergency Management will post needed information regarding shelter services, road closures, and information regarding measures to be taken to ensure resident safety.

<https://www.facebook.com/RiverdaleNewJersey>



THE RIVERDALE WEBSITE

Learn all about emergency closures, Riverdale events, interesting historical information, and gain access to all Council Meeting minutes to stay informed of resolutions and ordinances proposed and passed for the Borough. All Borough departments and contact information can be found on the website, as well as information regarding the new on-line payment of property taxes, water and sewer bills, animal licenses, and recreation fees.

www.riverdalenj.gov



RIVERDALE OFFICE OF EMERGENCY MANAGEMENT

The Riverdale Office of Emergency Management has trained volunteers who have assisted in recent emergencies, and are prepared to continue to assist the Fire and Police Departments.

THE MORRIS COUNTY OEM WEBSITE

This valuable County-based site presents current storm conditions, tips on storm preparedness and remedies, as well as information on pet care and safety during storms.

www.morrisoem.org



MCUrgent: A SHARED EMERGENCY INFORMATION NETWORK

MCUrgent is used for emergencies where the impact crosses municipal boundaries in Morris County.

MCUrgent messages are intended to be specific.



Like MCUrgent on Facebook:
[Facebook.com/MCUrgent](https://www.facebook.com/MCUrgent)



Follow MCUrgent on Twitter:
[Twitter.com/MCUrgent](https://twitter.com/MCUrgent)



Get MCUrgent via text message:
Text "Follow MCUrgent" to
40404 for text messages

Escape Planning

Plan Ahead! If a fire breaks out in your home, you may have only a few minutes to get out safely once the smoke alarm sounds. Everyone needs to know what to do and where to go if there is a fire.

SAFETY TIPS

- »»» MAKE a home escape plan. Draw a map of your home showing all doors and windows. Discuss the plan with everyone in your home.
- »»» KNOW at least two ways out of every room, if possible. Make sure all doors and windows leading outside open easily.
- »»» HAVE an outside meeting place (like a tree, light pole or mailbox) a safe distance from the home where everyone should meet.
- »»» PRACTICE your home fire drill at night and during the day with everyone in your home, twice a year.
- »»» PRACTICE using different ways out.
- »»» TEACH children how to escape on their own in case you can't help them.
- »»» CLOSE doors behind you as you leave.

IF THE ALARM SOUNDS...

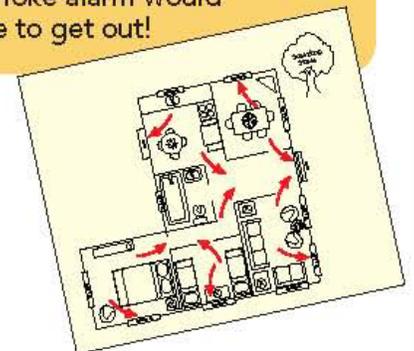
- »»» If the smoke alarm sounds, GET OUT AND STAY OUT. Never go back inside for people or pets.
- »»» If you have to escape through smoke, GET LOW AND GO under the smoke to your way out.
- »»» CALL the fire department from outside your home.



Your Source for SAFETY Information www.nfpa.org/education
NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

FACTS

- ! According to an NFPA survey, only **one of every three** American households have actually developed and practiced a home fire escape plan.
- ! While **71%** of Americans have an escape plan in case of a fire, only **45%** of those have practiced it.
- ! **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!



Riverdale Sets Kindergarten Registration



The Riverdale School District will be conducting registration for incoming kindergarten students on **January 15th and 17th, 2013**. Children whose last names begin with **A-M** will be registered between the hours of 9-12 noon on Tuesday, January 15th and those children whose last names begin with **N-Z** will be registered between the hours of 9-12 noon on Thursday, January 17th. Should you not be able to attend registration during these times, please contact the school office at 973-839-1300 ext. 0, 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, 2013**. **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 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 dept. 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**.

SPECIAL EDUCATION

Parents of special education students are invited to attend the quarterly **special education parents' advisory group** meeting scheduled for Thursday, February 28 at 1:50 PM in the school library. If you plan on attending, please RSVP to ksullivan@rpsnj.org.

SCHOOL CLOSING INFORMATION

Winter is here! If you haven't already done so, please take the time to 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. www.rpsnj.org

January Events

- Jan. 7** - Midterm study guides distributed.
- Jan. 8** - Geography Bee
- Jan. 9** - School Planning Team/Board of Education Meeting
- Jan. 14** - PTA sponsored assembly
- Jan. 15** - Kindergarten Registration 'A-M' 9am-Noon
- Jan. 16** - Board of Education Meeting
- Jan. 17** - K registration 'N-Z' 9am-noon
- Jan. 21** - School closed- teacher in-service
- Jan.24-29** - Midterm exams

Dr. Wyks, Superintendent, Ms. Soucy, Principal, and the staff of Riverdale School are proud to announce those students who attained Superintendent's List, High Honors & Honors recognition during the first marking period for school year 2012-13.

Superintendent's List

Grade 8
Amanda Ekkers
Yuti Gandhi
Christine Holl
Kevin Jablonski
Hallie Mansoor
Ayla Markowski
Kristian Neuschwanter

Grade 6
Alekya Gadiraju

Grade 5
Veronica Bastian
James Kimberlin
Marisa Messina
Noelle Vacca

Grade 7
Sean Bastian
Jason Dubrovich

High Honors

Grade 5
Benjamin Hentz
Philip Latora

Honors

Grade 8
Emily Clinton
Peter Dampman
Sophie Gagliardi
Esteban Garcia

Grade 7
Thomas Dougherty
Angelica Duong
Amanda Edwards
Michael Magyar
David Magyar
David Mateo
Brandon Miller
Mohammed Saleh
Kayla Stygar

Grade 6
Fazilat Abdullozoda
Ryan Chu
Ryan Ford
Mandi Giunta
Natalie Jablonski
Jessica Knapp
Dhruv Patel
Julia Phillip
John Tanis
Lily Trowse

Grade 5
Timothy Arabas
Gavin Black
Jack Dampman
Julia Jablonski
Alyssa Lightner
Matthew Majerscak
Michael Mansoor
Adam Nadiroglu
Justin Nalbhone
Joseph Shafer



Correction: National Junior Honor Society Inductees

The district apologizes for incorrectly listing Amanda Ekkers as a recent inductee of the NJHS. **Amanda Edwards**, a seventh grader, was recently inducted into the NJHS. She was introduced at the induction ceremony by Amanda Ekkers. We are sorry for the error, but remain proud of the accomplishments of both of these young ladies.



The **Gadsden flag** is an historical American flag with a yellow field depicting a rattlesnake coiled and ready to strike. Positioned below the snake are the words "Dont tread on me". The flag was designed by and is named after American general and statesman Christopher Gadsden. It was also used by the Continental Marines as an early motto flag, along with the Moultrie Flag.

Snake Symbolism. The timber rattlesnake and eastern diamondback rattlesnake both populate the geographical areas of the original thirteen colonies. Their use as a symbol of the American colonies can be traced back to the publications of Benjamin Franklin. In 1751, he made the first reference to the rattlesnake in a satirical commentary published in his *Pennsylvania Gazette*. It had been the policy of Britain to send convicted criminals to America, so Franklin suggested that they thank the British by sending rattlesnakes to England.

In 1754, during the French and Indian War, Franklin published his famous woodcut of a snake cut into eight sections. It represented the colonies, with New England joined together as the head and South Carolina as the tail, following their order along the coast. Under the snake was the message "Join, or Die". This was the first political cartoon published in an American newspaper.

When American colonies came to identify more with their own community and liberty than as vassals of the British empire, icons that were unique to the Americas became increasingly popular. The rattlesnake, like the bald eagle and American Indian, came to symbolize American ideals and society.

As the American Revolution grew, the snake began to see more use as a symbol of the colonies. In 1774, Paul Revere added it to the title of his paper, the *Massachusetts Spy*, as a snake joined to fight a British dragon. In December 1775, Benjamin Franklin published an essay in the *Pennsylvania Journal* under the pseudonym *American Guesser* in which he suggested that the rattlesnake was a good symbol for the American spirit:

"I recollect that her eye excelled in brightness, that of any other animal, and that she has no eye-lids—She may therefore be esteemed an emblem of vigilance.—She never begins an attack, nor, when once engaged, ever surrenders: She is therefore an emblem of magnanimity and true courage.—As if anxious to prevent all pretensions of quarreling with her, the weapons with which nature has furnished her, she conceals in the roof of her mouth, so that, to those who are unacquainted with her, she appears to be a most defenseless animal; and even when those weapons are shewn and extended for her defense, they appear weak and contemptible; but their wounds however small, are decisive and fatal:—Conscious of this, she never wounds till she has generously given notice, even to her enemy, and cautioned him against the danger of stepping on her.—Was I wrong, Sir, in thinking this a strong picture of the temper and conduct of America?"

In fall 1775, the United States Navy was established to intercept incoming British ships carrying war supplies to the British troops in the colonies. To aid in this, the Second Continental Congress authorized the mustering of five companies of Marines to accompany the Navy on their first mission. The first Marines enlisted in the city of Philadelphia, and they carried drums painted yellow, depicting a coiled rattlesnake with thirteen rattles, and the motto "Don't Tread On Me." This is the first recorded mention of the future Gadsden flag's symbolism.

At the Congress, Continental Colonel Christopher Gadsden represented his home state of South Carolina. He was one of seven members of the Marine Committee who were outfitting the first naval mission.

Before the departure of that first mission in December 1775, the newly appointed commander-in-chief of the Navy, Commodore Esek Hopkins, received the yellow rattlesnake flag from Gadsden to serve as the distinctive personal standard of his flagship. It was displayed at the mainmast.

Gadsden also presented a copy of this flag to the Congress of South Carolina in Charleston, South Carolina. This was recorded in the South Carolina congressional journals on February 9, 1776:

Col. Gadsden presented to the Congress an elegant standard, such as is to be used by the commander in chief of the American Navy; being a yellow field, with a lively representation of a rattlesnake in the middle in the attitude of going to strike and these words underneath, "Don't tread on me."
Taken from Wikipedia

Tips To Set Up Your Pet Bird's Cage & Home



Moving your pet bird into its new home is fun. The cage sparkles with newness, and installing all the cute toys and accessories inside is enjoyable and creative. A week later, the toys are covered with poop, and your pet bird has developed a penchant for turning its water into bacteria soup, dunking food and toys in the dish at every opportunity. The bag of pet bird food on your kitchen counter has spilled onto the stove, and you've already despaired of keeping your carpeting semi-clean.

The placement of your pet bird's cage inside your home is as important as the cage itself. Ideally, pet birds should not be kept in the kitchen (or in its proximity), because cooking fumes, extreme

fluctuations in temperature, open pots of hot liquids on the stove and other hazards abound. Locate the cage out of direct sunlight, which can be too hot, and away from exterior doors for protection from cold blasts of air and to prevent escape.

Make sure the cage is inaccessible to toddlers and furry pets. Place it away from blind cords (pet birds are capable of reaching cords through the cage bars with their feet; if their toenail or foot gets snagged on the cord, it could result in the loss of the toe or foot), electrical cords (a pet bird can become electrocuted if it bites into the cord) and fish tanks (which pose a drowning danger).

From perch positioning to storage solutions, members of the Long Island Parrot Society have some common-sense advice for your avian adventure!

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!

For all programs as of January 2013, registration begins Dec. 17 for Riverdale residents; sign up for out of town residents begins Jan. 2.

INFANT & PRE-SCHOOL PROGRAMS

Fall programs run from the week of January 14 through the week of March 5.

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

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

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

CHILDREN'S PROGRAMS

Puppy Pals — Dogs certified by Creature Comforts Pet Therapy come to the library to "listen" to children read. Bring your beginning reader, reluctant reader, or dog-lover for a session with a friendly listener. Children can read privately to a dog or participate in a group session. For children grades K-5. **Wed, Jan. 9 & Feb. 13 from 4:00-5:00 pm.**

Teddy Bear Picnic — Kids in grades K-3, bring your favorite teddy bear and get ready for an afternoon of bear stories, games, songs and treats! **Thurs., Jan. 17, 4:00-5:00 pm.**

Breakfast Book Club — Kids in grades 2-5 Read the book of the month with a parent, then join us for a potluck breakfast, book discussion and a fun craft! January's book is *A to Z Mysteries: The Kidnapped King* by Ron Roy. Get your free copy at the circulation desk. **Sat., Jan. 19 10:15-11:30 am.**

Lego Lab — You bring your imagination and we'll supply the Legos! With the themes of cars and dogs, there's no stopping what you can make! For kids grades K-5. **Wed, Jan. 23 & Feb. 27 4:00 - 5:00 pm.**

TEEN PROGRAMS

Teen Book Discussion — Discuss the book of the month over pizza! Reading a book with a group is fun and may count as extra credit for school. January's book is *Looking For Alaska* by John Green. February's book is *Going Bovine* by Libba Bray. **Wed., Jan. 16 & Feb. 20, 6:00-7:00 pm.**

HOURS

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

Teen Movie Night — Join us on **Wed., Jan. 2 & Feb. 6, 5:30-7:45 pm** for popcorn and a movie! January's movie is "The Last Song" starring Miley Cyrus. February's movie is "Valentine's Day" with Jessica Biel.

Teen Advisory Board (TAB) - Join us on **Thurs., Jan. 3 & Feb. 14, 5:00-6:00 pm.** To hang out with friends, help plan programs and choose materials for your library! Possibly counts toward community service hours.

Teen Knitting & Crocheting — Join us on **Wed., Jan. 23 & Feb. 27 6:00-7:30** to learn basic patterns and techniques to make things that will keep you warm all winter long!

ADULT PROGRAMS

Friday Movie Matinee — Join us on **Fri., Jan. 5, 1:00-4:00 pm** for *The Odd Life of Timothy Green*. Rated PG. Refreshments will be served.

E-Book Program — Join us on **Wed., Jan. 16, 6:30-7:30 pm** as Therese McClachrie gives you simple instructions how to download an e-book to your e-reader!

The ABCs of DNA — Join us on **Wed., Jan. 23 at 6:30 pm** as Walter Choroszewski shares personal experiences with DNA testing for genealogical and medical purposes and teaches you how to discover the hidden treasures of your DNA!

Jewelry Design — Join us on **Wed., Feb. 13, 5:30-6:30 pm** to make a memory bracelet for Valentine's Day gift with Carol Heinz.

Friday Movie Matinee — Join us on **Fri., Jan. 18, 1:00-4:00 pm** for *The Dark Knight Rises*. Rated PG-13. Refreshments will be served.

Fifty Plus Shades of Crock Pot Recipes — Join us on **Wed., Feb. 27, 6:30-7:30 pm** to watch, learn and taste recipes sure to tantalize your taste buds. Share a recipe with others when you come!

ADULT BOOK DISCUSSION GROUP

Join us for a discussion the fourth 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!

Jan. 28 - *Life of Pi* by Yann Martel

MONTHLY

Photography Club— Meeting on Mon., Jan. 28, from 6:30-7:45 pm. All Photographers welcome! Learn! Share!

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

Job Hunters Workshop—Meeting on Fri., Jan. 11, from 3:00-4:00 pm. Learn about networking, resume writing and job hunting skills.

Call Tina Cali

973-493-1477

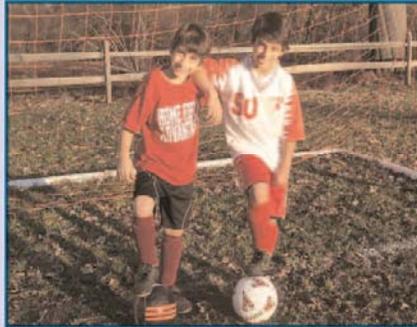
AWARD WINNING - TOP PRODUCER



TINA CALI

Buying or Selling a Home?

GIVE OUR MOM A CALL!



You'll get a KICK out of her amazing selling techniques!

Nobody sells more homes than RE/MAX

See Hot Properties at:

www.TinaCaliRealtor.com

RE/MAX Legend
36 Preakness Shopping Center
Wayne, NJ
973-686-0404 - Office
973-493-1477 - Cell
email: tinacalirealtor@gmail.com
Each Office is Independently Owned and Operated

Your Car Keys Can Save Your Life



Put your car keys beside your bed at night...If you hear a noise outside your home or someone trying to get in your house, just press the panic button for your car. The alarm will be set off, and the horn will continue to sound until either you turn it off or the car battery dies.

This tip came from a neighborhood watch coordinator. Next time you come home for the night and you start to put your keys away, think of this: It's a security alarm system that you probably already have and requires no installation. Test it. It will go off from most everywhere inside your house and will keep honking until your battery runs down or until you reset it with the button on the key fob chain. It works if you park in your driveway or garage.

If your car alarm goes off when someone is trying to break into your house, odds are the burglar/rapist won't stick around. After a few seconds, all the neighbors will be looking out their windows to see who is out there and sure enough the criminal won't want that. And remember to carry your keys while walking to your car in a parking lot. The alarm can work the same way there. This is something that should really be shared with everyone. Maybe it could save a life or a sexual abuse crime.

Pauline & Jesse: Engaged

This post is a very special one for a few reasons: Strings of white lights, a gorgeous barn, and a surprise proposal! Not to mention that the man proposing was my little brother!

When my brother asked for my help coordinating his proposal to his long time love, Pauline, I couldn't have been more flattered or excited. The plan: a romantic surprise proposal/photo shoot at the Glenburn Estate in Riverdale, NJ. Disguised as my idea, Jesse requested that they would collect a memory chest of special items and trinkets shared from their relationship together and he would ultimately present an engagement ring as his last addition to the box. It was so special and sweet and I am so thrilled with the images that came as a result that they will have to cherish forever!

Taken from <http://jillianglerphotography.blogspot.com>

Circle Auto Parts, Inc.

Support Our Troops

25 Route 23 • Riverdale, NJ 07457

Open Nights & Sundays

Mon-Fri 8:00 am - 7:00 pm

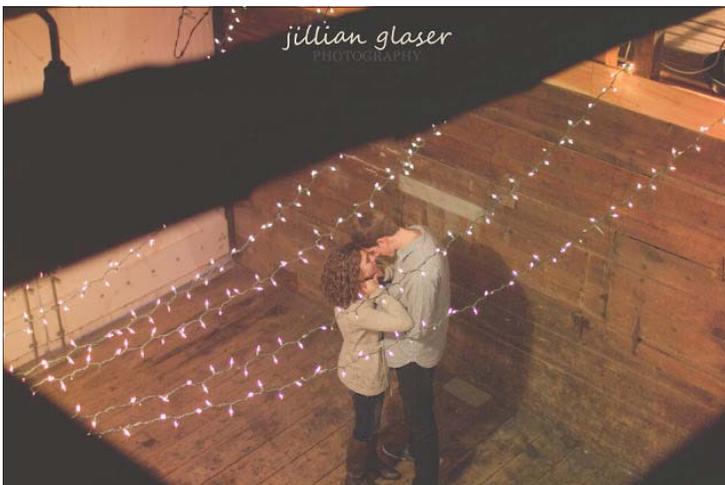
Sat 7:00 am - 4:30 pm

Sun 9:00 am - 2:00 pm

John Carey
Proprietor

(973)-835-8500
Fax: 973-835-4682

Wiper Blade Experts





• AUTO REPAIR
• SNOW PLOWING
• FLAT BED SERVICE
• HEAVY DUTY TOWING
• RECOVERY

10% OFF
All Repairs

Does not include fuel sales. Coupon must be presented at time of order. Cannot be used for prior sales.

Expires 12/31/13

973
839-6710

Rick Malanga
39 Hamburg Turnpike, Riverdale, NJ 07457

EXCAVATING
PAVING

WATER/SEWER
SEPTIC WORK

L. BECKER & SON INC.
18 VREELAND AVE.
BLOOMINGDALE, NJ 07403

JIM BECKER 973-492-2952

Please Support Our Sponsors! They make this Monthly Newsletter Possible!

RICHARD J. CLEMACK
Attorney at Law

124 Main Street
Bloomingdale, NJ 07403
973-838-4500
Fax: 973-838-5145

Cornerstone
Chiropractic
&
Rehabilitation

Dr. Joseph J. Young
Chiropractic Physician

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

THERE IS NO DIET
THAT WILL DO
WHAT EATING
HEALTHY DOES.

SKIP THE DIET. JUST EAT HEALTHY.



Benjamin Franklin
THE PUNCTUAL PLUMBER

973-835-5500
Lic. #7810

www.benfranklinplumbing.com

If there's any delay, it's you we pay!

Riverdale Photography Club
Meets on the 4th Monday each month at the
Library from 6:45 to 7:45 PM
www.RiverdalePhotoClub.weebly.com



New director of the club is **Steven Otte**, a professional photographer. Club open to all, residents and non-residents.



Credit Card Payments

Welcome to Riverdale Borough's Pay On-Line Service

- Property Taxes
- Water and Sewer Bills
- Court Fines
- Dog and Cat Licenses
- Recreation Programs
- Exercise Classes

There will be a convenience fee for this service that you will review before you submit your payment. You will also be able to pay more than one bill at the same time.

We accept Visa - MC - Discover - American Express
As well as Electronic Checks from your personal checking account.



Borough of Riverdale now accepting
Credit Card Payments for:

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

A small convenience fee applies. Go to our website www.RiverdaleNJ.gov to make your online payments. Credit cards may be used in person, too!



Workmanship To Perfection

Equipment



Supply

COVELLO BROTHERS

*"Service
with Pride"*

CONTRACTORS

Generations of Integrity

973.835.8850



Take charge of your financial future.

Since 1894, Ameriprise Financial has helped millions of Americans feel more confident about their financial future. As Ameriprise financial advisors, we remain true to our vision of always putting clients first.

Discover the one-to-one attention you deserve, backed by the strength of America's largest financial planning company*. Call us for a complimentary 30-minute consultation, and let's get started.

Our Advisors. Your Dreams. MORE WITHIN REACH®

Call us today at (973) 616.8020.



Burklow, Rotella & Associates
A private wealth advisory practice of
Ameriprise Financial Services, Inc.

 73 Newark-Pompton Turnpike
Riverdale, NJ 07457

 973.616.8020

 matthew.r.rotella@ampf.com

 timothyburklow.com

Ameriprise Financial Services, Inc. Member FINRA and SIPC. The initial consultation provides an overview of financial planning concepts. You will not receive written analysis and/or recommendations. *Based on the number of financial plans annually disclosed in Form ADV, Part 1A, Item 5, available at adviserinfo.sec.gov as of Dec. 31, 2010, and the number of CFP® professionals documented by the Certified Financial Planner Board of Standards, Inc.

© 2011 Ameriprise Financial, Inc. All rights reserved.



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

PARSLEY The ancient Greeks and Romans used the leaves as a flavoring and garnish for foods. Today, Parsley has the misfortune of being a token herb on plates at restaurants. That resilient sprig used for color is really edible and its high chlorophyll content makes it a natural breath sweetener.

By the Middle Ages, Parsley had made its appearance in herbal medicines. It has been given credit for curing a great range of human ills, especially those having to do with the kidneys and liver. Parsley is an ancient remedy for kidney stones and gallstones.

One of the main medicinal uses of Parsley is to provide a toxic kidney with essential nutrients that aid in its cleansing, so that it might pursue the necessary bodily function of filtering the blood. Parsley, as a blood purifier, provides the healthful nutritional material necessary for tissue maintenance of the urinary system. Parsley is a healing balm to the urinary tract making difficult urination, easier. Parsley has been shown to be a slow and gentle diuretic.

Parsley directly inhibits salt reabsorption by body tissues and in this manner, is able to increase diuretic activity by the kidneys. It is well to know that Parsley is the diuretic of choice and can be taken to improve urination when it is painful and incomplete, due to an enlarged prostate that is squeezing the urethra so as to make urination difficult.

There is information that shows that Parsley, in comparison with citrus juices, has three times more vitamin C, gram for gram. It has been shown to have a higher content of iron than other leafy greens and is rich in potassium and other essential elements. Parsley roots are more potent acting than the leaves. Preparations made from Parsley roots have their major influence on the liver and spleen. Clinical physicians for the last 100 years have stated that Parsley root has been effective for treating liver diseases. Parsley has been used to dissolve and help pass gallstones and kidney stones, if they're not too large.

The roots and leaves of Parsley are used in cases of low blood sugar if there is adrenal malfunction. Fresh Parsley juice helps heal conjunctivitis and blepharitis, an inflammation of the eyelid.

- ◆ Parsley has been used as a cancer preventative.
- ◆ The generous use of Parsley can lower blood pressure and increase the depth of respiratory movement.
- ◆ Parsley acts as a gentle laxative and increases the flow of urine.
- ◆ Parsley has been used for ailments of the liver and is a good tonic for blood vessels, capillaries and arterioles.

Parsley should only be used in moderation during pregnancy.

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).

Six areas of health that cannot do without magnesium

Magnesium has been called the "master mineral" because it is involved with over 300 metabolic functions within our bodies. Yet, everyone who relies on commercially farmed, depleted topsoil crops is magnesium deficient. Organic crops have considerably more magnesium content than what Big Ag can offer.

As a supplement, magnesium is also vastly underrated. It seems the manic thrust for calcium supplementation exceeds the mild interest toward magnesium. But excessive calcium supplementation leads to a lot of health issues, including bone problems.

Calcium is also lost without magnesium to help guide it. Free floating calcium in the blood and calcifying soft tissue, such as inner arterial walls and heart chambers, instead of accumulating in bone matter. Recent studies indicate excess calcium consumption causes cardiac issues.

Health practitioner and author, Mark Sircus, OMD, puts it this way: "Inside chlorophyll is the lamp of life and that lamp is magnesium. The capture of light energy from the sun is magnesium dependent." Foods grown in decent topsoil and super foods high in chlorophyll are good sources of magnesium.

(1) Magnesium helps control heart beat rhythms. Low magnesium leads to arrhythmia, palpitations, atrial fibrillation, or even sudden cardiac arrest. It also acts as a calcium channel blocker for the heart and protects against heart muscle spasms.

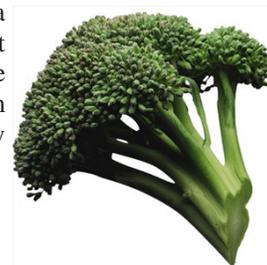
(2) Magnesium deficiency can affect the nervous system beyond improperly timed heart muscle stimulation. Mental irritability and muscular tension can consume someone who's lacking sufficient magnesium.

(3) Magnesium is essential to glutathione production in the body from properly provided precursors, such as NAC. The master mineral magnesium helps provide the master antioxidant glutathione. Glutathione is able to revitalize all other antioxidants that have scavenged their fill of electron radicals and recycle them back into doing their business again. Very vital for overall immunity.

(4) Research has uncovered a common thread among fibromyalgia sufferers, they are usually very low in magnesium.

(5) Magnesium deficiency is also common amongst Type II diabetes sufferers. With heavy magnesium supplementing, diabetes peripheral neuropathy symptoms and coronary artery disease improve. Insulin sensitivity improves and fasting glucose levels decline when magnesium is supplemented.

(6) Twitches, spasms, convulsions, restless leg syndrome, sensitivity to light or sound, hypertension, and a multitude of nervous system symptoms that can be attributed to other diseases may all be from magnesium deficiency. Magnesium affects the brain and nervous system in many unimagined ways.



**PRESET STD
U.S. POSTAGE
PAID
PERMIT NO. 426
Wayne, NJ 07470**

**Postal Patron Local
ECR WSS
Riverdale, NJ 07457**



ADVANCED Sports Medicine & 973.616.4555 Physical Therapy Center

Your Community's Healthcare Specialists

**Our Quality of Care
Comes
from Our Attitude**

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

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

**We offer the
very best in
Chiropractic care
and Physical Therapy!**

YOU CAN LIVE PAIN FREE WITHOUT SURGERY!

Our State -OF -The Art Facility Specializes In:

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

18 Newark Pompton TPK. Riverdale, NJ 07457



**Call For A
FREE
Consultation
973.616.4555**