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NEWS & EVENTS

January 2014

Volume 9 Number 1

Happy
New Year
2014



January 2014

RIVERDALE SENIORS

Volume 9 Number 1

William Budesheim, Editor
Lori Clinton, Associate Editor

Columnists

Rob Errera
Catherine Felegi
William Lango
Bill Madden
Elaine Peacock
Don Pruden

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The Riverdale Seniors held their annual Christmas Party at the Regency House. The new officers were sworn in by Borough Clerk Carol Talerico.

Shown are (R-L): Borough Clerk Carol Talerico, President Dorothy Bowersox, 1st Vice-President Grace Chiesa, 2nd Vice-President Jean Snyder, Treasurer Laura LaRosa, Secretary Jean McMichael. Not shown is Chaplain Elaine Peacock.



Riverdale Woman's Club

Announces its 3rd Annual Scrapbook Fundraiser

- DATE:** Saturday - April 5, 2014
- TIME:** 10:00 am to 10:00 pm
- PLACE:** Riverdale Community Center, 57 Loy Avenue
- COST:** \$40 if paid before February 15...\$45 if paid after the 15th

- ◆ Lunch, Dinner and Snacks included!
- ◆ Lots of cropping space and every seat is an aisle seat!
- ◆ Multiple vendors, including "Close To My Heart"
- ◆ Doors Prizes, Massage Therapist, Raffles and more!
- ◆ Contact Jenny Walenta to reserve your spot 973-650-8860
- ◆ Make Checks payable to RIVERDALE WOMAN'S CLUB



Proceeds from the fundraiser will be used to fund the various scholarships and awards the Woman's Club presents to High School and 8th Grade Students.



W A L K I N G

20 Benefits Of Walking

1. Helps with weight management
2. It's accessible to everyone
3. Doesn't require special equipment
4. One of the easiest ways to get more active
5. Reduces symptoms of depression and anxiety
6. It's a low impact exercise
7. Lowers low-density lipoprotein (LDL) cholesterol (the "bad" cholesterol)
8. Raises high-density lipoprotein (HDL) cholesterol (the "good" cholesterol)
9. Lowers blood pressure
10. Reduces the risk of some cancers
11. Helps reduce risk and aids with the management of type 2 diabetes
12. Improves mood
13. Helps maintain strong bones
14. Reduces the risk of heart attack
15. Less likely to lead to injuries
16. Reduces stress
17. Reduces risk of heart disease
18. You don't have to pay for it
19. Builds aerobic fitness
20. Helps maintain lean muscle tissue



Food Pantry Needs

We currently have fourteen families participating.

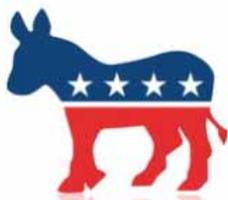
Here are some ideas that our residents have used in finding ways to donate to the Food Pantry.

- ◆ A resident recently donated fourteen \$100 supermarket gift cards.
- ◆ Donates two bags of food purchased during weekly food shopping and denoted with red ribbons.
- ◆ Food collected at her workplace was placed in bags denoted with green ribbons.
- ◆ Money donated at the workplace was used to buy food store gift cards.
- ◆ Anything you can do to help our neighbors have an enjoyable holiday season is so very much appreciated by them.

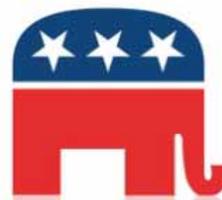
Thank you for your support!

The Riverdale Democratic Committee meets on the **third Monday**

of every month at 6:30 PM in the Riverdale Public Library, 93 Newark Pompton Turnpike, in the conference room. Local issues will be discussed along with strategies to keep Riverdale as one of the best small towns in New Jersey. We always welcome concerned residents and fellow Democrats to our meetings. Please visit our website at www.riverdaledemocrats.com.



The Riverdale Republican Club meets the **last Tuesday** of every



month at 7:30 PM at Glenburn, 211 Hamburg Turnpike. Usually we have guest speakers from the Freeholder Board or Legislators at which time we are kept informed. We put forth our plan showing how Riverdale became one of the best small towns in New Jersey and how we plan to keep it that way. All are welcome

- Republicans, Democrats and Independents.

When Seconds Count...



Which would you rather have to protect your home?

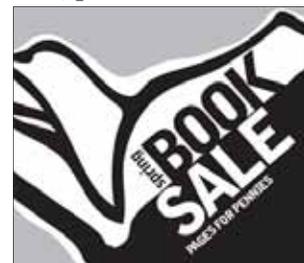
After a snowfall, remember to clear a three-foot radius around fire hydrants near your home.



Riverdale Public Library
93 Newark-Pompton Tpk
Riverdale, NJ 07457-1426
973 835-5044

The Friends of The Riverdale Public Library will be taking donations starting January 20th for their annual book sale in March. Books in good shape can be donated during regular library hours.

The friends are in need of a moving cart to move books. If you have one you would like to donate, please let us know.



Call the library at
973- 835-5044.

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."



Protecting Your Pets Against the Cold

Prepared by Amy Hofer on behalf of Mike's Feed Farm in Riverdale

Whether you have cats, dogs, rabbits or livestock, your pets require protection in the cold weather, just as you do. In winter months the things that your pets need to stay comfortable and healthy change. What can you do to help protect them?

When winter snow and ice arrive one of the most important products to have on hand is pet safe ice melt. Most ice melters contain salt that can be harmful for your pets, children and the environment. Pet safe ice melt is salt free and guaranteed safe.

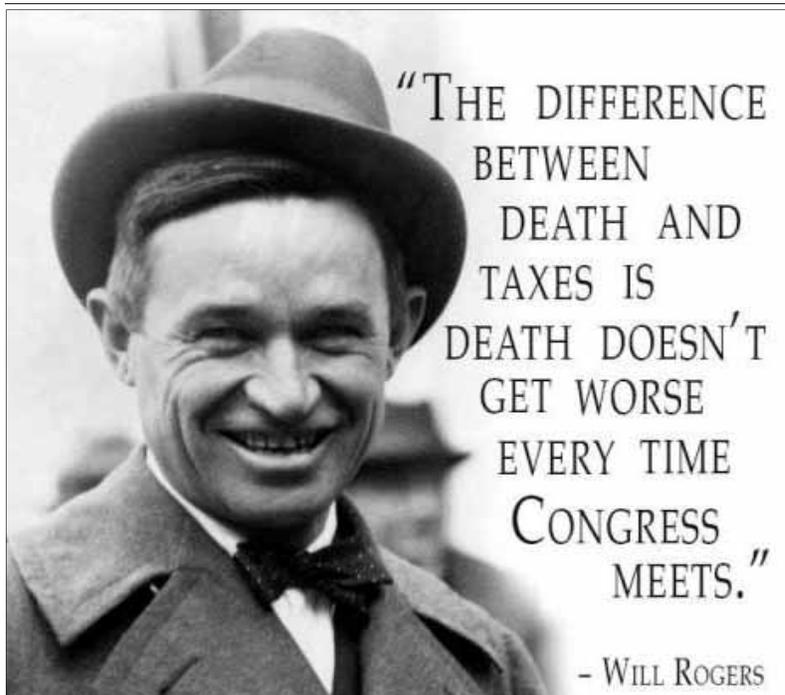
Winter essentials for your dog include dog coats to ensure your pet's body warmth and comfort. Dog boots will protect their paws against cold as well as the salts often found on roads and sidewalks. You can also protect your dogs' pads against the elements with Musher's Secret wax. Warming dog beds can offer your pet extra comfort on the coldest days and nights.

Have you thought about the need to offer ice-free drinking water all winter long? Winter ice can deprive your livestock, feral cats, rabbits, chickens and other outdoor animals of essential drinking water. Products such as heated water bowls, heated rabbit bottles, heated chicken waterers, stock tank de-icers and bird bath de-icers ensure your pets ice-free water.

Warming pads are the perfect solution for outdoor animals, such as feral cats, that need a warm place to sleep.

Mike's Feed Farm carries a wide variety of cold weather products to keep your pets happy and protected this winter. Remember to keep your pets warm and comfortable all winter long!

Visit apathwaytohope.org or email pathwaytohope@yahoo.com to find out more about Mitch, Toostie & kittens and other adoptable dogs and cats.



- WILL ROGERS



HEART ATTACKS AND WATER !

How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night.

Heart Attack and Water. I asked my doctor why people need to urinate so much at night time. Answer from my Cardiac Doctor - Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body seeks level with the kidneys, it is then that the kidneys remove the water because it is easier. This then ties in with the last statement!

You need your minimum water to help flush the toxins out of your body. Correct time to drink water...

Very Important. From A Cardiac Specialist! Drinking water at a certain time maximizes its effectiveness on the body:

- ◆ 2 glasses of water after waking up - helps activate internal organs
- ◆ 1 glass of water 30 minutes before a meal - helps digestion.
- ◆ 1 glass of water before taking a bath - helps lower blood pressure
- ◆ 1 glass of water before going to bed - avoids stroke or heart attack
- ◆ My doctor told me that water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charley Horse.

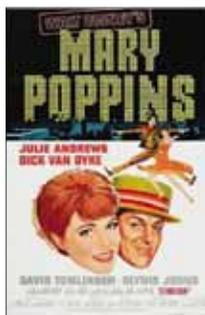
Dr. Virend Somers is a Cardiologist from the Mayo Clinic, who is lead author of the report in the July 29, 2008 issue of the Journal of the American College of Cardiology. Most heart attacks occur in the day, generally between 6 A.M. and noon. Having one during the night, when the heart should be most at rest, means that something unusual happened. Somers and his colleagues have been working for a decade to show that sleep apnea is to blame.

1. If you take an aspirin or a baby aspirin once a day, take it at night. The reason: Aspirin has a 24-hour "half-life"; therefore, if most heart attacks happen in the wee hours of the morning, the Aspirin would be strongest in your system.
2. FYI, Aspirin lasts a really long time in your medicine chest, for years, (when it gets old, it smells like vinegar). Bayer is making crystal aspirin to dissolve instantly on the tongue. They work much faster than the tablets.

Why keep Aspirin by your bedside? It's about Heart Attacks. There are other symptoms of a heart attack, besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating; however, these symptoms may also occur less frequently.

Note: There may be NO pain in the chest during a heart attack. The majority of people (about 60%) who had a heart attack during their sleep did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep. If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water. Afterwards: - Call 911. - Phone a neighbor or a family member who lives very close by.- Say "heart attack!" - Say that you have taken 2 Aspirins. Take a seat on a chair or sofa near the front door, and wait for their arrival and ...DO NOT LIE DOWN!

Movie Trivia MARY POPPINS-1964



- ◆ Original author P.L. Travers was adamant that in the film there should be no suggestions of any kind of romance between Mary Poppins and Bert. This is explicitly referenced in the song "Jolly Holiday".
- ◆ Many of the nannies in the large queue of applicants for the job at the start of the film were actually men in drag.
- ◆ Lyricist Robert B. Sherman had searched for nearly two weeks for a catchy phrase that could be Mary Poppins' anthem. He came across the perfect title when his seven-year-old daughter Laurie came home from school one day and announced that she had just received a polio vaccine. Thinking that the vaccine had been administered as a shot, Sherman asked, "Did it hurt?" She replied, "No. They just gave it to me on a cube of sugar and I swallowed it down." Sherman tried the idea on his brother the following morning, Richard M. Sherman put the phrase to music and "A Spoonful of Sugar" was born.
- ◆ One of Julie Andrews' favorite songs was "Stay Awake". When she heard that there were plans to delete it, she wrote a letter of concern to P.L. Travers who instantly insisted that the song remain in the film.
- ◆ The film makers didn't inform Karen Dotrice or Matthew Garber about some "surprises" that were going to show up in the movie. Karen's dumbfounded look when Mary Poppins takes out item after item from the carpet bag and her little scream when Mary Poppins gave them medicines of different colors were genuine. They also didn't tell the children who was acting as Mr. Dawes Sr., and were worried that the horrible old man was going to fall down and die at any moment.
- ◆ Not only was "Feed the Birds" Walt Disney's favorite song in the film, but it is said that anytime he visited the Sherman brothers (Robert B. Sherman and Richard M. Sherman) during the rest of his life, all he would have to do was say, "Play it," and they knew he wanted to hear "Feed the Birds".
- ◆ Matthew Garber was paid 10 cents for every time they filmed the tea party scene. He was afraid of heights, so somebody offered to pay him a "bonus" 10 cents for every take.
- ◆ The character of Mr. Banks is based on the author's own father, Travers Goff. Mary Poppins and Mrs. Banks never speak to each other in the film.
- ◆ Julie Andrews provided the whistling for the animatronic robin during the song "A Spoonful of Sugar". For her interaction with the animatronic robin, Julie Andrews had yards of control wires hidden under her costume and running up her sleeve.
- ◆ With five wins out of 13 nominations in total, this film marked Walt Disney's single most successful night at the Academy Awards. Never before or since, has a single Disney film won as many Oscars in one evening.
- ◆ Walt Disney cast Julie Andrews for the lead after seeing her in "Camelot" on Broadway. When she mentioned she was pregnant, he offered to wait until she had her baby to start filming and offered her then-husband, Tony Walton, the job of designing costumes and some sets for the film. Disney also gave the couple a personally escorted tour of Disneyland and the studio to help them make up their minds.
- ◆ When Dick Van Dyke read the script, he'd already been cast in the role of Bert but found the part of the Mr. Dawes, Sr. so hysterical he lobbied Walt Disney for the role, even offering to play it for free. Disney not only made Van Dyke audition for the part, but forced the actor to make a substantial donation to CalArts, Disney's own pet-project film school.
- ◆ P.L. Travers never forgave Walt Disney for what she saw as vulgar and disrespectful adaptation of her "Mary Poppins" novels. Forty years after the release of the film, stage producer Cameron Mackintosh approached Travers about a musical theatre version of her work. The author initially refused, citing the film as a reason why she would never again allow an adaptation of her "Mary Poppins" series. After several meetings, the author relented, though when Mackintosh suggested using the songs from the Disney film in the production, Travers again balked. After much more pleading, Mackintosh convinced Travers to allow a stage production with the songs from the film on the strict proviso that no Americans participate in the development, and further that no one involved with the film version—including original film composers the Sherman Brothers, both of whom were still alive and working at the time—could participate. Mackintosh proceeded with development of the stage adaptation for several years without any involvement from Disney, per Travers' wishes, though after the author's death in 1996, the Walt Disney Company was allowed some degree of creative involvement and went on to co-produce the musical with Mackintosh.
- ◆ When she was filming The Princess Diaries (2001) in 2001, Julie Andrews discovered that her director Garry Marshall was living in the same house that she did when she was making Mary Poppins.
- ◆ Julie Andrews was left hanging in mid-air during one particularly long camera setup. The stagehands unwittingly lowered her wire harness rather rapidly. "Is she down yet?" called a grip. "You bloody well better believe she is!" fumed Andrews.
- ◆ The houses on Cherry Tree Lane were built on a diminishing scale, getting smaller as the lane progressed.
- ◆ Ordinarily a stickler for keeping to the script, director Robert Stevenson allowed Ed Wynn free rein to improvise.
- ◆ Robert Wise and Ernest Lehman visited the set to view rushes of Julie Andrews' performance. She was cast immediately in the lead for The Sound of Music (1965) on the strength of that visit.
- ◆ The "Step in Time" sequence had to be filmed twice because of a scratch on the film from the first take. The entire sequence took a week to film.
- ◆ The wires holding up the flying Mary Poppins were darkened with shoe polish to reduce the risk of reflection from the studio lights.
- ◆ The word "supercalifragilisticexpialidocious" seems to pre-date the movie, but language experts have yet to pin down by how much, or what exactly, it originally meant.
- ◆ When Dave Smith went on a search for the snowglobe from this movie, which featured birds flying around Saint Paul's Cathedral, he finally found it on a shelf in a janitor's office. The janitor explained that he saw the snowglobe sitting in a trash can, but found it too pretty to throw away and kept it himself.
- ◆ Selected by the Library of Congress for preservation in the National Film Registry in December 2013 just days before the release of "Saving Mr. Banks," a film about Walt Disney's efforts to acquire the film rights to P. L. Travers' novels.
- ◆ Julie Andrews was determined to nail the lullaby "Stay Awake". She took nearly 50 takes (most reports suggest 47) in the Disney recording studio to create the perfect "soft" voice quality for the song. Dick Van Dyke, on the other hand, took only one take to record his verses as Mr. Dawes, Sr. on "Fidelity, Fiduciary Bank".
- ◆ Julie Andrews became available for this film as a result of Jack L. Warner refusing to cast her in My Fair Lady (1964) opting instead for Audrey Hepburn. When Andrews won the Golden Globe for Best Actress in a Leading Role (beating Hepburn) she thanked Warner for "making a wonderful movie and making it possible in the first place" for her to win.

1. Remove all garland, lights, decorations and tree stand.
2. Remove all wires used to secure tree.
3. If a tree disposal bag is used, once at the curb remove bag and dispose of it in regular trash.



4. Last day to pick up trees will be January 31, 2014.

**Visit us on the
Borough of Riverdale Facebook Page**
<http://www.facebook.com/RiverdaleNewJersey>



“Restaurants are given ratings by the local health department which rate the level of sanitation practiced by the establishment. Below is a link to a survey that will aid the health department in obtaining data on your knowledge of the current health department rating system of restaurants.”
www.surveymonkey.com/s/MJL7W52



Don't Forget the Food Pantry
Please be generous with your donations to the Riverdale Food Pantry so that our friends and neighbors will not go without. Please call for a list of the most urgent needs. Thank you. 973-835-4060 x 6

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.



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

No Parking Rules



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. (Projection TVs not accepted.)

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.



Borough of Riverdale now accepting Credit Card Payments for:

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

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!



January Gardening

by Riverdale Resident and Columnist
Bill Lango

When January's frigid winds blow and my garden is snow covered, and despite that the coldest time of the year is usually around the third week in January, it still gives me comfort knowing the winter solstice has passed and days have slowly begun to grow longer.

January is the quiet time in my garden and in my life. A time when my outdoor plants rest under a mantle of snow. It's the one month when I find the time to pore over the stack of gardening catalogs that have accumulated on my coffee table. It's also a time when I do my gardening planning for the upcoming spring and summer. And it's a time when my often neglected indoor plants receive more attention.

My tender and warmth-loving Dahlias, Cannas and Begonias that I dug-up and temporarily planted in peat moss last fall and placed in a sunny window in our attached yet unheated garage, are already showing some signs of growth.

One shelf near the window is dedicated to a dozen or so Amaryllis bulbs which have regularly bloomed and re bloomed for years. Intermixed with the Amaryllis are a mixed group of fancy Geraniums that I've cut way back; they have also begun to push up new growth.

January is also a month when I adopt orphan plants. I adopt orphan plants all year long, but it seems that I adopt more in January than any other month. By orphan, I mean houseplants that were sold around the Christmas holiday season and for what ever reason, have been tossed out and abandoned by their owners.

Working in a large office complex, you'd be amazed on the amount of plants that have gaily decorated an office or cubicles and then are unceremoniously tossed into the trash after blooming. Over the years, I've even stopped curbside and picked up some tossed out houseplants.

Now I don't rescue any Poinsettias, or Mums. They're very inexpensive and way too common and ordinary for my taste. But I do

MAPLE SYRUP THAT'S NOT MAPLE SYRUP



Check out the syrup in your pantry before you pour it on your stack of pancakes: Chances are good you won't find anything close to resembling maple syrup, but you'll find plenty of corn syrup (two types!) and artificial flavorings. Here, treat your pancakes to another squeeze of sodium hexametaphosphate!

Ingredients: Corn syrup, high fructose corn syrup, water, cellulose gum, caramel color, salt, sodium benzoate and sorbic acid (preservatives), artificial and natural flavors, sodium hexametaphosphate.

go out on a limb for orphan Clivias, fancy Begonias and Amaryllis. It's a challenge for me to coax any of them back into growth and future blooms.

Clivias with long green straplike leaves and, when in spring bloom, reward this windowsill gardener with clusters of stunning trumpet-shaped flowers that vaguely resemble small Amaryllises. Clivia are a no-nonsense houseplant, requiring little attention and cool winter temperatures. Clivia sometimes will have a what I call a "pup" or baby plant grow alongside the mother plant. When the pup is fairly large, I'll cut it off and replant it in it's own pot.

Begonias do well in my bathroom windows, partially because the windows face east and I've found that Begonias usually do well in early morning sun in a room with somewhat higher levels of humidity. I sometime make new plants from Begonia cuttings and give the new plants as gifts.

Amaryllis when well cared for always reward me with giant booms of trumpet like flowers, either around Christmas or Easter. Unfortunately, like Clivia, Amaryllis bloom only once a year for me. But like Clivia often Amaryllis will have a what I call a "pup" or baby plant grow alongside the mother plant. When the pup is fairly large, I'll cut it off and replant it in it's own pot. Amaryllis being tender bulbs, after all danger of frost has gone, I plant them in rich soil in a somewhat shaded area of my garden. Then dig them up in the fall and then place them on a shelf in my garage window.

No matter what houseplants or windowsill plants I have, they all rely on me to turn them a quarter turn each week all year round. I also try to keep their soil on the "dry" side only during the colder winter months during slower growth and reduced sunlight.

So the next time you see an orphan plant, why not attempt to adopt it? A little love and tender care may well reward you with beauty for years to come. It's not difficult, give it a try.

Remember, gardening is fun and great exercise too!

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Linda Anders 973.838.8298

If your space isn't becoming to you, you should be coming to me!!!

Neighbors in Nature

by award-winning photographer and Riverdale resident, **Don Pruden**

If you walk to or from the ramp at the Library, you may have noticed a butterfly bush (*Buddleia davidi*) at the corner of the building. Linda, one of your librarians, noticed it in bloom and photographed it with her cell phone with a Tiger Swallowtail butterfly (*Pterourus glaucus*) at its blooms. She also had the photo on display at the library.



This bush at the library has a history. It was NOT purchased! It was grown from seed, cultivated, and raised by efforts of your librarians and when mature a volunteer planted it where you see it now. One of its parents definitely had white flowers. The seeds were harvested from the plant with the white blooms. In my yard are three other butterfly bushes with blue blooms and a neighbor to my south has a plant with white blooms. Wherever the butterfly or bee came from that pollinated the flower from which the seed came from is not known. But it was carrying pollen from a plant with blue blooms.

You too can raise a butterfly bush from the seeds of this plant at the library. You will need a three inch plastic flower pot, some potting soil (soil used for growing African Violets works fine.), a saucer for under the pot, an unused piece of paper coffee filter for the bottom of the pot, and the bottom six inches or more of a one quart water or seltzer bottle.



1. the bottom piece of the seltzer bottle inverted over the 3" pot becomes your green house.
2. place the bottom of the pot over the coffee filter paper, trace around the outside of the pot bottom with pencil or pen. Cut this disc of filter paper and place it in the bottom of that pot.
3. fill the pot with potting soil and saturate the soil and let it drain. The top of the soil should come to 1/8th to 1/4 inch from the top of the pot.
4. (now comes the hard part). Go to that plant at the library. Invert one of the remaining "dead" flower clusters over your pot and knock it against the side of the pot until you see the tiny seeds of the butterfly bush on the soil in your pot. The wet soil will be dark, the seeds 1/8 to 1/4 inch long, thin as a hair seeds, pale gray on the darker soil. **LEAVE THE SEEDS ON THE SOIL!**
5. Put the pot with seeds in the saucer, cover the system with the plastic bottle bottom (Your "greenhouse".
6. Keep this little greenhouse where it will not get cold, but get light and wait ... ?two weeks? plus or minus!
7. You got seedlings growing! Now what do I do? Call the library, I'd like to meet you!



seems too daunting, check with the librarian and we can make an appointment to meet at the library and I will bring some harvested seeds!
Don Pruden

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Wood Fired Brick Oven**

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Announcements

Happy 6th Birthday **Erin Struble!** We love you! Love Mommy and Emma.



Happy 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 18th Birthday, **Tommy Carelli**, on January 17. Love you lots, Mom, Dad, Michael, Samantha, Treat & Magic, Grandma Carelli and Nauni.

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

Engagement

Steve and Jean Revis are pleased to announce the engagement of their daughter, Victoria to Mr. Shawn Salge of Midland Park. Vicki is a graduate of William Paterson University and is employed by Merrill Lynch in Montvale. Shawn is a graduate of Rutgers University and is employed by Merrill Lynch in Paramus. A wedding date has not been set.



Happy 6th Birthday, **Nicholas Budesheim**, on January 20. Love, Mom, Dad, Matty, Kevin, Juliana and the whole family

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

Hello, I wish to start by wishing you a Happy New Year. My name is Camilo, I am 22 years old, I have a license in graphic design and advertising and I have a passion for art ever since I can remember.

Art it's a form of self expression unique to people, and that varies and is unique in every individual. Very interestingly, art is one of the first testaments that man is a self aware creature. More specifically, drawing illustrates our ancestor's ability to observe and memorize their surroundings and to project what they recall. It's almost like the manifestation of an advanced human instinct, one that has lasted all others and has been refined throughout our existence. As our societies have developed, so has our understanding of art and our ability to express ourselves. As we became more advanced, so have our ways of communication from drawing into writing, our tools from minerals to inks and our mediums from cave walls to paper. But even throughout all these advancements, drawing has never been left behind and it's still the main form of self expression and very influential as well.

The first part of this year, we will be working with inks using the most readily available and popular writing tool, the ballpoint pen.



BY and LARGE A Monthly Column written by Riverdale Resident Elaine Peacock.

STARTING FRESH by Elaine Peacock

By now the Christmas decorations are being tucked away and the coldest time of the year is upon us. OK, God, You have given us a brand new year, we have 365 days; we haven't messed up anything too bad, yet we actually have a chance to make a difference. Actually it is the little things we do without thinking about it - a smile, a hug, a telephone call or a card. These are the things that make the New Year start off on a good note and carry us right on through the rest of the year. Sure everything looks kind of blah after all the decorations

are down, but nature gives us some of her best decorations in January. Who among us doesn't enjoy a cold, sunny winter morning, with a brilliant blue sky as the sun glistens off the snow? So take a deep breath of that cold, crisp air and give thanks for the chance to make a difference in 2014.



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



Workmanship To Perfection

Equipment



Supply

COVELLO BROTHERS

*"Service
with Pride"*

CONTRACTORS

COVELLO BROTHERS

COMPLETE SITEWORK

Excavating * Drainage * Grading
Underground Utilities * Sand & Gravel

973.835.8850

P.O. Box 208, Riverdale

Fitness Center



TOT'S MUSIC
 Fridays, 9:30am (1 hr)
 Walk-In
 \$9/Child (\$7—2nd Child)

“NEW” KID’S OIL PAINTING CLASS
(Using the famous Bob Ross Technique)

Recommended for Ages 8-14

Saturday, Jan. 11, 11:00am-5:00pm

Scene—Winter thru a Window

\$35/Student (includes excellent instruction, all supplies and student goes home with finished painting)

No art ability necessary. Small class size.

MUST SIGN-UP IN ADVANCE

Call (973) 706-6471 Office or
jcarelli@riverdaleborough.com

EXERCISE AT RIVERDALE COMMUNITY CENTER...

Walk-In

Mondays : ZUMBA TONING, 7:30PM
Tuesdays: SENIOR WALKING CLUB, 10:00AM
 ZUMBA GOLD, 10:00AM
 ZUMBA, 7:30PM
Wednesdays : HULA HOOPING, 7:00PM
Thursdays : ZUMBA, 7:00PM
Saturdays : KETTLEBELL, 9:00AM



GLENBURN HOUSE

Every Thursday
 7:30pm

Bring Yoga Mat & Refreshment

\$8/Class

Walk-Ins ALWAYS Welcome!

TOP OF THE LINE DOG TRAINING

w/Norma Overlock
 Certified Dog Behaviorist
www.normasdogtraining.com



Mondays, 6:00pm
 GLENBURN BARN
 \$155/7 Week Session

1st Class—Pet Owner Workshop
 6 Weeks—Pet & Owner Basic Training

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

Kid’s Winter Session Dance Class

Tap & Ballet Dance
 Ages 3 – 5

Class Begins – FRIDAY, January 17 @ 4:00pm
 \$8/Student (12 week session)

Pop Stars Dance
 Ages 5 – 14

Class Begins – FRIDAY, January 17 @ 5:00pm
 \$8/Student (12 week session)

Come in the 1st day of Class to sign-up & participate

FUN STUFF TO DO

- ◆ Thursday, January 16, 4:00-5:30 **Make a Duct Tape Purse**
- ◆ Thursday, January 23 4:00-5:30 **Sew a Fleece Scarf**
- ◆ Thursday, January 30 4:00-5:30 **Learn Embroidery**

Each Class is \$10 per student (includes all supplies)
 Sign-up: soyostudio@gmail.com

MAD SCIENCE PRESENTS...
FROSTY THE SNOWMAN

- ◆ Visits Riverdale Community Center
- ◆ Friday, February 7 @ 6:00pm
- ◆ **Great** for Pre-K—4th Grade
- ◆ E-MAIL TO CONFIRM ATTENDING:
jcarelli@riverdaleborough.com

A Mad Scientist decides to create a snowman friend (small version, of course) using a few chemicals that will be explained later in the show. He realizes that once the weather warms up, the snowman will melt, so he decides to take him to the North Pole! Through multiple experiments the scientist tries hot air balloon, hover-sled and a boat to get Frosty to the North Pole. Experiments are explained and also about how animals in the water (whales, etc) are able to stay warm in the cold water. We end with dry ice experiments!

KID’S FITNESS

Kids Winter Workout
 Ages 5-7

Tuesdays, January 7th-March 11th
 from 3:30-4:15pm

Only \$5/Class! 10 classes = \$50 (no walk-ins)

Keep your kids moving during the winter months. This class includes sports conditioning, obstacle courses, group games and more!

Pre- register by emailing Jennifer at
busybodiesRfit@gmail.com (Space limited)

Kids Cardio Boxing
 Ages 8-14

Thursdays, January 9th-March 13th from 4:00-5:00

Only \$5/Class! 10 classes = \$50 (no walk-ins)

This class combines a great cardio workout with boxing drills on focus mitts. Each class ends with an active group game.

Pre- register by emailing Jennifer at
busybodiesRfit@gmail.com

RENT Glenburn House or Barn for your next private party!
 To inquire for date availability, rental costs, or information about property features call Office 973-706-6471 or
jcarelli@riverdaleborough.com

RECREATION NEWS



Follow us @Riverdale Rec

riverdalerec@gmail.com



"LIKE" us at Riverdale Recreation

WINTER WALKING CLUB

*Want to keep moving while it's cold outside?
Come walk the Lakeside Hallways!*

Thursday evenings at Lakeside Middle School
7-8 pm, starts Jan. 9 thru April 24.

The hallways at Lakeside circle the entire school and
will be open for walking on Thursday evenings.

Questions? email_riverdalerec@gmail.com



MENS BASKETBALL

Tuesdays thru May 20, 7-10 pm

Lincoln School in Pompton Lakes.

\$40.00 (covers 31 weeks). Pick-up style games.

See Bob Brown any Tuesday night to sign-up and pay.



Indoor Field Hockey Clinic Thursdays from March 20 thru April 24

7:00 - 8:30 PM Lakeside Gym in Pompton Lakes

Open to students in Second thru Sixth Grades.

\$70 registration fee.

For more information or to sign up, please email RiverdaleRec@gmail.com

Indoor Softball Clinic Tuesdays from March 18 thru April 15

7:00 - 8:30 PM Lakeside Gym in Pompton Lakes

Open to students in First thru Eighth Grades.

\$60 registration fee.

For more information or to sign up, please email RiverdaleRec@gmail.com

Come join us for...

Winter Indoor Softball Clinics



2014 Summer Rec Counselor Applications will be accepted during March and April only. Please pick up an application at the Borough Hall (they are not available anywhere else). You must be 16 years old to apply. If you have any questions, please call Krista Osborne 973-835-1234.



2014 Summer Rec Registration will be starting soon! Please watch the Recreation Facebook page for more information. You can like us on Facebook at "Riverdale Recreation" to stay up to date on the latest Recreation News.



KIDS FALL OUT OF BED?

1 FITTED SHEET + 1 POOL NOODLE



TURN AN OLD BOTTLE INTO A SIMPLE LITTLE CORD HOLDER

Five Steps To A Better You In The New Year

I hate self-help books. Who needs some sanctimonious moron telling you how to live, spewing Dr. Phil-type platitudes that are either meaningless, obvious, or both?

What? You *like* self-help books? You want to be a better, happier person in the New Year? Well, lucky you, I'm full of good advice. Here are five simple steps to a better you in 2014:

- 1) **Get Your Head Together** — Get your priorities straight. There are only three things that matter in life: health, family, and personal happiness. Stop worrying about money — it's not on the list. As Marlon Brando says in *The Godfather*, "A man who doesn't spend time with his family can never be a real man." The same goes for women (except, you know, they're not actually men.) The point is you have to value and cherish the people in your family — they are the only things in your life of any real worth. That's where you should invest your time and effort. Rich is the man who discovers the treasure of love under his own roof.
- 2) **Get Your Body Together** — I'm not going to pitch you on a fitness kick. (Ha! Talk about a sanctimonious moron!) If you're happy, I'm happy for you. Getting to the Happy Place is all that matters. But you have to be comfortable in your own skin, and in order to do that, you have to do something physical on a regular basis. It could be a sport, or a physical hobby, or a walk around the block. What's important is feeling connected to the body that surrounds you. If you want to get spiritual, the body is the vessel of your soul. If you want to get literal, the body is the input device for your computer brain. Either way, you deserve to treat it right!

- 3) **Laugh More** — Is it the best medicine? Don't know, but a good laugh sure can pick you up. Sometimes my wife will scowl at me. "Everything's a big joke to you, isn't it?" she'll ask. Actually, honey, life's a big joke on *all* of us. You have to learn to roll with the punchlines. We're all bewildered extras in a Monty Python sketch. Life's funny... laugh 'til you cry.
- 4) **Feed Your Head** — Learn something. Read a book. Watch a documentary (though this is the most passive — and lamest — way to learn). Take a course, and acquire a new skill. Age doesn't matter; neither does the skill, as long as it challenges you. The important thing is to stay sharp, and keep your brain active. Do Sudoku ... if you must. A trusty crossword puzzle is a healthier choice for your mind diet.
- 5) **Stay Positive** — Think you're going to have a lousy year? Then you probably will. Doom and gloom begets doom and gloom, and negative thoughts have a way of manifesting themselves. But if you're optimistic, you're open to new experiences, new potentials. Anything can happen. Contrary to what you might think, reality is quite malleable, like those optical illusions printed on diner placemats. Look at the drawing one way, and it's a beautiful young lady. Look at it another way, and it's an ugly old crone. Perception is everything — it shapes your reality. Start looking for the good in life every day. Pretty soon you won't have to look. The good will just be there.

As comedian George Carlin said, "Life is not measured by the number of breaths we take, but by the moments that take our breath away."



Riverdale resident **Rob Errera** is an award-winning syndicated columnist and the author of *Autism Dad: Adventures In Raising An Autistic Son*. He blogs at robererra.com and Twitter/Tweets@haikubob.

ATTENTION RIVERDALE RESIDENTS
COMMUNITY MEETING ON AFFORDABLE HOUSING

Join representatives from Push to Walk and RPM Development Group to learn more about what affordable housing is as well as their updated proposal for 83 Newark Pompton Turnpike. Presentation followed by questions and answers. Light refreshments will be served.

Wednesday, January 15 at 7 pm
Riverdale Community Center

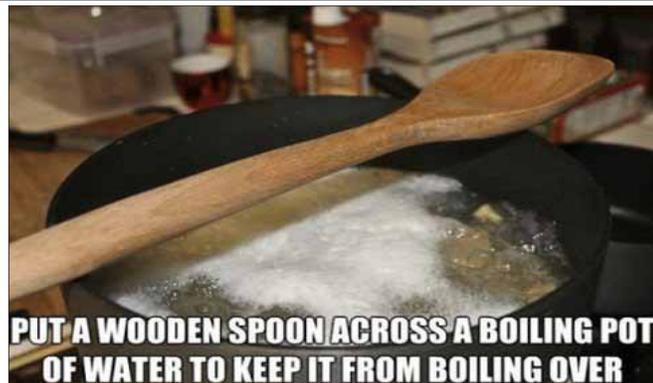
Call Cynthia Templeton at 862-200-5848 for details.

**PEANUT BUTTER THAT'S NOT
PEANUT BUTTER**



Peanut-flavored sugar oil doesn't have quite the same ring, but it's far more accurate a name than your average peanut butter. What shouldn't contain added sugar typically has at least two types, plus partially hydrogenated oil (code for trans fat). What should be on the ingredients list? Peanuts. Period.

Ingredients: Peanut butter [roasted peanuts, sugar, hydrogenated vegetable oils (cottonseed and rapeseed), molasses, salt, partially hydrogenated cottonseed oil], sugar, and honey.



PUT A WOODEN SPOON ACROSS A BOILING POT OF WATER TO KEEP IT FROM BOILING OVER

Winter Weather Safety Kit

When a winter storm strikes, you and your family may need to remain indoors for several days. A safety kit is one of the most essential elements of preparing yourself, your family and your property for a winter storm. Suggested items for your winter weather safety kit include:

- o First aid materials. Include prescription medications, over-the-counter painkillers, rubbing alcohol, eye wash kit, bandages, latex gloves, antiseptic spray and vomit-inducing medication in case of accidental poisoning.
- o Flashlights and extra batteries in the event the power goes out.
- o Snow shovels.
- o Salt and sand to help prevent falls when moving about outside.
- o Dry wood stored in a dry place.
- o Enough gasoline or diesel fuel to operate a generator or portable heating device.*
- o Blankets and extra clothing to avoid frostbite and hypothermia.
- o Enough dried goods, energy bars and canned goods that do not need heating for each person to eat for three days.
- o Battery- or crank-operated radio to listen to weather updates and notifications.
- o Enough water to last every member of your family at least three days (one gallon per person per day).
- o All contents of a winter weather safety kit should be packed neatly into easily accessible plastic storage bins and should be easily transportable.



The 52 Week Money Challenge. The idea: Save \$1,378.00 in 52 weeks. How it works: You save the equivalent in dollars of the

52 Week Money Challenge

WEEK	DEPOSIT AMOUNT	ACCOUNT BALANCE	WEEK	DEPOSIT AMOUNT	ACCOUNT BALANCE
1	\$1.00	\$1.00	27	\$27.00	\$378.00
2	\$2.00	\$3.00	28	\$28.00	\$406.00
3	\$3.00	\$6.00	29	\$29.00	\$435.00
4	\$4.00	\$10.00	30	\$30.00	\$465.00
5	\$5.00	\$15.00	31	\$31.00	\$496.00
6	\$6.00	\$21.00	32	\$32.00	\$528.00
7	\$7.00	\$28.00	33	\$33.00	\$561.00
8	\$8.00	\$36.00	34	\$34.00	\$595.00
9	\$9.00	\$45.00	35	\$35.00	\$630.00
10	\$10.00	\$55.00	36	\$36.00	\$666.00
11	\$11.00	\$66.00	37	\$37.00	\$703.00
12	\$12.00	\$78.00	38	\$38.00	\$741.00
13	\$13.00	\$91.00	39	\$39.00	\$780.00
14	\$14.00	\$105.00	40	\$40.00	\$820.00
15	\$15.00	\$120.00	41	\$41.00	\$861.00
16	\$16.00	\$136.00	42	\$42.00	\$903.00
17	\$17.00	\$153.00	43	\$43.00	\$946.00
18	\$18.00	\$171.00	44	\$44.00	\$990.00
19	\$19.00	\$190.00	45	\$45.00	\$1,035.00
20	\$20.00	\$210.00	46	\$46.00	\$1,081.00
21	\$21.00	\$231.00	47	\$47.00	\$1,128.00
22	\$22.00	\$253.00	48	\$48.00	\$1,176.00
23	\$23.00	\$276.00	49	\$49.00	\$1,125.00
24	\$24.00	\$300.00	50	\$50.00	\$1,275.00
25	\$25.00	\$325.00	51	\$51.00	\$1,326.00
26	\$26.00	\$351.00	52	\$52.00	\$1,378.00

week that it is. Yes, I know my explanation sounds confusing, so here's how you do it:

Week one, you save one dollar; week two, two dollars, week three, three dollars, and so forth, until you reach week 52.

At that point you put \$52 in savings for the 52nd week and you have a total of \$1,378.00!

I found this really interesting

because, for the most part, these aren't huge lumps of money, especially in the beginning. The program, broken into weeks, seems doable to me. While the later weeks see you saving higher amounts of money, it also has you closer to reaching your goal.

I also like that the plan is laid out and tells you specifically what you have to do each week, and that the amounts get higher as you go. This gets you used to putting money in savings each week, so that when the amounts do get a bit higher you are already adjusted to taking money out of your check to put into savings. The only issue I see, which I know would be a problem for me: Forgetting about the plan

halfway through, thinking I'll make the deposit and not doing so, etc. This challenge could be used to save for a variety of things, such as:

- School items for the new school year (clothes, books, backpacks, papers, pencils, and then extra money to keep throughout the year for new shoes, new clothes, etc as the seasons change)
- Daycare
- Activities the kids do, like dance and soccer
- Assistance with medical bills
- A family vacation

Here are a few tips to make this work!

1. Talk about the plan with your spouse/significant other. Make sure they are on board.
2. Figure out where you are going to put this money. In the bank? This may be the best place, so it doesn't get touched. (I will admit to dipping into the kids' banks at times when I'm low on cash, and while I always try to remember to pay them back I'm sure this hasn't always happened!) The problem: Getting there each week to make the deposit.
3. Get everyone involved. Each week when you make the deposit, have the kids total up the amount you have saved. If you are counting down to, say, a family vacation or something else the kids might be interested in, keep a chart to see where you are in your savings.
4. Get your kids involved with their own money. To teach kids about savings, how about making their own challenge? Obviously their challenge would be to save much less. But what if they begin by putting a penny, a nickel, a dime, a quarter, fifty cents, and so forth into their own banks and tracking what they save? This is a great way to teach kids to save, especially if you are also doing this as a family.

I'm interested to know if you have taken the 52 Week Challenge found on Facebook, or if you have done some other type of money savings challenge in the past? Did it work? Did you keep up with it throughout the number of weeks?

Cleaning Up a Broken CFL - Steps to Take

Before Cleanup

- ◆ Have people and pets leave the room.
- ◆ Air out the room for 5-10 minutes by opening a window or door to the outdoor environment.
- ◆ Shut off the central forced air heating/air-conditioning system, if you have one.
- ◆ Collect materials to clean up broken bulb by using:
 - Stiff paper or cardboard;
 - Sticky tape;
 - Damp paper towels or disposable wet wipes (for hard surfaces);
 - A glass jar with a metal lid or a sealable plastic bag.



During Cleanup

- ◆ **Do Not Vacuum.** Vacuuming is not recommended unless broken glass remains after all other cleanup steps have been taken. Vacuuming could spread mercury-containing powder or mercury vapor.
- ◆ Be thorough in collecting broken glass and visible powder. Scoop up glass fragments and powder using stiff paper or cardboard. Use sticky tape, such as duct tape, to pick up any remaining small glass fragments and powder. Place the used tape in the glass jar or plastic bag.

After Cleanup

- ◆ Promptly place all bulb debris and cleanup materials, including vacuum cleaner bags, outdoors in a trash container or protected area until materials can be disposed of. Avoid leaving any bulb fragments or cleanup materials indoors.
- ◆ Next, check with your local government about disposal requirements in your area, because some localities require fluorescent bulbs (broken or unbroken) be taken to a local recycling center. If there is no such requirement in your area, you can dispose of the materials with your household trash.
- ◆ If practical, continue to air out the room where the bulb was broken and leave the heating/air conditioning system shut off for several hours.
- ◆ (NOTE: Since a plastic bag will not prevent the mercury vapor from escaping, remove the plastic bag(s) from the home after cleanup.)

Why is it important to clean up a broken CFL properly?

CFLs and other fluorescent light bulbs contain a small amount of mercury sealed within the glass tubing. When a fluorescent bulb breaks in your home, some of this mercury is released as mercury vapor. To minimize exposure to mercury vapor, EPA recommends that residents follow the cleanup and disposal steps described on this page.

If you have further questions, please call your local poison control center at 1-800-222-1222.

Eating Fruit On An Empty Stomach

We all think eating fruits means just buying fruits, cutting it and just popping it into our mouths. It's not as easy as you think. It's important to know how and "when" to eat.

What is the correct way of eating fruits?

It means NOT eating fruits after your meals! Fruits should be eaten on an empty stomach. If you eat fruit like that, it will play a major role to detoxify your system, supplying you with a great deal of energy for weight loss and other life activities.

Fruit is the most important food. Let's say you eat two slices of bread and then a slice of fruit. The slice of fruit is ready to go straight through the stomach into the intestines, but it is prevented from doing so. In the meantime the whole meal rots and ferments and turns to acid. The minute the fruit comes into contact with the food in the stomach and digestive juices, the entire mass of food begins to spoil.....

So please eat your fruits on an "empty stomach" or before your meals! You have heard people complaining — every time I eat watermelon I burp, when I eat a banana I feel like running to the toilet, etc — actually all this will not arise if you eat the fruit on an empty stomach. The fruit mixes with the putrefying other food and produces gas and hence you will bloat!

Graying hair, balding, nervous outburst and dark circles under the eyes all these will NOT happen if you take fruits on an empty stomach.

There is no such thing as some fruits, like orange and lemon are acidic, because all fruits become alkaline in our body, according to Dr. Herbert Shelton who did research on this matter. If you have mastered the correct way of eating fruits, you have the secret of beauty, longevity, health, energy, happiness and normal weight.

When you need to drink fruit juice – drink only fresh fruit juice, NOT from the cans. Don't even drink juice that has been heated up. Don't eat cooked fruits because you don't get the nutrients at all. You only get the taste. Cooking destroys all the vitamins.

But eating a whole fruit is better than drinking the juice. If you should drink the juice, drink it mouthful by mouthful slowly, because you must let it mix with your saliva before swallowing it. You can go on a 3-day fruit fast to cleanse your body. Just eat fruits and drink fruit juice throughout the 3 days and you will be surprised when your friends tell you how radiant you look!

KIWI: Tiny but mighty. This is a good source of potassium, magnesium, vitamin E & fiber. Its vitamin C content is twice that of an orange.

ORANGE: Sweetest medicine. Taking 2-4 oranges a day may help keep colds away, lower cholesterol, prevent & dissolve kidney stones as well as lessens the risk of colon cancer.

WATERMELON: Coolest thirst quencher. Composed of 92% water, it is also packed with a giant dose of glutathione, which helps boost our immune system. They are also a key source of lycopene — the cancer fighting oxidant. Other nutrients found in watermelon are vitamin C & Potassium.

APPLE: An apple a day keeps the doctor away? Although an apple has a low vitamin C content, it has antioxidants & flavonoids which enhances the activity of vitamin C thereby helping to lower the risks of colon cancer, heart attack & stroke.

STRAWBERRY: Protective Fruit. Strawberries have the highest total antioxidant power among major fruits & protect the body from cancer-causing, blood vessel-clogging free radicals.

GUAVA & PAPAYA: Top awards for vitamin C. They are the clear winners for their high vitamin C content.. Guava is also rich in fiber, which helps prevent constipation. Papaya is rich in carotene; this is good for your eyes

RIVERDALE



Santa Claus (Steve Revis) made his annual Christmas appearance at Community Center.



Leanne Weiss entertained a full Community Center with her original country music and Christmas Carols. The proceeds from the sales of her CDs were to benefit the Riverdale Food Pantry.



DAILY NEWS



Thanksgiving Day Parade

I finally made it! This was one of the best experiences I have ever had.

The Macy's Parade Committee could not have been more professional or organized. While dealing with thousands of volunteer at two balloon practices at the NJ Meadowlands and again on parade day, everything went off without a hitch.

The enthusiasm of the other volunteers and the crowd were over the top, it was an experience of a lifetime!



O Christmas Tree



Riverdale DPW put up and decorate the 18' Christmas Tree donated to the town by **Pat and Pam Parrill**.

Gingerbread House Workshop



Melissa Harsley conducted her annual Gingerbread House workshop at the Riverdale Library.



Salon 5 held its Holiday Art Show at their gallery located at 5 Mathews Avenue.

RIVERDALE Public Library

93 Newark Pompton Turnpike • Riverdale, New Jersey 07457
Phone: 973-835-5044 • Fax: 973-835-2175
www.riverdalelibrary.org

Registration is required for all programs.

Call 973-835-5044 or e-mail riverdalelibrary@nac.net for adult programs and riverdalelibrarykids@nac.net for children's programs. You can also register online at www.riverdalelibrary.org!

INFANT & PRE-SCHOOL PROGRAMS

Fall programs run from the week of January 6 through the week of February 25.

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

Preschool Pals — Ages 3-5 Tues, 10:15–11:00 am or 1:30–2:15 pm.

SPECIAL PROGRAM: SEE & SIGN — On **Fri., Jan. 31,**

11:00-12:00 p.m. Riverdale community member Candy Spain will teach American Sign Language through fun songs and simple instruction! For infants up to age 6 with a caregiver.

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 dog or participate in a group session. For children grades K-5.

Wed, Jan. 15, from 4:00-5:00 p.m.

A Pirate's Life For Me! — Ahoy, mateys! Set sail for swashbuckling fun on **Thurs., Jan. 16, 1:00 p.m.!** Hear tales of adventure, search for buried treasure, and make the perfect gear for Jack Sparrows-in-training! For kids in grades K-3.

Breakfast Book Club — On **Sat., Jan. 18, 10:15-1:30 a.m.,** children in grades 2-5 will enjoy a potluck breakfast, discuss the book of the month, and make a cool craft! Pick up a free copy of "Survivors: The Empty City" by Erin Hunter at the circulation desk!

Lego Lab — Kids in grades K-5 can join us on **Wed., Jan. 29, 4:00-5:00 p.m.** You bring your imagination, we'll supply the Legos and a great story!

TEEN PROGRAMS

Teen Movie Night — On **Wed., Jan. 8, 5:30-7:45 p.m.,** fall down the rabbit hole in "Alice in Wonderland," starring Mia Wasikowska. Rated PG, 108 minutes. Popcorn will be served!

Teen Advisory Board — On **Thurs., Jan. 9, 5:00-6:00 p.m.,** hang out with friends, help plan programs and choosing library materials while possibly earning community service hours.

HOURS

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

Tween Book Club — Join us on **Wed., Jan. 22, 6:00-7:00 p.m.** for pizza as we discuss *Dead End in Norvelt* by Jack Gantos. In this story, 12-year-old Jack writes obituaries for the local paper until it eventually leads him on a curious adventure! Pick up your copy at the circulation desk.

ADULT PROGRAMS

Alzheimer's Program — On **Wed., Jan. 22, 6:30-7:30 p.m.** Learn about the early signs of Alzheimer's disease and how patients, caregivers and loved ones can adjust to life with the disease by understanding these symptoms.

January Gallery Exhibit — The Riverdale Public Library will present an exhibit about Alzheimer's disease from January 2-20, 2014. The informational exhibit will be provided by the Greater New Jersey chapter of the Alzheimer's Association.

Intermediate Feng Shui — Join Vikki Anderson on **Wed., Jan. 29, 6:00-8:00 p.m.** Learn more about the Bagua, or Feng Shui floor plan, and how changes in your environment will bring positive energy and opportunities into your life.

COMPUTER CLASSES

Intro. to PowerPoint - Fri., Jan. 17, 11:00-12:30 p.m.

Design a PowerPoint presentation with text, clip art, and animation; learn about formatting, design options available, presentation views, and how to run your slide show. *Note: Requires familiarity with PC basics and Word.*

Microsoft Word Part I - Tues., Jan. 21, 2:00-3:30 p.m.

Learn to type text in Word 2010, edit, spell check, save and print documents. Set margins, page breaks, page numbers, and change from portrait to landscape. Learn the functions of 2010's tabs and format text. Change fonts, align paragraphs, and customize the quick access toolbar for easy access to favorite commands. *Note: This class requires a basic familiarity with the computer.*

E-Book Lesson - Sat., Jan. 25, 6:30-7:30 p.m.

Search the e-book catalog and go through the download process. We'll also discuss the pre-loaded e-readers we have available for borrowing e-books are available with your library card!

Intro. to the PC - Thurs., Jan. 30, 2:00-3:30 p.m. We'll practice using the mouse, open, size and close windows, and we'll visit the Internet. Course designed for the novice computer user.

MONTHLY

Photography Club — Meeting on Mon., Jan. 27 from 7:00-8:00 pm. All Photographers welcome! Learn! Share!

Job Hunters Workshop—Meeting on Fri., Jan. 10, from 3:00-4:00 pm. Learn about networking, resume writing and job hunting skills.

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

Adult Book Discussion Group — Join us on Mon., Jan. 27, from 6:30-8:00 p.m. to discuss *Outlander* by Diana Gabaldon.

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



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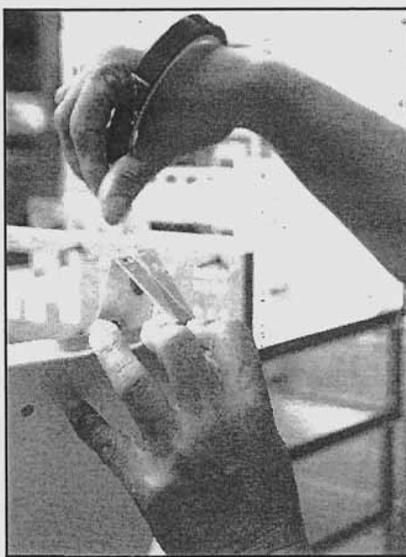


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Crock Pot: Chicken & Dumplings

Ingredients:

- ◆ 4 skinless, boneless chicken breast halves
- ◆ 2 tablespoons butter
- ◆ 2 (10.75 ounce) cans condensed cream of chicken soup
- ◆ 1 onion, finely diced
- ◆ 2 (10 ounce) packages refrigerated biscuit dough, torn into pieces

Directions:

1. Place the chicken, butter, soup, and onion in a slow cooker, and fill with enough water to cover.
2. Cover, and cook for 5 to 6 hours on High.
3. About 30 minutes before serving, place the torn biscuit dough in the slow cooker.
4. Cook until the dough is no longer raw in the center.



Submitted by former Riverdale resident George Lang



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Riverdale Photography Club



Meets on the 4th Monday each month at the Library from 6:45 to 7:45 PM
www.RiverdalePhotoClub.weebly.com
Club open to all, residents and non-residents.

JANUARY edition of Riverdale News & Events will be published on or about Thursday, January 3. Copy, photos, articles, announcements are due Tuesday, Dec. 24.

Opha M. Johnson

got her chance to make history on August 12, 1918 when the Secretary of the Navy publically granted total authority for females to enroll for clerical duty in the Marine Corps Reserve. With the news of this, Johnson wasted no time and the next day her name was on the list. Throughout the duration of WWI, only 304 more women enlisted. Most of these women were given jobs involving cooking, cleaning, learning to become nurses, and acting as secretaries. At the time, the women who enlisted were “freeing a man to fight.” Many of the women who took over these jobs allowed for more male soldiers to be sent to France.



Opha M. Johnson, the first woman to enlist in the Marine Corps, was the first of the 18,000 women who enlisted in the Marines during WWII. In fact, women made up about half of the personnel at various bases throughout the U.S., as most of the men enlisted were sent to the west coast to fight against the Japanese..

Athletes that Died While Playing

Chuck Hughes

was another promising player for the NFL. While in college, he set seven different all-time football records. A notable record is Hughes’ 17 interceptions in a single game against Arizona State in 1965. After graduating from college, he was a fourth round draft pick for the Philadelphia Eagles. He played for the Eagles for three years until joining the Detroit Lions in 1970. Hughes was listed as a wide receiver on the roster, but many of his plays were made on special teams. During the final minutes of a game against the Chicago Bears, Hughes suddenly fell forward without any type of contact. Players and fans thought he was faking an injury to stop the clock; however, Hughes had suffered a fatal heart attack. The game was concluded, but in silence.



Did You Know?

- ◆ Credit Fritz Lang for the familiar countdown, “three, two, one, liftoff”. The phrase appeared in his 1929 film *Die Frair im Mond (The Woman in the Moon)*.
- ◆ *The Lawrence Welk Show* was originally called the *Dodge Dancing Party*.
- ◆ You have to count all the way to one thousand before the letter “a” is used in spelling a number.
- ◆ Louisiana’s city of Baton Rouge is a French term meaning *red stick*.
- ◆ EPCOT (at Disney World) stands for Experimental Prototype Community of Tomorrow.

- ◆ The tallest man in the world was 8’11” Robert Wadlow. He was just 22 years old when he died in 1949 from an infection caused by leg braces he needed to keep him on his feet.
- ◆ The kiwi is the only bird that has nostrils at the end of its bill.



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RECENT RIVERDALE HOME SALES Nov. 25, 2013 – Dec. 28, 2013

<u>Property</u>	<u>Bdrms/Bths/Style</u>	<u>List Price</u>	<u>Selling Price</u>	<u>DOM</u>
615 Cannella Way	2 Bdrm, 1 bth condo	\$219,500	\$220,000	75
11 Cottage Place	2 Bdrm, 1 bth ranch	\$279,900	\$275,000	34
23 Hillside Ave	3 Bdrm, 2 bth ranch/2c grge	\$349,999	\$335,000	39
4304 Ramapo Ct	2 Bdrm, 2 bth condo	\$300,990	\$309,990	103
57 Cottage Place	3 Bdrm, 1.1bth split/1c grge	\$425,000	\$420,000	12

If your property is currently listed with a real estate broker, please disregard.. It is not our intention to solicit the offering of other real estate brokers. Each RE/MAX is independently owned and operated. Not all listings were sold by RE/MAX Legend. Information supplied by the GSMLS.

Tea Love: Instilling a Love of Tea, One Sip at a Time Feature – Meeting New Year's Resolutions with Tea

CATHERINE FELEGI

Catherine Felegi is the founder and author of the blog Tea Love, a blog dedicated to all things tea-related. You can find this post and others on her page, <http://cafelegi.wordpress.com/>.

First, a fond thank you to the Riverdale Newsletter for welcoming me to write their monthly tea column. Editor-in-chief William "Bill" Budesheim has offered me quite the smooth transition and I hope you will continue to read the crafting column, now authored by artist Camilo Castillo.

Second, a quick announcement! For those who do not know *Tea Love: Instilling a Love of Tea, One Sip at a Time*, I am a Cranford resident who is quite simply obsessed with tea and has been for some time now. One of the most joyous events at Christmas this year was to unwrap all the new tea that friends and family supplied me with. Being so obsessed with tea garnered me some attention, including my popular Tea Love talks. I welcome you to join me on Sunday, Jan 19, 1:30PM at the West Milford Township Library, 1490 Union Valley Rd, West Milford, for *Tea 101: A Brief Introduction*. There, I will be talking about the history of tea, the science behind tea, how to brew a proper *cuppa*, and will be offering tea samples. Registration is required, so please call 973-728-2822, email wmtl@wmtl.org, or visit the Adult/Teen Services desk to learn more about this event.

And now, on to tea and weight loss.

2014 is now upon us, which means New Year's resolutions. On top of numerous lists? *Lose weight*. We join gyms, eat salads for lunch every day, and still feel our pants squeezing at our expanding bellies. In March 2000, the *New England Journal of Medicine* found that the average adult (ages 25-44) gains an annual 3.4% of weight for men

and 5.2% for women. Fortunately, numerous studies have been conducted to test whether tea aids in weight loss. The answer? Yes and no.

Obesity: A Research Journal published an article Sept 2012 about a study funded by Novartis Consumer Health, Nyon, Switzerland analyzing the effects of tea on weight. Specifically, the study looked at a green tea-caffeine mixture that claims to use thermogenesis (that would be heat production, for example shivering when cold) and fat oxidation (where fatty acids break down, which promotes weight loss) and their effects on 76 men and women described to be overweight and moderately obese, described as a BMI between 25 and 35 kg/m².

Participants were broken up into two groups – a placebo group and a group that was given a green tea-caffeine mix before each meal, two capsules per meal – in order to gauge weight maintenance. The results?

Those who had the green tea-caffeine mixture seemed to lose a significant amount of weight compared to the low caffeine group. Not only that, those with the green tea-caffeine mix kept losing weight during the weight maintenance period compared to the low-caffeine group. The study concluded that thermogenesis and fat oxidation played a role in the weight loss.

The study finishes with, "Taken together, we conclude that habitual high caffeine intake was associated with a greater weight loss and relatively higher thermogenesis and fat oxidation. A mixture of green tea... with caffeine was associated with greater weight maintenance in habitual low caffeine consumers...."

So, for 2014, rather than raise your glasses, raise your mugs, swig back some green tea, and start on that weight loss journey with the help of a liquid friend.

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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*



WILD YAM. There is no record telling us how Wild Yam came to be called devil's bones, but the name makes sense. They consist of long, thin, twisted roots that meander along below the surface of the soil and have a skeletal look. Wild Yam roots were employed for bilious colic and abdominal cramps, arthritic and rheumatic pains, abdominal and intestinal cramps. It is also good for chronic problems associated with gas or flatulence. It is used in gland balancing formulas. Wild Yam is a valuable anti-spasmodic and is used for abdominal cramps, bowel spasms.

It is combined with other blood cleaners and will aid in removing wastes from the system, relieving stiff and sore joints. Wild Yam is one of the best herbal anti-catarrhal agents. It is very valuable in pulmonary and catarrhal conditions. It is beneficial in cases of nervous excitability as a stimulant, relaxant and anti-spasmodic.

Wild Yam has an overall effect on liver health due to its ability to lower blood cholesterol levels and lower blood pressure. These properties indirectly help the liver by increasing its efficiency and reducing stress. It yields an important alkaloid substance which relaxes the muscles of the stomach walls and the entire abdomen region. The alkaloid also acts as a sedative on the nerves governing these areas. It has been used historically for those with exhausted adrenals. It certainly is in competition with Licorice Root which has become famous for problems with the adrenals and low blood sugar.

- ◆ Wild Yam is very relaxing and soothing to the nerves, for people who get excited easily. It is useful for pain with gallstones.
- ◆ Wild Yam will help expel gas from the stomach and bowels.
- ◆ It is known for its ability to sooth nerves, treat liver related problems, and help with general pains during pregnancy.
- ◆ Wild Yam is a useful glandular balancing formula for treating nausea in pregnant women.
- ◆ It has been found to be an excellent preventative of miscarriage. It relieves cramps in the region of the uterus during the last trimester of 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).

PIC TIPS You can create a painterly effect with moving water by mounting your camera on a tripod and slowing the shutter to an exposure of 1 second or longer. (Aperture priority set to f-8, shutter speed 1 second, polarizer filter, tripod)



You can create a painterly effect with moving water by mounting your camera on a tripod and slowing the shutter to an exposure of 1 second or longer. (Aperture priority set to f-8, shutter speed 1 second, polarizer filter, tripod)



You'll need a tripod to steady the camera during the long exposure, and you probably should use the self timer to trip the shutter. If you camera has an aperture priority setting, use it and set the aperture to f-8, f-11, or f-16 if possible. This will give you greater depth of field and cause the shutter to slow down.

Ideally, you'll want an exposure of one second or longer to create the flowing effect of the water. That means you probably will want to look for streams and waterfalls that are in the shade instead of the bright sunlight.

Another trick is to use your sunglasses over the lens to darken the scene and create even a longer exposure. Plus you get the added bonus of eliminating distracting reflections from your composition.



HOT AND STEAMY NOODLE SOUP

By Librarian Linda Vogel

Ingredients:

- 2 celery stalks (chopped)
- 1 carrot
- 1 onion
- 4 chicken breasts (cut into chunks)
- ¼ cup parsley
- ½ teaspoon of basil
- ½ bag of no yolk noodles
- Sea salt and pepper



Preparation:

Combine all ingredients in crock pot except noodles set on high. Cook for 4 hours and add noodles. Cook until noodles are tender.

- ◆ Before painting a metal item, wipe surface with a solution of 1 part vinegar to 5 parts water. This cleans the surface and make peeling less likely.
- ◆ Galvanized metal should be scoured with vinegar before painting. The acid qualities of vinegar will clean and degrease the surface and help paint adhere.

Great News!

Single Stream Recycling!

The Borough has renegotiated our contract with our recycling contractor, Blue Diamond. Rather than putting newspaper and commingles recycling out on alternate Fridays, we will now be able to go to Single Stream!!

- Cans, bottles, paper and cardboard can be put out together for recycling. Pizza Boxes are NOT acceptable.
- You can now put out all the recycling on every Friday! Please do not include non-recyclable items with this pick-up.
- We recycle #1, #2, #4, #5 and #7 plastic food and beverage containers.
- Plastic bags, plastic toys, etc. are not acceptable for recycling.

This new procedure depends on our cooperation with the contractor. Please follow these simple requests:

- Clean food off recyclables and empty liquids before you recycle them.
- Bottle caps are thrown in the garbage, please remove them before recycling.
- As little paper as possible should be shredded - only those pieces of paper with confidential information that you don't want others to see. The less shredded paper there is in the recycling stream, the better it is for the recycling process. Because shredded paper is so small, it doesn't get sorted with other paper, and it winds up in the trash at the end of the system.
- It is required that shredded paper must be put in clear or light-colored plastic bags, such as grocery bags.
- The Metal Appliances and Scrap Metal pickups are still the First Friday of Each Month.

You may bring the following items to the DPW Garage on Dalton Drive.

*To arrange a drop off time please call
973-835-6077*

- ◆ Televisions (NO projection TVs)
- ◆ Computers, Laptops, Keyboards, Mice, External Drives, Modems
- ◆ Scanners, Printers
- ◆ Copy Machines
- ◆ VCRs, DVD Players
- ◆ Stereos
- ◆ Radios
- ◆ Phones
- ◆ Fax Machines
- ◆ Camcorders
- ◆ Electric Typewriters
- ◆ Cell Phones
- ◆ And most media (Floppy, CD)

Items NOT Accepted:

- ◆ Projection TVs
- ◆ Loose Batteries
- ◆ Vacuum Cleaners
- ◆ Microwaves
- ◆ Refrigerators
- ◆ Hazardous Materials

Single Stream Begins January 3, 2014

Passenger Tires may be disposed of at the Borough Garage, Dalton Drive, after paying a \$2.00 per tire fee at the Municipal Building. Tires may be on or off the rims.

Branches and Twigs will be picked up on **Wednesdays**. They must be tied in bundles no longer than four feet in length. **Christmas Trees will be picked up on the same day as branches and twigs.** They must be free of ornaments, tinsel, etc. and they must NOT be bagged.

Leaves will also be picked up on **Wednesdays**. They must be in **brown 30 gallon biodegradable paper yard waste bags available from hardware and home centers.**

Corrugated Cardboard will be picked up on **Fridays** according to the enclosed schedule. All cardboard must be folded flat. Do NOT tie in bundles. The string interferes with the machinery.

Magazines, Junk Mail & Mixed Paper will be picked up on **Fridays** according to the enclosed schedule. Do NOT tie in bundles. The string interferes with the machinery.

Metal Appliances and Scrap Metal pick up will be on the **first Friday** of each month. (Doors must be removed from refrigerators and freezers before being placed out at the curb.)

Grass Clippings will NOT be picked up by the DPW or the garbage hauler. We recommend mulching the clippings on your lawn or composting them.

Used Motor Oil must be recycled. It may be brought to Malanga's Automotive for disposal. The cost is \$1.00 per gallon. It is unlawful to dispose of waste oil in your regular garbage. The oil must be free of contaminants, such as gasoline or antifreeze.

Natural Wood Waste and Oil-Contaminated Soil must be recycled. Contact the DPW for information on vendors who handle these items.

Battery Recycling-Alkaline batteries may be disposed with household garbage. Rechargeable and button cell batteries may be disposed of at the Municipal Building. Vehicular batteries are accepted at Malanga's Automotive, 39 Hamburg Turnpike, at no charge.

Garbage Collection is on every Tuesday.

One Bulk Item may be put out on collection day. This could be a couch, chair, mattress, box spring, etc. One roll of carpet (4 feet wide) and no heavier than 50 pounds will be picked up as a bulk item on each collection day. It is suggested you make arrangements with your carpet installer to haul away used carpet and padding.

Any Metal Items or Appliances should be put out for scrap metal collection on the **first Friday** of each month.

Absolutely NO Construction Materials will be picked up. Construction materials would include such items as sheetrock, tile, framing lumber, windows, doors, etc.

Steven A. Schotanus

Department of Public Works Superintendent

Certified Public Works Manager

**Please do not place your containers in the street, place them on the curb. Especially in the winter this poses a problem if it should snow during the evening and the plows must clear the streets.
Thank you for your cooperation.**

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5	\$48,932	\$68,504
6	\$52,556	\$73,579

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MANDATORY meeting to learn about the program requirements will be held on:

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Saturday, Jan. 11, 2014 at 10am
Wednesday, Jan. 15, 2014 at 6:30pm

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5 MB Hard Disk Drive, 1956



In September 1956 IBM launched the 305 RAMAC, the first 'SUPER' computer with a hard disk drive (HDD). The HDD weighed over a ton and stored a whopping 5 MB of data.

256 GB Flash Thumb Drive, 2011



256 GB: That's 262,144 MB or **52,428 times the storage of the 1956 device!** BOOM!

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