December 2011

Riverdale News & Events

Vol. 7 No. 3 *A Monthly published by the Riverdale Mayor and Council* www.RiverdaleNJ.gov

Merry Christmas

Happy Holidays!
Wesołych świąt!
Joyeuses fêtes !
節日快樂!
God Helg!
Frohe Feiertage!
חג שמח!
Kalés yiortés!
إجازة سعيدة!
¡Felices Fiestas!

The Glenburn Estate

The Glenburn Estate interior renovation is under way and is expected to be completed some time in April. Once completed Glenburn it is expected that it will become the headquarters of the Pequannock River Coalition, the Riverdale Land Conservancy and the Riverdale Historical Committee. The first floor and the 5.67 acres of grounds will be available for rentals. Rentals for weddings, showers and other special events are being scheduled for the very photogenic landmark.

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Riverdale School Tree Lighting

- **Monday, December 12**
- **School Choir begins 6:30 PM; Tree Lighting to Follow**
- **Holiday Gathering at the Community Center after tree lighting**
- **Photos with Santa (Free prints available for pick-up at CVS**
- **Small Giveaways for the Children**
- **Bring letters to Santa to be placed in Santa's Mailbox. Mailbox will be placed at Borough Hall next month**
- **Dessert Table (Everyone welcome to drop off their favorite desserts to add to the collection of sweet treats)**
- **Hot Chocolate**
- **Holiday Caroling by the Pompton Lakes/Riverdale Girl Scouts**

Announcements

Happy Anniversary to **Grandma & Grandpa Ruppel** on December 12!! We love you xoxo Love, Ron, Marybeth RJ, Kevin, Matthew, Kevin T. and the dogs!

Congratulations on the birth of **Cameron James Lamoureaux** on November 17. Love from the proud grandparents, Carol & Jim Talerico and Ruth & Ed Lamoureaux.

Happy 13th Birthday, **Matthew Gancher**, on December 5! We love you! Mom, Dad, Veronica & Aunt Joanne.

Happy 9th Birthday, **Mikey Kheyfets** on November 25. Love, Mom, Dad, Buddy, Blackjack and Peace.

Happy 18th Birthday **Michael Carelli**! Celebrating Dec 22. Wow... 18! Love you, Mom, Dad, Tommy, Samantha, Grandma & Grandpa Carelli, Nauni, Treat & Magic too!

Congratulations to Jess, Haley and the PLHS Varsity Cheerleading Team on taking 1st Place at the Gotta Cheer Competition and 1st Place, Overall Champion at the UCC Fall Invitational. Awesome job, girls!

Happy 3rd Birthday, **Emma Rose Budesheim,** on December 3. Love, Mom, Dad, Jack, Sara, grandparents, aunts and uncles.

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

Happy Police Birthday to **Dispatcher Joe Peters** on December 16.

Riverdale Seniors

The first meeting of the month was held on Monday, November 7. The meeting was opened by **President Irene Moehring. Chaplain Grace Chiesa** gave a reading called "Trusting." In honor of Veterans' Day, all veterans were asked to stand and be acknowledged for their service to our country. There were 60 members in attendance at the meeting. November birthday celebrants were acknowledged and sung to. **Vice President Loretta Lippens** read a lovely birthday reading. Tomorrow is Election Day. Get out and vote. Our Christmas party will be held at the Regency. **Gerry Mahler** and **Annette Lucente** volunteered to audit the books for the club this year. The Senior Art Classes are back. They will be held on Thursdays. We will be having a luncheon at Buffet 23. Don't forget the Food Pantry. Times are tough at this time of the year. You will be blessed.

The second meeting of the month was held on November 21. President Irene Moehring conducted the meeting. Chaplain Grace Chiesa read "A Prayer for Thanksgiving." There were 53 members in attendance. **Sunshine Lady Dorothy Bowersox** gave a reading. She turned in her resignation, but will be doing other things. The Christmas Party will be held at the Regency. Payments are being taken by **Lorraine Moody**. Following the meeting we had two speakers, Don and Chuck, who spoke on Estate Planning. They represented the Forrester Insurance Company. Apple pie and ice cream were served for dessert. Yum-yum! Hope you all had a Happy Thanksgiving. Now you can have fun Christmas shopping!

Presented by Marion Davis

For a cool **brownie treat**, make brownies as directed. Melt Andes mints in a double boiler and pour over warm brownies. Let set for a wonderful minty frosting.

FRIENDS Of The Riverdale Public Library
93 Newark-Pompton Tpke
Riverdale, NJ 07457-1426
973 835-5044

The Friends of the Riverdale Library have resumed their monthly meetings. Please join us on the third Thursday of each month.

The Borough of Riverdale is again able to accept computer monitors and televisions as part of our recycling program. Drop off your computers, monitors and televisions at the Municipal Building.

RIVERDALE Public Library

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

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

INFANT & PRE-SCHOOL PROGRAMS

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

Baby Time — Up to 2 yrs w/ caregiver. Mon, 11:00–11:30 am
Totally Twos — 2 yr olds w/ caregiver. Mon, 10:15–10:45 am
Story Time — Ages 3-5. Tue, 10:15–11:00 am or 1:30–2:15 pm

CHILDREN'S PROGRAMS

Puppy Pals Reading Club — Trained dogs will be at the library to listen to children entering grades K-5 read. Join us on **Wed, Dec 14 & Jan 11 (2nd Wed each month) from 4:00–5:00 pm**

Lego® Lab — Children in grades K-5 listen to a story and build creations out of Legos. **Wed, Dec 28 (4th Wed each month) 4:00–5:00 pm**

Holiday Treats — Come join Miss Kate and learn how to make fun holiday themed goodies! **Wed, Dec 21, 4:00–5:00 pm**

TEEN PROGRAMS Grades 6 and up

Teen Advisory Board (TAB) — **Thur, Dec 8 & Jan 5 (1st Thursday of every month) from 5:00–6:00 pm**, Hang out with friends and tell us how you want your library to be.

Teen Book Discussion Group — Join us **Wed, Dec 21 from 6:00–7:00 pm** for pizza as we discuss *Glow* by *Amy Kathleen Ryan*.

Teen Knitting — Join us **Wed, Dec 14 from 6:00–7:00 pm** Come learn basic patterns and techniques that will help you keep busy and warm over the winter!

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

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

SATURDAY MATINEE AT THE LIBRARY

Join us for coffee, donuts, and an exciting family film!

The Polar Express
Saturday,
December 10,
1:00 - 3:00 pm
100 min. (G)

HOURS

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

RESUMÉ WORKSHOP

December 9 from 3:00-4:00 pm. Listen and learn about effective resumé composition, from Denise Schmidt, Chair of Career Services at the County College of Morris. Bring your resumé!

ADULT BOOK DISCUSSION

Join us for a discussion, *usually*, the last Monday of every month from 6:30 – 8:00 pm. Everyone is always welcome! Even if you haven't had a chance to finish the book, the discussion is great!

December 19 — The Good Earth* by *Pearl S. Buck

JOB HUNTERS WORKSHOP

January 13, the library will be holding informational, interactive, and instructional workshops to help ***YOU*** join the workforce of today. Join us, the second Friday of every month from **3:00-4:00 pm.**

HOUSE PLANT CLINIC

Join Laura Roberts, NJ certified arborist, as she explains the ins and outs of successful house plant care. Bring up to 3 plants to be examined for pests, diseases, and over all health. **Saturday, January 14, 2012, 2:00 - 4:00 pm.**

OCTOBER & NOVEMBER HIGHLIGHTS

Our teens braved the snow to celebrate Halloween!

Our storytime friends became royalty!

Children made their own Field Guides after discussing *The Spiderwick Chronicles: The Field Guide*.

MONTHLY

Photography Club — December 19
6:30-7:45 p.m. All Photographers welcome! Learn! Share!

Gypsy Knitters — Every Thursday, 4:00-8:00 p.m.
For experienced knitters. Bring a project and join in!

Open Art Studio

- Instructor Mari F. Kelly, MSc, ATR
- Tuesday Evenings 7:00-8:30 PM
- 4 weeks starting date in December TBA
- $30 per class or $110 for 4 classes
- Held at RAC Studios, 5 Mathews Ave.
- Contact Loryn Mooney 973-513-9250 or email lmooney@riverdaleartcenter.org

Mari F. Kelly is a registered, experienced Art Psychotherapist with a passion for nurturing creative expression through art. Join us in the Open Art Studio, where Mari will help you explore your creativity in a non-judgmental, nurturing environment. Open Art Studio requires no artistic ability and encourages self-expression and communication through a variety of art media. For adults 18 and older. Preregistration is required - Class size limited. Make check payable to The RAC, 2 Newark Pompton Tpk, Riverdale.

The Art Club 4 Teens - Ongoing Every Friday Evening

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

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

WINTER 2012 ART CLASSES

Unleash Your Creative Energy

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

- Instructors: Ritika Gandhi-Silk Painting; Adam Schechter-Painting, Drawing and Ceramic Sculpture; Linda Dumoff-Process Art and Yoga; Carol Mainardi-Printmaking; Mindy Casey-Mixed Media Collage.
- Tuesday mornings, 10:00 AM to 12:00 PM and Tuesday evenings, 6:30 to 8:30 PM.
- January 10 to February 14 and February 28 to April 3
- $40 per class or six sessions for $185 payable to The RAC, 2 Newark Pompton Tpk, Riverdale
- Held at The RAC, 5 Mathews Avenue, Riverdale
- Contact Loryn Mooney 973-513-9250 or email lmooney@riverdaleartcenter.org

Computer Arts

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

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

Cornerstone Chiropractic
Dr. Joseph J. Young
Chiropractic Physician
7 Newark-Pompton Tpke
Riverdale, NJ 07457
Office: 973-831-1100
Fax: 973-831-6622
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• Spinal Decompression (IDD Therapy)
• Physical Therapy
• Massage Therapy
• Manipulation Under Anesthesia (MUA)

A Special Resident - A Special Christmas Dinner

Help Needed!

We have a senior resident in town who, for medical reasons, can only eat Ensure. That is his only means of nourishment. The Pequannock Rotary has been helping him out to the extent that it is able. If anyone is interested in helping our fellow resident, please drop off cans of Ensure at the Municipal Building and we will get them to him.

Memories from Cal Deal

One day I saw an ad in Trends for high school columnists (no pay). I mulled it over a little bit and thought it would be interesting, so I applied….In the summer of 1966, between my junior and senior years of high school, Trends needed someone to cover Borough Council and Board of Education meetings. They asked if I would be interested. I had never been to a Borough Council meeting and I was too young to drive, but I accepted the job. If they thought I could do it, who was I to disagree? At my first meetings I took careful notes, and I was greatly comforted by the knowledge that the editors would carefully review my work. Everything turned out OK (although today when I read those stories I just cringe).

I'll never forget covering my first Riverdale Borough Council meeting. They were talking about taxes and tax ratable and tax rates...and I was just lost. It was one of the toughest municipal stories to cover because the subject matter can be hard to understand, especially for brand-new reporters. During the meeting, while I was sitting in the audience, Mayor Al Scaletti stopped everything, told everybody this little kid in the crowd was a Trends reporter, and asked me if I had any questions. I was shocked by the attention and said a polite "no."

I mid-winter, I would spend hours covering a meeting. Then I'd write the story out in longhand because I couldn't type with any speed. I'd hunt and peck the final draft on a little portable typewriter, then at 2 or 3 in the morning I'd walk the finished story down to Trends, which was on the Riverdale Circle. For all that I got what worked out to be about 25 cents an hour! All things considered, it was well worth it. It was an exciting learning experience of incalculable value.

When I got out of high school, Trends offered me a fulltime job. Now, instead of covering dull meetings, I was going to fires and accidents and doing exciting things. It was great!! They taught me photography and I started shooting news pictures. I even won a second-place spot news award in my first year! That picture was of a rescue after a head-on collision. I was in Trends' office in Riverdale when the call came in. The accident had occurred way up in Wanaque, north of their Borough Hall. I don't know how many miles it is, but it was a long drive. I got there just as the last passenger was being taken from one of the cars. I got a picture of her grimace as a determined rescuer eased her from the car; a bandage covered her mouth. If I had gotten there 30 seconds later, I would have had nothing to photograph except empty vehicles. (Today I see such pictures in newspapers and think, "I don't need to see this stuff.") *Taken from Cal's website: graphicwitness.com/federalhill*

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

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43 Newark Pompton Tpke
Riverdale, NJ 07457

Gift certificates good for an initial visit, including exam, computerized scans, and any necessary x-rays are available for only $25!

973-835-5773

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

Did You Know?

- African elephants stay on their feet for 30 or 40 years.
- In just one day, an average person takes about 18,000 steps. And in an average lifetime, a person will walk the equivalent of almost three times around the world.
- M&M's stand for the last names of Forrest Mars Sr., the candy maker, and his associate Bruce Murrie.
- An adult moth never eats.
- Alfred Noble invented dynamite. Lesser known is that he was also the pioneer of plywood.
- Table tennis balls have been known to travel off the paddle at speeds up to 105.6 miles per hour.
- Almost half the bones in your body are in your hands and feet.
- The U.S. government will not allow portraits of living persons to appear on postage stamps.

Holiday Home Decorating Contest

Recreation Department Ladies will be traveling your streets this month to find the

Most Festive Home for 2011

Winner will receive a "Winner" lawn sign and Photo in the January 2012 Newsletter!
No registration required.
All residents eligible.

MIKE'S FEED FARM
"A GENERAL STORE FOR ANIMAL ❤'ERS"
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Fax 973-839-4269
mike@mikesfeedfarm.com
www.mikesfeedfarm.com

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Our Menu

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Soft Ice Cream
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Take -Home Novelties
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459 Rt. 17 South
Hasbrouck Heights
201-426-0487

www.curlysicecreamcom

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Follow us on twitter@curlysicecream

Community Center Programs

Tot Music Classes
Every Friday, 10:00am
Lower Level
Come Participate in a Fun & Interactive Music Class for you & your Tot!

Bob Ross Wet-on-Wet Oil Painting Class
Thursday, Dec 1 & Dec 15
5:30pm (please arrive no later than 6:00pm)
Dec 1st—Winter Scene Looking thru a Window
Dec 15th-Snow Scene w/Cabin in distance, River, …
$35.00 Class (Payment due night of Class)
(Cost incl's ALL Supplies. Instruction, Paint, Brushes, Canvas, Easel, Etc.)

Instructor: Robert DiBenedetto
Call or E-Mail to Sign-Up:
(973) 706-6471 Community Center Phone or
jcarelli@riverdaleborough.com
Community Center E-Mail

Sewing, Sewing, Sewing!
Instructor: Vivian (from, So You Sewing)

Wednesday, Dec 7 , 9am—Knitting
Wednesday, Dec 14, 9am—Quilting
Wednesday, Dec 21, 9am—Make a Holiday Ornament
$10 per Class (All Supply & Instruction Incl'ed)
Walk-In's Welcome or Call in Advance to Sign-Up
(Advance sign-up appreciated)
(973) 706-6471 Comm Ctr or
jcarelli@riverdaleborough.com Comm Ctr E-Mail

Holiday Pillow Project
Great Gift Idea!
Instructor: Vivian
Saturday-Dec 10th,
10am—2pm
$10 All Supply Incl'ed!
Everyone Invited (Mother & Daughter, Adults)

Childrens Winter Bowling
Holiday Bowl,
Oakland
Sunday's,Jan8—Mar 11
Ages 3 thru 14
Games, T-Shirt, Award
Sign-Up Deadline:
Dec 10
Call: **Rec Members**
Anne 248-9663 or
AnnMarie 616-5225

Exercise Schedule

Walk-In to any class!

Tuesday
ZUMBA
10:00 am and 7:30pm
$6.00 per class

"NEW" Beginner Daytime Yoga
Dec 13, 20, & Jan 3, 10 & 17
11:30am
$6.00 per Class
PLUS…
Try a FREE Class on Jan 3rd for New Comers Only
1:00pm FREE Class
Guaranteed to enjoy this slow & enjoyable style of Yoga

Thursday
ZUMBA
6:00pm
$6.00 per class
.
Saturday
KETTLEBELL WORKOUT
9:00am
$6.00 per class

Look here next month for PILATES CLASSES
Instuctor Julia is returning!

Folk Art Painting Class
Wed-Jan 11
(5 Week Workshop)
$15/Class + $15
Matl'sFee
6:30pm
Paint
Fruit & Foliage on
Unfinished Wood!
Sign-Up: 706-6471

Girls Softball Clinic
Instructor: Danielle Walker
Clinic Begins: Monday-Jan 23
4 Weeks
$10 Per Student
Riverdale School Gym

Pitching Clinic
5:00pm—6:00pm

Hitting Clinc
6:00pm—7:00pm

Sign-Up:
(973) 706-6471 Comm Ctr
jcarelli@riverdaleborough.com
Comm Ctr E-Mail

Kids Sewing Workshop
Instructor: Vivian (from, So You Sewing)
Thursday-Dec 1, 8 & 15, 3:30pm—5:30pm
$15 for 3-week Workshop (All Supply & Instruction Incl'ed)
MAKE AN APRON! (Great Gift)
Learn to work with a pattern, use Real Sewing Machines, & basic stitching.
(973) 706-6471 Comm Ctr or jcarelli@riverdaleborough.com Comm Ctr E-Mail

RABIES CLINIC for Dogs and Cats

If you missed the Rabies Clinic. Kinnelon and Bloomingdale will be having Free Rabies Clinics in January and February. All are welcome.
Call the Health Dept. for information 973-835-5700 x127.

IMPORTANT INFORMATION FOR RESIDENTS

(RECYCLING INFORMATION FOR BUSINESSES WILL BE SENT IN ANOTHER MAILING)

This letter is to advise you of your recycling responsibilities for 2012. Items to be recycled are listed below, and the following pages will inform you of the proper methods of disposal.

The cooperation of all residents is needed to make our recycling program effective. Be advised that random inspections will be made to determine compliance with our recycling ordinance. Any household found to be in violation will be subject to enforcement actions.

The following is a list of items that must be source separated and recycled in Morris County:

Newspaper, Corrugated Cardboard	**Metal Appliances**
Mixed Paper	**Used Motor Oil & Oil-Contaminated Soil**
Aluminum Cans, Steel (Tin) Cans	**Natural Wood Waste**
Plastic (Coded 1,2,4,5 & 7)Glass Bottles & Jars	**Televisions, Computers, Monitors,**
Leaves, Grass Clippings & Brush	**Portable/Laptop Computers**
Lead-Acid and Hazardous Dry Cell Batteries	**Tires**

Newspaper must be tied with string in bundles no higher than 18 inches. Papers will not be picked up if they are contained in plastic bags. Newspapers will be picked up on **Fridays** according to the enclosed schedule.

Commingled materials include: aluminum cans, steel (tin) cans, glass bottles of all colors & plastic bottles coded #1, 2, 4, 5 & 7. They will be picked up curbside on **Fridays** according to the enclosed schedule.

Note: **Plastic bags, plastic toys, etc. are not acceptable for recycling by our vendor.**

Thank you for your cooperation with this program and any questions may be directed to the DPW office at (973) 835-6077.
Sincerely, Walter R. Mahon, DPW Supt./Certified Public Works Manager

FRIDAY SCHEDULE OF PICKUPS FOR 2012

MONTH	COMMINGLED (Cans & Bottles)	Newspapers, Magazines, Cardboard & Junk Mail
January	13th & 27th	6th & 20th
February	10th & 24th	3rd & 17th
March	9th & 23th	2nd & 16th & 30th
April	6th & 20nd	13th & 27th
May	4th & 18th	11th & 25th
June	1st & 15th & 29th	8th & 22nd
July	13th & 27th	6th & 20th
August	10th & 24th	3rd & 17th & 31st
September	7th & 21st	14th & 28th
October	5th & 19th	12th & 26th
November	2nd & 16th & 30th	9th & 23rd
December	14th & 28th	7th & 21st

You may bring the following items to the DPW Garage on Dalton Drive (Please call 973-835-6077 to arrange a drop off time.) Televisions (no projection TV), Computers, Laptops, Keyboards, Mice, Modems, External Drives, Scanners, Printers, Copy Machines, Cables, VCR's, DVD Players, Stereos, Radios, Phones, Fax Machines, Camcorders, Electric Typewriters, Telephones, Cell Phones and most Media (Floppies, CD's, and DVD's)

Items Not Accepted: Projection TV's, Loose Batteries, Vacuum Cleaners, Microwaves, Refrigerators or Hazardous Materials.

NO ELECTRONICS ARE PERMITTED IN WITH HOUSEHOLD GARBAGE.

Continued on other side.

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 and tied in bundles.

Magazines, Junk Mail & Mixed Paper will be picked up on **Fridays** according to the enclosed schedule. These items must be tied in bundles no higher than 12 inches. Do NOT enclose them in plastic bags.

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 or Home Depot. 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.

DUE TO CHRISTMAS FALLING ON TUESDAY, 12/25/12, GARBAGE COLLECTION WILL BE ON WEDNESDAY, 12/26/12.

Walt R. Mahon
Department of Public Works Superintendent
Certified Public Works Manager

Clip and Save Both Side of this 2012 Recycling Schedule for future reference.

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

"Wishing Everyone a Happy Holiday Season from my home to yours!"

TINA CALI

AWARD WINNING AGENT
NJAR Circle of Excellence Sales Award 2010
Consistent TOP PRODUCER

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Helpful HINTS

FROZEN PIPES. To thaw a frozen pipe, heat the pipe starting at the tap end. If you start in the middle, steam from melting ice can burst the pipe. Open the tap so that melting ice and steam can run off. In a pinch, you can use a hair dryer to thaw frozen pipes. **WOOD FLOOR CARE.** The best thing you can do for wood floors is to sweep or dry mop as often as possible. The culprit is ground-in dirt, so the more you sweep it, the better it will look. Zap your mop with a little spray wax before dusting wood floors and you'll keep in them shiny-clean with only a few minutes of effort each day. * Very old and dull wood floors may need to be sanded and finished. You can refinish them yourself. Sanding floors by hand causes so much friction that you can get friction burns on your fingertips even through work gloves. Some people even sanded the skin right off their hands. If you are determined to sand by hand, apply masking tape to all fingertips and put on gloves to save your skin. Don't let sanded wood set any longer than 12 hours before you apply the stain or finish. Raw sanded wood absorbs moisture, which could affect the way it absorbs stain colors and/or the adhesion of the finish. **CLEANUP.** When a pot is layered with thick scorched or caramelized food, try boiling a mixture of one tablespoon of baking soda per cup of water in the pot to lift that mess off.

Taken from *All-New hints from Heloise A Household Guide for the 90's*, Heloise, Perigee Books 1989.

FRIENDS

Riverdale 75th Anniversary Books

Available at the Riverdale Library

$1

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

House Plant Clinic

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

RIVERDALE

Veterans' Day

Student Council President DJ Schuck addresses the assembly during the Riverdale School's Veterans' Day Ceremony.

Honored guests who have served in our nation's armed forces take part in the Veterans' Day Ceremony at Riverdale School.

Art Class

Bob DiBenedetto instructs residents in the Wet-on-Wet Technique for Oil Painting. This is the style developed by Bob Ross.

Girl Scouts

Girl Scout Troop 323 heads off to Savannah, GA to visit the birthplace of Juliette Gordon Low, the founder of Girl Scouts USA. **Kayla Stygar** *(photo right)* gets "pinned" with the official Birthplace Pin by her leader Dawn Gosson.

DAILY NEWS

Dr. Joseph Young of Cornerstone Chiropractic present Riverdale Police Chief Kevin Smith with two CPR mannequins to be used for training members of the Police Department. Thank you, Dr. Young!

Jeff Wilson and Ron Schulz of the North Jersey Mineralogical Society present Carolyn Masone of the Riverdale Land Conservancy and Community Center Director June Carelli with a donation as a result of their recent event at the Glenburn Estate. In October they held a two-day Rock Swap, which is to become an annual event at the Glenburn.

Thousands gathered in Trenton's War Memorial Theater to hear Governor Chris Christie honor the volunteers who helped their local communities during Hurricane *Irene*. Not everyone from Riverdale was able to attend, but all received certificates in appreciation. Those receiving acknowledgements were **Glenn Venza, Brad Clinton, Joan Garcia, Melissa Harsley, Dennis Kearney, Gustav Grotz** and **John Hanlon**.

Youths take part in the Turkey Craft Night at the Community Center the week before Thanksgiving. Participants learned to sew while making their fabric stuffed turkey.

An Invitation from Riverdale Police Chief Kevin Smith

In January, 2012, I will be forming the Police Chief's Community Committee. I am inviting residents to take part in this new venture. We will meet to discuss crime trends in our town and the surrounding areas, various public safety issues affecting the borough and possible solutions. Through these discussions, I hope the committee can achieve the following goals:

- Act as liaison between the community and the police department and serve as a sounding board for departmental programs.
- Promote community awareness, understanding and involvement of police programs and services.
- Provide an avenue to identify problems and/or issues from the community to the police department and vice versa.

I understand everyone's time is at a premium and we already attend a lot of meetings. This new committee will meet a maximum of once per month; please try to find the time to participate. If you are interested, please email at ksmith@riverdalepd.org. Please include your Name, Address, Telephone Number and E-mail address.

Riverdale Woman's Club

The Riverdale Woman's Club is hosting *Scrapbook Crop Fundraiser* on Saturday, February 18, 2012 at the Riverdale Senior Community Center, 57 Loy Avenue. The Crop will be held from 10 to 10. Enjoy 12 hours of Cropping for only $45. Pay by January 1st and save $5. Lunch, dinner and snacks will be provided. Lots of space and every seat is an aisle seat. "Close to My Hear" and "Stampin Up" vendors will be there. Only 60 spots, so reserve now by calling Jenny at 973-650-8860.

The Woman's Club Annual Christmas Brunch will be held on Sunday, December 11 at Ruppert's in Riverdale. If you would like to join us and learn more about our club contact Dolores at 973-835-3449.

If you missed the Flu Clinic

You can still get your flu shot! The clinics have ended, but we still have vaccines available to anyone over the age of 6 months. $15 or free with Medicare Part B. Please call 973-835-5700 x127 for an appointment.

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A WORD FROM FIRE CHIEF DAN STURM

Christmas Tree Safety

As you deck the halls this holiday season, be fire smart. A small fire that spreads to a Christmas tree can grow large very quickly.

PICKING THE TREE

- Choose a tree with fresh, green needles that do not fall off when touched.

PLACING THE TREE

- Before placing the tree in the stand, cut 1–2" from the base of the trunk.
- Make sure the tree is at least three feet away from any heat source, like fireplaces, radiators, candles, heat vents or lights.
- Make sure the tree is not blocking an exit.
- Add water to the tree stand. Be sure to add water daily.

LIGHTING THE TREE

- Use lights that have the label of an independent testing laboratory. Some lights are only for indoor or outdoor use.
- Replace any string of lights with worn or broken cords or loose bulb connections. Connect no more than three strands of mini string sets and a maximum of 50 bulbs for screw-in bulbs. Read manufacturer's instructions for number of LED strands to connect.
- Never use lit candles to decorate the tree.
- Always turn off Christmas tree lights before leaving home or going to bed.

After Christmas

Get rid of the tree after Christmas or when it is dry. Dried-out trees are a fire danger and should not be left in the home or garage, or placed outside against the home. Check with your local community to find a recycling program. Bring outdoor electrical lights inside after the holidays to prevent hazards and make them last longer.

FACTS

- **One** of every three home Christmas tree fires are caused by electrical problems.
- Although Christmas tree fires are not common, when they do occur, they have a higher chance to be deadly.
- A heat source too close to the tree causes **one in every five** of the fires.

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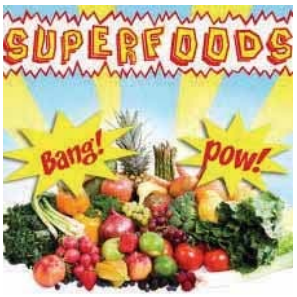
RIVERDALE ARTISTS' COOPERATIVE

PEQUANNOCK HEALTH DEPARTMENT NEWS. The reason so many of us make New Year's resolutions to lose weight is that we pack on so many pounds in the preceding six weeks. Thanksgiving, holiday parties, fattening Christmas gifts, eggnog – the list goes on. Maybe the trick is to make the resolution *before* the holiday eating begins.

Of course, it's okay to celebrate and let go *a little*. What you put in your mouth between New Year's and Thanksgiving has a much more of an impact than what you eat between Thanksgiving and New Year's. Nevertheless, here are just a few thoughts to take with you as you head into the holiday season:

- When at a social gathering, ask yourself "how much would I have eaten during a normal meal?" Maybe let yourself exceed that limit a little bit, but don't eat triple your day's worth of calories each time you celebrate.
- Keep in mind that food DOES have calories on Christmas, New Year's Eve, at the office party. Your body's physiology does not understand your brain's rationalizing as to why the extra piece of cake is okay this month.
- If you had a party in your home, and you have fattening, unhealthy leftovers, *it's okay to throw them away*. The money or time you spent on them is gone either way. They will do more harm in your body than they will do in the garbage.
- Don't take your fattening leftovers to work as a treat for your colleagues. If they will tempt you at home, they will tempt you at work. And, most likely, your colleagues would prefer to avoid the temptations as well.
- Remember that any beverages other than water and skim milk pack in empty calories. A can of soda has 120 calories. A martini has 125 calories. A pina colada? 465. None of these have any nutritional value.
- There is no rule that time with loved ones needs to center around food. If you have time off, and an opportunity to socialize, take a walk with a friend. Schedule a workout date with a friend. Power walk through the mall before or after shopping.



Here are some foods that can keep you healthy throughout the winter, and/or alleviate symptoms if you get sick:

- Almonds contain vitamin E, which wards off viruses
- Citrus Fruits contain vitamin C, which boots defense systems
- Pomegranates contain antioxidants limiting the ability of a virus to invade cells
- Garlic contains allicin preventing disease growth
- Brussel Sprouts restore the immunity that declines with age
- Squash contains vitamin A increasing infection-fighting cells
- Tea contains quercetin, which strengthens the body's resilience against infection
- Mushrooms contain "natural-killer" cells killing of viruses before they spread
- Salmon contains vitamin D, which builds immunity
- Yogurt contains probiotics, a beneficial bacteria, which strengthens the body's natural defenses
- Honey can help quiet a nighttime cough better than over-the-counter medicines according to a recent study. (avoid by diabetics and infants under 12 months.)
- Ginger can help nausea
- Water - daily gargling can help cut the number of colds and respiratory infections, as well as relieve symptoms if already sick.

School News

IT'S THAT TIME OF YEAR AGAIN, WHEN WEATHER & other emergencies may impact school opening. Please be sure to update your personal contact information in the Instant Alert system at www.instantalert.honeywell.com. Please consult the website, or student handbook for additional information.

Thank you to all of the parents who visited their child's class in action during our recent school visitation day. We are proud of the work of our staff and students and were pleased to provide the opportunity for so many parents (80+) to avail themselves of the opportunity to witness our program in action. Thank you to the PTA who assisted in greeting and signing in our visitors.

WANTED: Volunteers to assist in the school library and/or art room. If interested please contact Mrs. Batory (Library) sbatory@rpsnj.org or Mrs. Bowes (Art) wbowes@rpsnj.org for further details. Training will be provided.

Mr. Cortright, Riverdale School Principal, facilitated a parent workshop recently, regarding the use of the electronic bookroom. This website provides student access to leveled reading materials on a variety of topics and genre. You are encouraged to promote its use with your child at www.benchmarkuniverse.com.

Please join members of the school's Band and Chorus as they perform at the Riverdale Annual Tree Lighting on December 12. The ceremony begins at 6:30 PM on the front lawn.

Riverdale residents are cordially invited to the district's Winter Concert which will be held on December 19 in the school gymnasium at 7:30 PM. There is no entrance fee. For those community members who are interested in attending the dress rehearsal on December 15, with our students, please contact Mrs. Mennonna in the school office (973-839-1300) for information.

UPCOMING EVENTS

Dec. 2 Basketball Pep Rally
Dec. 4 PTA Holiday Breakfast
Dec. 7 Board of Ed meeting; Special Ed Parent Advisory Committee meeting: 2:45 PM
Dec. 8 PTA meeting
Dec. 12 Tree Lighting 6:30 PM
Dec. 14 Board of Ed meeting
Dec. 16 Student Council Winter Dance
Dec. 19 Progress Report cards distribution
Dec. 19 Winter Concert
Dec. 23 One Session Day
Dec. 26 School Closed Holiday Recess
Jan. 3 School Reopens. Happy New Year!

HONORS

Dr. Wyks, Superintendent, Mr. Keith Cortright, Principal, and the staff of Riverdale School are proud to announce those students who attained Superintendent's List, High Honors and Honors during the first marking period for school year 2011/12.

SUPERINTENDENT'S LIST

Grade 8
Mary Dougherty
Olivia Galletta
Nicole Merendino
Dennis Schuck, Jr.
Cassidy Tibbetts
Cruise Turner
Harlee York

Grade 7
Amanda Ekkers
Kevin Jablonski
Hallie Mansoor
Ayla Markoswski

Grade 6
Sean Bastian
Amanda Edwards
Hailey Enrique
Michael Magyar
Brandon Miller

Grade 5
Ryan Chu
Kristen Edwards
Alekya Gadiraju
Jessica Knapp
Benjamin Morales
Dhruv Patel
Lily Trouse

HIGH HONORS

Grade 8: **Daniel Brandt, Neelav Patel, Nicole Schrock**

HONORS

Grade 8
Heather Berzak
Makenzie Failla
Christopher Hester
Andrew Holl
Steven Papadopoulos
Kaitlyn Sautner
Casey Struble

Grade 6
Trevor Bell
Thomas Dougherty
Jason Dubrovich
Angelica Duong
Amanda Gosson
Brendan Kane
David Mateo
Olivia Schuck
Ryan Thomson

Grade 7
Emily Clinton
Peter Dampman
Yuti Gandhi
Christine Holl
Thomas Morales
Kristian Neuschwanter

Grade 5
Ryan Ford
Mandi Giunta
Mackenzie Malkinski
Ashley Osterhoudt
Julia Phillip
Faith Sutter
John Tanis

Don't Forget
Your Help is Still Needed

The Food Pantry is in need of all food and supplies.

The Armed Forces Pantry is also in great need of supplies as well as donations for the postage ($13 per box).

To request confidential Pantry Assistance or to help in this worthy cause, please call Linda Roetman at the Municipal Building 973-835-4060 x 6

Wisdom of our Fathers

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

"No free man shall ever by debarred the use of arms." *Thomas Jefferson*

"To preserve liberty, it is essential that the whole body of people always possess arms." *Richard Henry Lee*

"The great object is that every man be armed. Everyone who is able may have a gun." *Patrick Henry*

"All the perplexities, confusion and distress in America arise not from defects in their Constitution or Confederation, nor from want of honor or virtue, so much as downright ignorance of the nature of coin, credit and circulation." *John Adams*

"Laws that forbid the carrying of arms disarm only those who are neither inclined nor determined to commit crimes. Such laws make things worse for the assaulted and better for the assailants; they serve rather to encourage than to prevent homicides, for an unarmed man may be attacked with greater confidence than an armed man." *Thomas Jefferson*

Why We Say...

Three on a match is unlucky - This comes from the Boer War when British soldiers thought that lighting three cigarettes on one match would give the enemy time enough to aim and fire.

Once in a Blue Moon (happens on rare occasions) - Two full moons in the same month are extremely rare, though they do happen. A second full moon has come to be called a blue moon. This apparently because the Maine Farmers Almanac used to list the date of first moon in red text, and the second moon in blue.

Face the Music (to accept the truth) - Comes from British military. When someone was court marshaled, there would be a military drum squad playing, hence face the music. The term "drummed out of the military" came from this practice.

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The collection containers are next to the Municipal Building.

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

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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 meat.* Genesis 1:29

BLACK COHOSH Black Cohosh when flowering, exhibits a strong aroma that makes it effective as an insect repellent. The botanical name *Cimicifuga* is Latin for "bug repellent." Black Cohosh is called Snakeroot by the American Indians because of its use for snake bites. Also, it has proven its worth for those allergic to bee stings. It was used by the early American Colonists for yellow fever, malaria, fevers, bronchitis, dropsy, uterine problems and nervous disorders. Black Cohosh is used very effectively for spinal meningitis.

- Black Cohosh works directly on and calms the nervous system. It promotes menstruation, relieves menstrual cramps and has been employed for the after-pains of delivery.
- Black Cohosh breaks up mucus and phlegm deposits. It also soothes local pain and is used for headaches.
- It is used as a tonic for the central nervous system and is regarded as a nervine. It is an excellent, safe sedative. It is reported to be good for medulla oblongata damage, caused by hallucinogenic drugs.
- Black Cohosh relieves or prevents spasms, is used for epilepsy and causes perspiration.
- It contains natural estrogen, the female hormone and is a specific for female problems. It is also used many times in nervine combinations and for nervous conditions in the male also.
- Black Cohosh helps in hot flashes, it contracts the uterus and increases menstruation when it's sluggish.
- It loosens and expels mucus from the bronchial tubes and stimulates the secretions of the liver, kidneys and lymph system and has a stimulating effect on the secretion of the spleen, liver and lymphatic system.
- A Black Cohosh poultice can be used for all kinds of inflammation.
- It equalizes blood circulation.
- Black Cohosh acts directly on the lungs, heart, stomach, kidneys and the reproductive organs. It is a mild cardiac tonic, especially on fatty hearts.
- It slightly lowers the heart rate, while increasing the force of the pulse.
- Black Cohosh, if taken in larger amounts than needed, can cause a headache at the base of the skull.
- Not to be taken during early pregnancy, except in combination with other herbs. It can be used for final weeks of pregnancy, but only to ease and/or induce labor.

Taken from The Little Herb Encyclopedia *by Jack Ritchason, N.D.*

The most High hath created medicines out of the earth, and a wise man will not abhor them…. The virtue of these things is come to the knowledge of men, and the most High hath given knowledge to men, that he may be honored in his wonders. By these he shall cure and shall allay their pains, and of these the apothecary shall make sweet confections, and shall make up ointments of health, and of his works there shall be no end. (Ecclus 38:5-7).

Hate Foggy Windshields?

Buy a chalkboard eraser and keep it in the glove box of your car. When the windows fog, rub with the eraser. Works better than a cloth and they can usually be bought at a dollar store!

CLOTHES DRYERS - The heating unit went out on my dryer. The repairman pulled out the lint filter; it was clean. I always clean the lint from the filter after every load of clothes. He took it to the sink and ran hot water over it. The lint filter is made of a mesh material and the hot water just sat on top of the mesh, it didn't go through it at all. Dryer sheets cause a film over the mesh, which causes the heating unit to burn out. You can't see the film, but it's there. It's what is in the dryer sheets to make your clothes soft and static free. The sheets can feel waxy when taken out of the box. This stuff builds up on your clothes and lint screen. This is also what causes dryers to potentially burn your house down. The repairman said that the best way to keep your dryer working for a long time, and to keep your electric bill lower, is to take that filter out and wash it with hot soapy water and an old toothbrush at least every six months. He said that makes the life of the dryer at least twice as long. *Submitted by a reader.*

Riverdale Photography Club

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

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

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

Club open to all, residents and non-residents.

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Peace Out Girl Scouts!

If you're a Girl Scout in Pompton Lakes or Riverdale, you KNOW that November was a busy month! The first official celebration of the 100th Anniversary of Girl Scouts took place on November 13 and many of Lakedale's GS walked across the George Washington Bridge to ceremoniously bridge to the second century of Girl Scouting. The day of celebration also included plenty of hands-on arts and crafts activities, dancing and live music. This once in a lifetime event was an amazing experience that was made even more special by spending it with thousands of sister Girl Scouts from across the state. Closer to home, Brownie Troop 94284 spent an evening touring TD Bank while Brownie Troop 94283 spent an evening learning about first aid thanks to a terrific instructor from the PLRFAS. On a cool fall night, troops of all levels got together at Lake Rickabear GS Camp to go on a night hike and make s'mores around a campfire while learning GS songs and warming up with hot chocolate. And a fantastic time was had by all the girls from Troop 323 who went to Savannah, GA to visit the birthplace of Juliette Gordon Low, the founder of Girl Scouts. The girls visited her home, the First Headquarters where the first meetings were held, went dolphin watching and toured the beautiful city of Savannah. What an amazing experience for the girls!

Congratulations to Amy Flahive, Jackie McDonald and Caroline King of Troop 285 on earning their Silver Awards! The Silver Award is the second highest award in Girl Scouting and requires each girl to devote 50 hours to planning and executing a community service project. Each of these girls worked very hard on their projects and our communities are better because of them! Next month each of the girls will write a recap of their project and why they choose it for this column.

Thank you to everyone in the community who supported our Fall Product Sale of candy, nuts and magazines. These fundraisers help pay for many of the activities that the girls participate in through the local GS Council. And congratulations to Lakedale Service Unit Volunteer of the Month Lori Clinton. Lori coordinated this sale for all Lakedale Girl Scouts and did a terrific job of keeping track of almost 200 orders! Next month we will be selling everyone's favorites: GIRL SCOUT COOKIES! Please support the girls by either buying some yummy cookies to enjoy yourself or by donating the cost of a box of cookies through the Gift of Sharing program. This allows you to purchase a box of cookies but instead of it being delivered to you, it will be delivered to the charity of choice for each troop. In the past, Gift of Sharing boxes have been donated and sent to service men and women overseas as well as local food pantries and shelters.

And lastly, thank you for your support of our sale of Luminaries. We look forward to "Lighting up Riverdale and Pompton Lakes" on December 24!

Holiday Recipe

FRESH FRUIT JAM Nothing beats the taste of fresh fruit jam. And when you make it yourself, you can control the amount of sugar used.

INGREDIENTS:
12 Cups prepared fresh fruit, peeled if desired.
1 Cup granulated sugar or brown sugar
1/2 Cup water
1 "no sugar needed" pectin

DIRECTIONS:
Combine fruit, sugar to taste, and water in a Dutch oven. Bring to a vigorous boil and crush fruit with a potato masher until desired consistency. Add pectin in a steady stream, stirring constantly. Stir until the pectin is dissolved. Bring to a full rolling boil (a boil that cannot be "stirred down"), stirring constantly. Boil, stirring, for 1 minute. Remove from the heat.

If freezing or refrigeration, ladle the jam into clean canning jars to within 1/2 inch of the rim. Wipe rims clean. Cover with lids. Let the jars stand at room temperature until set, about 24 hours, before refrigerating or freezing. Or process in a water bath to store at room temperature.

Yields: 6 - 8 cups * Total Time: 20 - 40 minutes

TIPS AND TECHNIQUES
How to Prep and Measure:
Berries: Remove stems, hull strawberries. Measure whole.
Cherries: Remove stems and pits; halve. Measure halves.
Peaches, nectarines and plums: Peel if desired. Cut into 1/2-inch pieces; discard pits. Measure pieces.
Apples, pears and other fruit: Peel if desired. Quarter, remove seeds, and cut into 1/2-inch pieces. Measure pieces.

To peel stone fruit, dip them in boiling water for about 1 minute to loosen their skins. Let cool slightly, then remove the skins with a paring knife.

Notes: 3/4 cup maple syrup or honey can be used in place of 1 cup sugar. We tested Fresh Fruit Jam with "no sugar needed" pectin from Ball and Sure-Jell. We prefer this to regular pectin because you can adjust the amount of sugar to ensure a proper set. Although Sure-Jell's instructions indicate that you cannot use less sugar than called for in their recipes, we had successful results using less.

Tip: Processing in a boiling water bath ensures safe storage at room temperature for up to a year. For step-by-step instructions, go to eatingwell.com/kitchentips.

Recipe taken from EatingWell.com

Don't Miss This Important Fundraiser for the Troops

Please come and show your support for our local HEROS. We are hosting a Craft/Art/Vendor Show in support the troops to cover shipping costs.

Finish that Christmas Shopping or just shop for yourself!

Mini Tricky Tray & 50/50

Sunday
December 11, 2011
10:00 AM to 5:00 PM

Riverdale Community Center
57 Loy Avenue

Photos with Santa Claus From 2-4 PM

Lia Sophia Jewelry, CBM Crafts, IDA Creations, Wreathmic Creations, KatsKrafts, Joi Pickles, Silpada Jewelry, purses, wallets, scarves, troop support, oils, cupcakes, Tastefully Simple, Willow House, wood carvings, Soldiers Angels, Avon, handmade crafts, Knit & Crochet Doll Clothes, Pampered Chef, Pretty Dogs (knitted flip flops & scarves) and so much more!

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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Dr's. Glenn & Christine Foss

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