

December 2012

# Riverdale News & Events

Vol. 7 No. 12

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



## Merry Christmas

### Christmas Tree Sale

Christmas Trees, Wreaths and More will be sold at Glenburn until Christmas

Sponsored by the Riverdale Land Conservancy

Every **Friday 12-7 Saturday 10-6 Sunday 10-5**

Get your tree and wreath while at the same time pick up a Brick Oven Gourmet Pizza from Coney Island Pizza. Trees and Wreaths supplied by Glenwild Garden Center.

est. 1928  
*Glenwild*  
GARDEN CENTER & NURSERY

**CONEY ISLAND**  
**PIZZA**

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# TOWNWIDE GARAGE SALE

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



Look for more information in the spring!!!!

## Riverdale Seniors



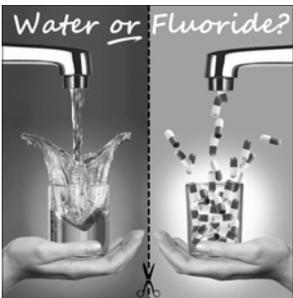
During the November meeting the Seniors had a Dress Barn Fashion Show. Here are the ladies who modeled for the Club.



By the age of 7 years old our eyes are fully developed and are physiologically the same as adult's eyes. It is for this reason that it is vitally important to pick up a lazy eye before we reach this age. The earlier a lazy eye is diagnosed, the greater the chance it will respond to treatment, as the eyes are still developing and capable of an improvement in vision. Beyond 7 years old no amount of treatment will result in any improvement in vision.

**"In point of fact, fluoride causes more human cancer death, and causes it faster than any other chemical."**-Dr. Dean Burk, National Cancer Institute -- Congressional Record 21 July 1976

*"I know of absolutely no, and I mean absolutely no means of prevention that would save so many lives as simply to stop fluoridation, or don't start it where it is otherwise going to be started. There you might save 30,000 or 40,000 or 50,000 lives a year, cancer lives. That is an awful lot of lives a year."* Dr. Dean Burk Ph.D. (34 years at the National Cancer Institute). Judicial hearing, January 14, 1982. Safe Water Foundation vs. City of Houston, District Court of Texas.



### Drinking Water At the Correct Time Maximizes its Effectiveness On The Human 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/shower  
- helps Lower Blood Pressure
- \*1 Glass of water before Going to Bed  
- Avoids Stroke or Heart Attack

**Happy Drinking (H2O)!!**

# RECREATION NEWS

## JANUARY

### WINTER BOWLING

2 Ways 2 Play! at Holiday Bowl in Oakland



**Sundays**, 2pm: Pre-K thru 8th grade - \$6.50 to register plus \$6.00 a week for K-8, \$3.00 a week for preschool (money collected each week at bowling alley - “pay as you play”). Program starts Jan 6 & ends Mar. 10. OR... **Saturdays**, 8:45 am: 3rd grade - 12th grade - In conjunction with Pompton Lakes Rec - \$20.00 to register plus \$6.00 a week (money collected each week at bowling alley - “pay as you play”). Program starts Jan 5 & ends Mar. 23rd. SIGN UP FOR EITHER DAY WILL BE ON DEC. 13th at the Community Center from 6:30 - 7:30 PM. Questions??? Please email [Riverdalerec@gmail.com](mailto:Riverdalerec@gmail.com)

**KIDS KARATE** - at All-Star Taekwondo & Fitness in Riverdale, classes start January 7 and go for 8 weeks. Please email [Riverdalerec@gmail.com](mailto:Riverdalerec@gmail.com) for more information.



## FEBRUARY

**GOLDS GYM** - Riverdale Recreation is offering discounted classes at Golds Gym.  
**Step Express** (Saturdays)  
**Zumba** (Saturdays)  
**Cardio Combat Boxing** (Sundays)  
**Toning Boxing Boot Camp** (Tues and Thurs)  
**Cardio Mix** (Wed)  
**Yoga** (Wed)  
**Spinning** (Mondays OR Thursdays– space is limited).  
 All classes start in February and cost ranges from \$10 - \$30.  
 Please email [Riverdalerec@gmail.com](mailto:Riverdalerec@gmail.com) for more information.



## MARCH

### ADULT CRAZY BOWL - Date TBA

**COUNSELOR APPLICATIONS** will be accepted in March and April ONLY.

**SUMMER REC:** Sign up and deposit due in March - date TBA

**INDOOR FIELD HOCKEY CLINIC** - March 14th thru April 18, 2nd - 8th grade @Lakeside school, please email [Riverdalerec@gmail.com](mailto:Riverdalerec@gmail.com) for more information or to sign up.



**SOFTBALL CLINIC** - March 12th thru April 9 1st - 8th grade @ PLHS Gym  
 Please email [RiverdaleRec@gmail.com](mailto:RiverdaleRec@gmail.com) for more information or to sign up.

**EASTER BUNNY BREAKFAST & EGG HUNT**  
 MARCH 30 - Tickets will go on sale in January.



## JUNE

**Adult Softball:** Date TBA - watch the town sign and backpack and facebook for sign-up info.

## JULY

**Summer Recreation** starts July 1st.



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

“LIKE” us on Facebook at Riverdale Recreation

- ◆ Arabic numerals (the ones used in English) were not invented by the Arabs at all – they were actually invented by Indian mathematicians. They were modified and transferred to North African Arab mathematicians and transmitted to Europe in the Middle Ages.
- ◆ The Hundred Years’ War (a war to determine who the rightful King of France would be) was actually 116 years long. It was during this war that Saint Joan rose up in France to lead her army to victory.

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



# \*PAJAMA PARTY\*

*Put on your favorite pajamas and join us for fun snowman games, snowman crafts and your favorite snowman movie!*



Parents: Drop your girls off and get some holiday gift shopping done or just have a night to yourself!

**Friday, December 14 from 7:00 - 10:00 pm**

**Riverdale Community Center**

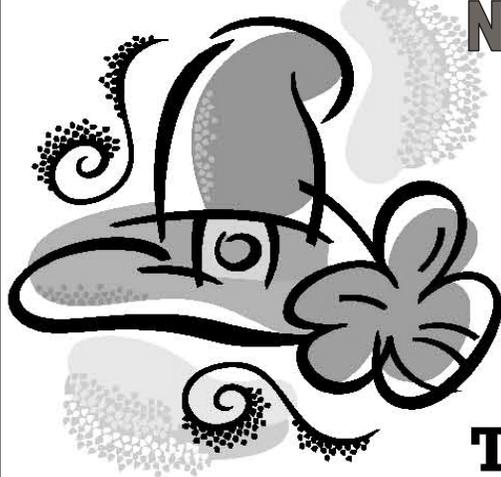
**Girls Only - ages 4 and up**

**Non-Girl Scouts are allowed, so invite your friends!**



For additional information or to pre-register, please contact Jill Tiger at **973-835-9056** or [Jill@crosscountryinstall.com](mailto:Jill@crosscountryinstall.com)

This is run by Girl Scout Troop 323 (7th and 8th graders)>



## **New Technology for Riverdale School**

### **Riverdale PTA's Tricky Tray Fundraiser**

### **"Luck of the Irish"**

**March 7, 2013**

**The Grand Chalet, Wayne, NJ**

**\$45** per person

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

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

Or [kellynorris5253@yahoo.com](mailto:kellynorris5253@yahoo.com)

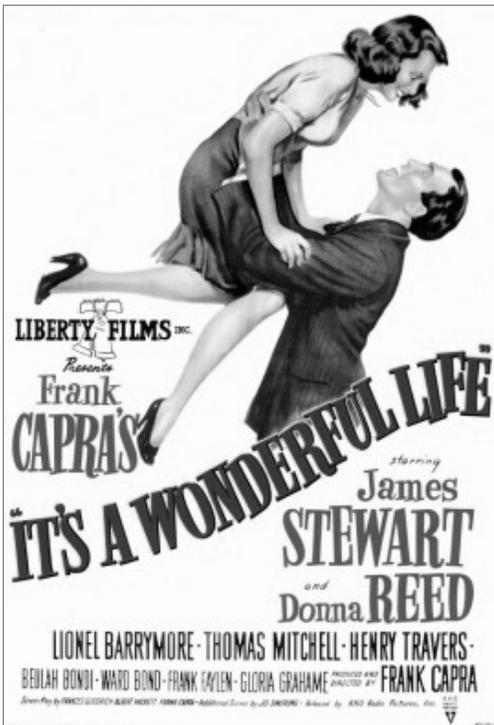
To donate a themed basket, an item for a basket, a gift certificate or a service contract

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

Brenda Vaccaro **862-228-2223**

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

# IT'S A WONDERFUL LIFE



By Hollywood standards, the original release of “It’s A Wonderful Life” in 1946 was a box office disappointment. The film cost around 3.7 million to make, but only generated 3.3 million in its initial run. That would be considered a bomb in anyone’s record book. Then along came television and public domain. Looking for fill-up programming hours during the holidays,



## A NEW SNOW WAS MADE FOR THE FILM

Before “It’s A Wonderful Life,” film snow was actually corn flakes painted white. The problem was all that crunching. Films that used corn flake snow had to go back and dub in the dialogue. Frank Capra wanted to record the sound live so he asked his special effects department for some new snow. They came up with a combination of soap, water and foamite (stuffed used for fighting fires). This new snow formula proved so successful it actually won a technical award from the Academy.

local television stations got to broadcast “It’s A Wonderful Life” as many times as they wanted. This meant several dozen showings in one holiday season. The result is that folks fell in love with the classic and demanded it to be aired every Christmas. Today, NBC maintains the rights to the film and have managed to create their own traditions with multiple airings every December.



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

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

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

*“Building the Foundation to A Healthy Spine”*

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

“In God We Trust” was not officially the motto of the United States of America until 1956. The Congressional Record of that year reads: “At the present time the United States has no national motto. The committee deems it most appropriate that ‘In God we trust’ be so designated as U.S. national motto.”



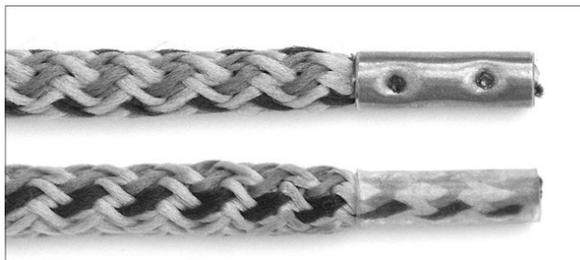
### FOLLOW RIVERDALE ON FACEBOOK

Follow our Facebook page for timely postings on events and activities within the Borough. In the event of an emergency situation the Office of Emergency Management will post needed information for residents, including shelter services, road closures and other important measures to be taken to ensure resident safety.

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



**Philtrum.** The groove located just below the nose and above the middle of the lips.



**Aglet.** The plastic coating on a shoelace.



**Wamble.** Stomach Rumble



## Influential Women

### Marie Curie

November 7, 1867 - July 4, 1934

Born in Warsaw in 1867 she is best known for her work in the field of radioactivity which lead her to become the first person to ever have been given two Nobel Prizes. She is also credited for the discovery of two new elements, polonium and radium, as well as being the first person to isolate radioactive isotopes to be used as a possible cure for cancer. After the death of her husband Pierre she took over his job as professor at the Sorbonne, making her the first woman to teach there. She passed away on July 4, 1934 due to the effects of her prolonged exposure to radiation, and to this day she is remembered as one of the greatest scientists of all time.

### Healthy Eggnog

**Ingredients:**  
 1 cup almond milk  
 4 ice cubes  
 1 banana  
 1 tsp cinnamon  
 1/2 tsp nutmeg  
 1/4 tsp vanilla bean or extract  
 1/3 cup pine nuts  
 1 tsp raw almond butter  
 2 cinnamon sticks

Blend all ingredients, serve, sprinkle with cinnamon & nutmeg on top & add 2 cinnamon sticks.

[facebook.com/stepintomygreenworld](https://facebook.com/stepintomygreenworld) [pinterest.com/mygreenworld](https://pinterest.com/mygreenworld)

## Did You Know?

- ◆ Before 1814 U.S. Congressmen were paid \$6 per day. And that was only when Congress was in session.
- ◆ Official studies have found that right-handed people tend to scratch with their left hand and vice-versa.
- ◆ The name of the dog featured on a box of Cracker Jacks is Bingo.
- ◆ An adult has 206 bones. A newborn infant has 300.
- ◆ Gerald Ford was the only person to be both president and vice-president yet never elected to either office.
- ◆ The number of left-handed men, for some unknown reason, is double that of left-handed women.
- ◆ Seals have been known to swim for as long as eight months and as far as 6,000 miles without touching land.

## Pistachio Nuts



Pistachios are the new health nut. New research shows that they may reduce the risk of diabetes by decreasing the effect of carbs on blood sugar levels. Pistachios are high in protein, fiber, and healthy monounsaturated fat all of

which contribute to the slowing of carbohydrate absorption in the body. Other recent research has shown that eating two to three ounces of pistachios a day can help significantly raise your level of good cholesterol (HDL). Pistachios are full of vitamin B6 and copper, too, which help increase energy.

## The best six doctors anywhere and no one can deny it are:



**MIKE'S FEED FARM**  
 "A GENERAL STORE FOR ANIMAL LOVERS"  
 "Feed, Seed & Needs For All Breeds"

90 Hamburg Turnpike  
 Riverdale, NJ 07457  
**973-839-7747**  
 Fax 973-839-4269  
[mike@mikesfeedfarm.com](mailto:mike@mikesfeedfarm.com)  
[www.mikesfeedfarm.com](http://www.mikesfeedfarm.com)

**BOB ROSS TECHNIQUE OIL PAINTING** Must sign up in advance Call 973-706-6471 or email: Jcarelli@riverdaleborough.com

**Thursday-January 10** at 6:00 PM Scene - Lake with Mountain Background \$35 per person (includes all supplies)

**Saturday-January 19** at 11:00 AM Scene - Wintertime Church nestled in Mountains \$45/person-Advanced (includes all supplies)

PAYMENT DUE AT CLASS - Must sign-up in advance.

**SEWING CLASSES** Come in the day of class to participate. These Wednesday classes are for everyone.

\$10 per class (includes all supplies)

**Wednesday-December 19** from 4:00 to 5:30 PM Gifts for Dad **Wednesday-December 26** from 4:00 to 5:30 PM Patchwork Pillow

**FRIDAY NIGHT FROLICS FOR 3RD, 4TH & 5TH GRADERS** Friday - January 11 from 6:30 to 8:00 PM

\$5 per student (includes snacks, refreshments, music and games!) *Come in for a fun night with your friends! Listen to your favorite music, play active group games with prizes to winners and snacks for all.*

**WINTER WIPEOUT ALL MIDDLE SCHOOL STUDENTS** Friday - January 25 from 7:00 to 9:00 PM

\$5 per student (includes snacks, refreshments, music and games!)

*We are playing Minute to Win It & Wipeout! Prizes to winners.*

**Adults**  
**Exercise, Exercise, Exercise**

MONDAYS Zumba Toning 7:30 PM

TUESDAYS Bootcamp 5:30 AM  
Zumba 10:00 AM & 7:30 PM

WEDNESDAYS Zumba Sentao 7:30 PM

THURSDAYS Bootcamp 5:30 AM Zumba 7:00 PM

SATURDAYS KettleBell Fitness 9:00 AM

**KIDS AEROBICS**

Every Tuesday 4:00-4:30 pm  
\$6 per student (boys & girls) due at class  
*Kids have fun dancing to kid-safe popular music!*

**KIDS FUN N' GAMES**

Every Tuesday 4:30-5:00 pm. \$6 per student (boys & girls) due at class.  
Take both Tuesday classes and it's \$4 per class.

**KIDS CARDIO BOXING**

Thursdays 4:00-5:00 pm. \$8 per student  
Six week session, first session December 6  
Interval training with basic boxing drills using Focus Mitts & Active Games.  
Boxing Gloves required  
(\$18 - \$20 Gloves available to borrow before purchasing your own.)

**Kids**  
**Exercise, Exercise, Exercise**

**Tot's Music**

**Tot's Winter Tap & Ballet**  
**Pop Stars (Hip Hop)**

Fridays 10:00-11:00 am. \$9/child; \$7/for second child. Walk-ins Welcome.

Fridays beginning January 11 for 10 weeks; 4:00-5:00 pm. \$8/class

Fridays beginning January 11 for ten weeks; 5:00-6:00 pm. \$8/class.



# Glenburn Events

**YOGA AT GLENBURN** Thursdays at 7:30 pm. Instructor: Chris. \$8/class  
Bring Yoga Matt & Refreshment. Walk in.

**TOP OF THE LINE DOG TRAINING** Mondays at 6:00 pm. Glenburn Barn.

\$155 for the 7 week program.

1st Class - Pet Owner Workshop; Weeks - Pet & Owner Basic Training  
Taught by Norma Overlock, Certified Dog Behaviorist. Must Sign-up in Advance.

**Call Norma 201-337-6179.**

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



**Community Center and Glenburn**

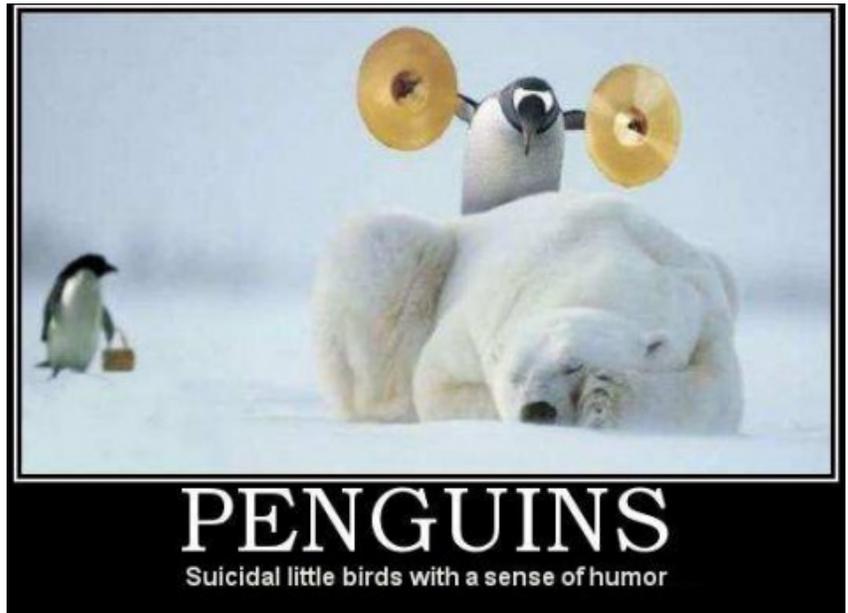
Now offer a Monthly Activity Flyer available for pick-up at the Borough Hall Front Vestibule, the Library and Community Center Foyer. Also you may request it to be emailed to you monthly. Sign-up to receive both of your Monthly Activity Announcements please email your request to Jcarelli@riverdaleborough.com or leave a message at 973-706-6471.





**You cannot catch a cold by getting caught in the rain:** From brains to head-colds, let's dispense with another fallacy.

You do not get a cold from being caught in the rain. You catch a cold from being exposed to a virus germ. True, being outside wet on a cold day can lead to other problems, such as weakening resistance, but its not the cause of a sickness, just a contributing factor. And on a warm day, a little water is harmless. So enjoy being caught in the rain in the summertime.



## Announcements

Happy 14th Birthday, **Matthew Gancher**, on December 5! We love you! Mom, Dad, Veronica & Aunt Joanne.



Happy 10th Birthday, **Mikey Khefets** on November 25. Love, Mom, Dad, Buddy, Blackjack and Peace.

Happy 19th Birthday **Michael Carelli!** Celebrating Dec 22. Love you, Mom, Dad, Tommy, Samantha, Grandma Carelli, Nauni, Treat & Magic too!

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



Happy 3rd Birthday, **Katelyn Kaszner**, our little bundle of joy on March 12. Love, Mom and Dad



Happy 1st Birthday, **Landon Kaszner**, our little bundle of joy on February 3. Love, Mom and Dad



Happy 4th Birthday, **Emma Rose Budesheim**, on December 3. Love, Mom, Dad, Jack, Sara, grandparents, aunts and uncles.

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



## PHOTO TIPS: WARM UP THOSE TONES

Have you ever noticed that your shots sometimes have a cool, clammy feel to them? If so, you're not alone.

The default white balance setting for digital cameras is AUTO , which is fine for most snapshots , but tends to be a bit on the "cool" side.

When shooting outdoor portraits and sunny landscapes, try changing your white balance setting from AUTO to CLOUD. That's right, cloudy. Why? This adjustment is like putting a mild warming filter on your camera. It increases the reds and yellows resulting in richer, warmer pictures.



## 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.



**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 2013. 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 are to be source separated and recycled in Morris County:**

<p><b>Newspaper, Corrugated Cardboard</b>  <b>Mixed Paper</b>  <b>Aluminum Cans, Steel (Tin) Cans</b>  <b>Plastic (Coded 1,2,4,5 &amp; 7) Glass Bottles &amp; Jars</b>  <b>Leaves, Grass Clippings &amp; Brush</b>  <b>Lead-Acid and Hazardous Dry Cell Batteries</b></p>	<p><b>Metal Appliances</b>  <b>Used Motor Oil &amp; Oil-Contaminated Soil</b>  <b>Natural Wood Waste</b>  <b>Televisions, Computers, Monitors,</b>  <b>Portable/Laptop Computers</b>  <b>Tires</b></p>
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**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, Steven A. Schotanus, DPW Supt./Certified Public Works Manager*

**FRIDAY SCHEDULE OF PICKUPS FOR 2013**

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

**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 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 NEW YEARS DAY FALLING ON TUESDAY, 1/1/13,** **GARBAGE COLLECTION WILL BE ON WEDNESDAY, 1/2/13.**

**Steven A. Schotanus**  
*Department of Public Works Superintendent*  
*Certified Public Works Manager*

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

**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.**

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](mailto:mayor@riverdalenj.gov) and [riverdalemayor@gmail.com](mailto:riverdalemayor@gmail.com). Photos should be in JPEG or TIFF formats and at least 1MB in size.

## Driving in Snow and Ice

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



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



## No Parking Rules



**NO Parking** on Borough streets between Midnight and 6:00 AM beginning December 1 through April 1.

**NO Parking** on Borough streets when snowing or when streets are snow covered.

Under state law **NO PARKING:**

- ◆ Within an intersection
- ◆ On a crosswalk
- ◆ In front of a driveway
- ◆ On a sidewalk
- ◆ Within 50 feet of a stop sign
- ◆ Within 25 feet of an intersection
- ◆ Within 10 feet of a fire hydrant

## CLEAN UP AFTER YOUR DOG

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

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

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.



**TIP OF THE DAY**  
 Never wrap warm meat or poultry in aluminum foil and place in the refrigerator. Foil is an insulator and the meat will remain warm for too long allowing bacteria to thrive.



# FUNDRAISER FOR THE TROOPS

## SUN., DEC. 9 9 a.m. to 4 p.m.

### Arts • Crafts • Vendors

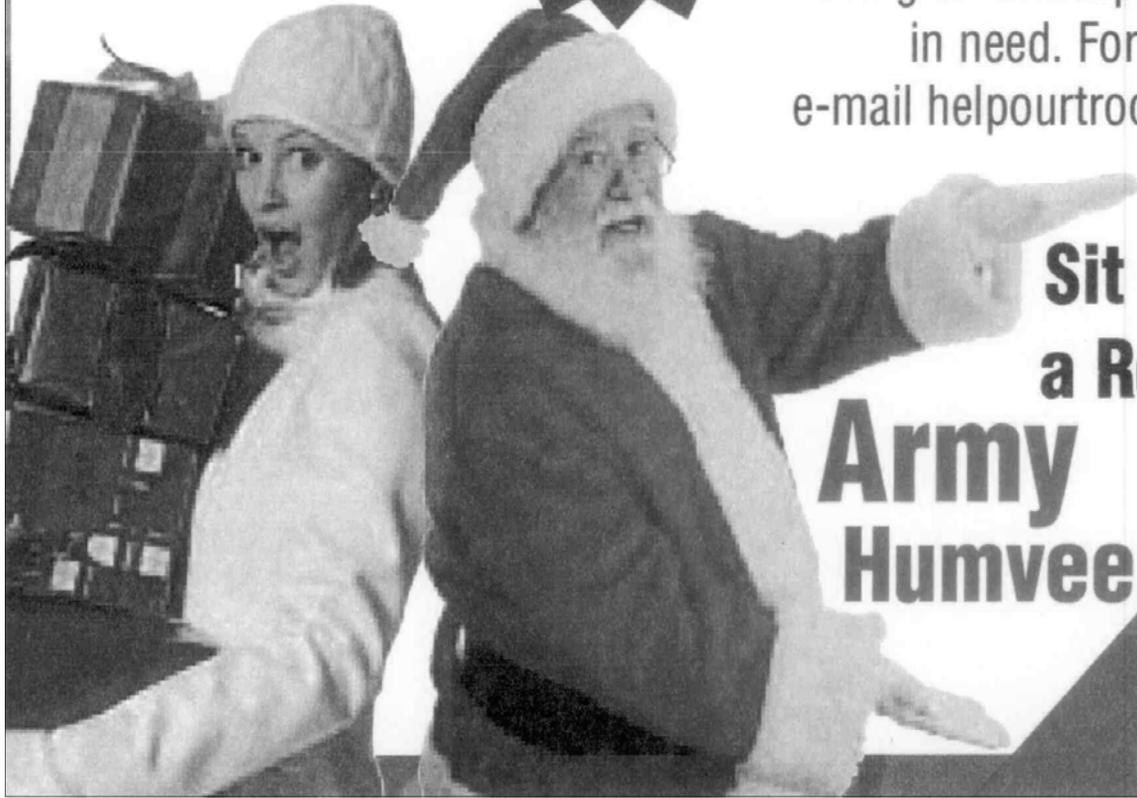


*Finish Your  
Holiday  
Shopping*

**Photos  
with  
Santa**



Marines' **TOYS FOR TOTS**  
Bring an unwrapped toy for a child  
in need. For more information  
e-mail [helpourtroops@optonline.net](mailto:helpourtroops@optonline.net)



**Sit in  
a Real  
Army  
Humvee**

Proceeds cover  
shipping costs

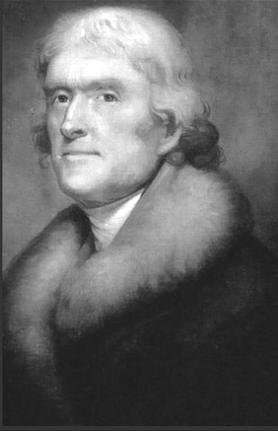
Sponsor a  
Marine/Soldier  
Serving  
Overseas for \$14.  
We'll Mail a Holiday  
Gift Packed with a  
Personal Note from You!

0002208506-0101-IMC

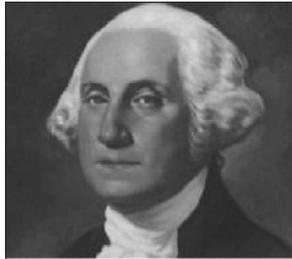
# Wisdom of our Fathers

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

“The spirit of resistance to government is so valuable on certain occasions, that I wish it to be always kept alive. It will often be exercised when wrong, but better so than not to be exercised at all.”



Thomas Jefferson  
WWW.THEFEDERALISTPAPERS.ORG

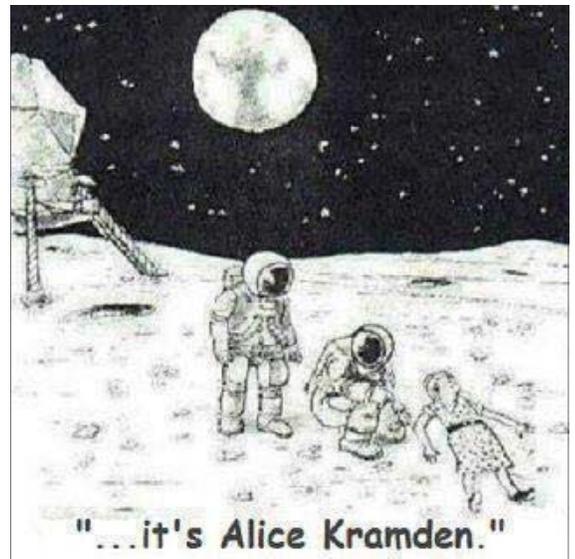


If the freedom of speech is taken away then dumb and silent we may be led, like sheep to the slaughter.

- George Washington (1732 - 1799)

“The issue today is the same as it has been throughout all history, whether man shall be allowed to govern himself or be ruled by a small elite.”

Thomas Jefferson



### How To Unclog Your Kitchen Sink!

Pour in half a cup of this.

Pour in half a box of this.

**QUICKLY** plug the drain with this!

Hold in place until fizzing stops.

Wait 30 minutes.

Pour boiling water down sink.

Drain should now flow freely!

{Repeat if necessary.}



# RIVERDALE FOOD PANTRY

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

**Canned vegetables and soups**

**Boxed potatoes and rice**

**Cereal – hot and cold**

**Pasta and pasta sauces**

**Kids snacks, juices, mac ‘n cheese**

**Crackers and cookies**

**Canned meat and tuna fish**

**Paper products - napkins, towels, toilet tissue**

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

## **Food Pantry Volunteers Welcomed**

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

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

## **THANK YOU!**

- ◆ Despite the terrible nature of and damage caused by the 1666 Great Fire of London, only 8 people were killed. This is despite the fire destroying at least 13,500 houses.
- ◆ The Bank of America was originally called the Bank of Italy. It was created in 1904 by Amadeo Giannini to cater to immigrants from Italy. After merging in the 1920s with the “Bank of America, Los Angeles”, it officially became “Bank of America”
- ◆ The shortest war on record was fought between Zanzibar and England in 1896. Zanzibar surrendered after 45 minutes.

One of the most important food shopping tips ever--those annoying stickers on fruits and veggies tell you A LOT! 4 numbers mean they were conventionally grown, 5 numbers starting with number 8 means they are genetically modified (GMO), and 5 numbers starting with 9 means they were organically grown (no pesticides or nasty GMOs)"





# Riverdale Woman's Club

The Riverdale Woman's Club has been very busy this fall. They donated Backpacks and school supplies to Family Promise for distribution to homeless children so that they could have new supplies for the start of the school year; made tray favors for Chilton Hospital and knitted hats for newborn babies. They have many more activities planned for the new year.

In October they partnered with the Suburban Woman's Club of Pompton Plains and the Pequannock Rotary to conduct a very successful food drive that benefited the Food Pantries in Riverdale, Pompton Plains and Lincoln Park. There are plans to make this an annual event.

The Club celebrated the upcoming holidays at it's annual Christmas Brunch held at IL Palazzo on Sunday, December 2, 2012. Club members brought non-perishable food for a basket to be donated to a needy borough family at Christmas time. A good time was had by all!

Our annual "**Scrap Booking Fundraiser**" will be held on Saturday, February 9th from 10 AM to 10 PM at the Community Center. The cost is \$40 before January 15 and \$45 after that date. Everyone will have an aisle table - the day will include lunch, snacks, dinner and dessert. There will be two vendors and a massage therapist. For information call Dolores at [973-835-3449](tel:973-835-3449) or Jen at [973-650-8860](tel:973-650-8860). Reservations and checks can be sent to Dolores Farrelly at 8 Arnold Court, Pompton Plains, NJ 0744, or Jenny Walenta at 15 Silver Leaf Ct., Riverdale, NJ 07457. Be sure to get your reservation in early as this is always a sell out!

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

## Peppermint Bark is a Christmas classic

Who can resist dark chocolate, white chocolate, and crisp bites of minty candy canes? This delicious, easy peppermint bark makes a wonderful holiday gift.

If you don't have the time or inclination to temper the chocolate, you can either use candy coating, or use untempered chocolate. If you use chocolate chips, don't try to temper them, simply melt them. Just be aware that untempered chocolate bark will melt easily, so it should always be stored in the refrigerator.

Total Time: 25 minutes

### Ingredients:

- 12 ounces (about 2 cups) dark chocolate, chopped, or chocolate chips
- 12 ounces (about 2 cups) white chocolate, chopped, or white chocolate chips
- 8 peppermint candy canes

### Preparation:

1. Unwrap the candy canes and place them in a food processor. Pulse on/off several times for 5-10 seconds each, until the canes have been crushed into small pieces. Alternately, place the candy canes in a large Ziploc bag and seal tightly. Use a rolling pin to roll/smash the candy canes until they are the size you desire.
2. Prepare a cookie sheet by covering it with smooth aluminum foil.
3. Melt or temper the dark chocolate. Pour the chocolate onto the prepared cookie sheet and use an offset spatula or knife to spread it to an even thickness, a little more than 1/8" thick. The chocolate does not have to reach all sides of the sheet, as it will be broken up later anyhow. Place the tray in the refrigerator to firm up while you prepare the white chocolate.
4. While the dark chocolate hardens, melt or temper the white chocolate. Stir in most of the candy cane bits, reserving about a quarter of the mixture to put on top.
5. Remove the tray from the refrigerator and spread the white chocolate in an even layer over the dark chocolate.
6. While the white chocolate is still wet, sprinkle the remaining candy cane pieces over the entire surface evenly. Press down very slightly to ensure they stick. Place the tray back in the refrigerator to firm up for 30 minutes.
7. Once the peppermint bark is completely set, break into small, uneven pieces by hand.



## A Special Resident - A Special Christmas Dinner



**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.**

# RIVERDALE



## Library



## 65th Anniversary



Gingerbread House making classes at the Riverdale Library on Saturday, December 1. Leading the class was Melissa Harsley (photo top left). Also helping with the class is the Children's Librarian, Laura Cohen.

Marie & John Cucci celebrated their 65th anniversary at a family dinner with their daughter & son-in-law, Pat & Gary Stanton. Originally from Passaic, Marie & John lived in Pompton Plains for 40 years before moving to Riverdale. The happy couple was married on November 16, 1947.

# DAILY NEWS

## Antique & Appraisal Show

## Christmas Trees



## Christmas Tree Trivia

- ◆ Christmas trees have been sold commercially in the United States since about 1850.
- ◆ The tallest living Christmas tree is believed to be the 122-foot, 91-year-old Douglas fir in the town of Woodinville, Washington.
- ◆ The Rockefeller Center Christmas tree tradition began in 1933.
- ◆ Franklin Pierce, the 14<sup>th</sup> president, brought the Christmas tree tradition to the White House.
- ◆ In 1923, President Calvin Coolidge started the National Christmas Tree Lighting Ceremony now held every year on the White House lawn.
- ◆ In 1912, the first community Christmas tree in the United States was erected in New York City.
- ◆ Christmas trees generally take 6-8 years to mature.
- ◆ Christmas trees are grown in all 50 states including Hawaii and Alaska.
- ◆ More than 1,000,000 acres of land have been planted with Christmas trees.
- ◆ 77 million Christmas trees are planted each year.
- ◆ In the first week, a tree in your home will consume as much as a quart of water per day.
- ◆ 34 to 36 million Christmas trees are produced each year and 95 percent are shipped or sold directly from Christmas tree farms.
- ◆ California, Oregon, Michigan, Washington, Wisconsin, Pennsylvania, and North Carolina are the top Christmas tree producing states.
- ◆ The best selling trees are Scotch Pine, Douglas Fir, Fraser Fir, Balsam Fir, and White Pine.

## Poinsettia Legend

A favorite Christmas flower in the United States is the poinsettia, with its beautiful, red, star-shape. It is called the "Flame Leaf" in Central America or "Flower of the Holy Night" and was brought here over a hundred years ago by Dr. Joel Poinsett, our first ambassador to Mexico. Most of the poinsettias used now come from California.



The legend of the poinsettia comes from Mexico. It tells of a girl named Maria and her little brother Pablo. They were very poor but always looked forward to the Christmas festival. Each year a large manger scene was set up in the village church, and the days before Christmas were filled with parades and parties. The two children loved Christmas but were always saddened because they had no money to buy presents. They especially wished that they could give something to the church for the Baby Jesus. But they had nothing.

One Christmas Eve, Maria and Pablo set out for church to attend the service. On their way they picked some weeds growing along the roadside and decided to take them as their gift to the Baby Jesus in the manger scene. Of course other children teased them when they arrived with their gift, but they said nothing for they knew they had given what they could. Maria and Pablo began placing the green plants around the manger and miraculously, the green top leaves turned into bright red petals, and soon the manger was surrounded by beautiful star-like flowers and so we see them today.

## Christmas Stockings

There was a kindly nobleman whose wife had died of an illness leaving the nobleman and his three daughters in despair. After losing all his money in useless and bad inventions the family had to move into a peasant's cottage, where the daughters did their own cooking, sewing and cleaning.



When it came time for the daughters to marry, the father became even more depressed as his daughters could not marry without dowries, money and property given to the new husband's family.

One night after the daughters had washed out their clothing they hung their stockings over the fireplace to dry. That night Saint Nicholas, knowing the despair of the father, stopped by the nobleman's house. Looking in the window Saint Nicholas saw that the family had gone to bed. He also noticed the daughters stockings. Inspiration struck Saint Nicholas and he took three small bags of gold from his pouch and threw them one by one down the chimney and they landed in the stockings.

The next morning when the daughters awoke they found their

stockings contained enough gold for them to get married. The nobleman was able to see his three daughters marry and he lived a long and happy life. This is where we received the tradition of hanging Christmas stockings for kids.

Children all over the world continue the tradition of hanging Christmas stockings. In some countries children have similar customs, in France the children place their shoes by the fireplace, a tradition dating back to when children wore wooden peasant shoes.

In Holland the children fill their shoes with hay and a carrot for the horse of Sintirklass. In Hungary children shine their shoes before putting them near the door or a window sill.

Italian children leave their shoes out the night before Epiphany, January 5, for La Befana the good witch. And in Puerto Rico children put greens and flowers in small boxes and place them under their beds for the camels of the Three Kings.

The first mention Christmas stockings being hung from or near a chimney were made only earlier this century by the illustrator, Thomas Nast, through his pictures and the writer, Clement Moore, in a story about a "Visit from St. Nick". The story quickly caught on.

# Winter Holiday Safety

Winter holidays are a time for families and friends to get together. But that also means a greater risk for fire. Following a few simple tips will ensure a happy and fire-safe holiday season.

## HOLIDAY DECORATING

- »» Be careful with holiday decorations. Choose decorations that are flame resistant or flame retardant.
- »» Keep lit candles away from decorations and other things that can burn.
- »» Some lights are only for indoor or outdoor use, but not both.
- »» Replace any string of lights with worn or broken cords or loose bulb connections. Connect no more than three strands of mini light sets and a maximum of 50 bulbs for screw-in bulbs. Read manufacturer's instructions for number of LED strands to connect.
- »» Use clips, not nails, to hang lights so the cords do not get damaged.
- »» Keep decorations away from windows and doors.

## HOLIDAY ENTERTAINING

- »» Test your smoke alarms and tell guests about your home fire escape plan.
- »» Keep children and pets away from lit candles.
- »» Keep matches and lighters up high in a locked cabinet.
- »» Stay in the kitchen when cooking on the stovetop.
- »» Ask smokers to smoke outside. Remind smokers to keep their smoking materials with them so young children do not touch them.
- »» Provide large, deep ashtrays for smokers. Wet cigarette butts with water before discarding.



## Before Heading Out or to Bed

**Blow out** lit candles when you leave the room or go to bed. **Turn off** all light strings and decorations before leaving home or going to bed.

## FACTS

- ❗ **Holiday decoration fires** are most likely to happen in the living room, family room or den.
- ❗ **Almost half** of all home decoration fires are started by candles.
- ❗ **Half** of holiday decoration fires happen because decorations are placed too close to a heat source.



Your Source for SAFETY Information

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

[www.nfpa.org/education](http://www.nfpa.org/education)

# Superintendent Betty Ann Wyks



## Riverdale Sets Kindergarten Registration

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

To be eligible to attend school in September, a child must be **five** years of age **on or before October 1, 2013**. **Parents must present an original birth certificate and medical records** indicating the child has received four DPT Inoculations (the fourth inoculation must be given after the fourth birthday, five or more doses meet the requirement); four doses of polio vaccine, two doses of the mumps and rubella vaccine, varicella vaccine, and three doses Hepatitis B vaccine series.

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

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

If your child already attends our preschool program, or you have other children attending our school, you will still need to complete the registration and residency process.

**A Kindergarten Tea will take place in late May/early June for parents and their youngster to attend, in order to become familiarized with our program.**

Our kindergarten program is presently a full day program, which operates according to the school calendar. Information regarding our kindergarten screening and orientation programs will be available at registration. If you do not have a child of kindergarten age, but know of someone who does, please inform him or her of our registration information. We look forward to welcoming our newest students to our school!

## PRESCHOOL OPEN HOUSE

A Preschool Open House is scheduled for Wed., Jan. 23 at 7 pm. The tuition based program anticipates having limited openings for 3 and 4 year olds for the 2013-2014 school year. Please join us to find out more about the program and our curriculum. Registration procedures and information regarding the "lottery" for available openings will be posted shortly on the district's website. [www.rpsnj.org](http://www.rpsnj.org)

## SCHOOL CLOSING INFORMATION

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

## CHANGE IN SCHOOL CALENDAR

Due to super storm Sandy, the Board of Education approved a revised school calendar, to restore the emergency days lost to the storm. As a result the last student day is presently June 26<sup>th</sup>. Marking period timelines have been shifted slightly as well. A copy of the approved calendar can be found on the district website [www.rpsnj.org](http://www.rpsnj.org). Report cards for the first marking period will be distributed on Dec. 6<sup>th</sup>.

## STUDENT COUNCIL MEMBERS ELECTED

Congratulations to newly elected student council members for the 2012-13 school year. Faculty advisors to the council are Ms. Conn and Mrs. Arcidiacono.

**Secretary-** Natalie Jablonski

**Treasurer -** Brandon Miller

**Historian -** Amanda Edwards

**Vice President -** Kristian Neuschwanter

**President -** Kevin Jablonski

## National Junior Honor Society Members Inducted

Congratulations to the latest inductees into the James F. Dodd Chapter of the National Junior Honor Society : Tommy Dougherty, Amanda Gosson, Emily Clinton, Sean Bastian, Amanda Ekkers, Christine Holl, Brandon Miller, Michael Magyr. The students, who join returning members, demonstrate excellence in the areas of: leadership, service, character, citizenship and scholarship. We look forward to the group's work within our school and community, under the supervision of Ms. Shackil, their advisor.

## TEACHER EVALUATION MODEL CHOSEN

The district has identified the Danielson model for its teacher evaluation instrument, effective fall of 2013. District administrators are currently participating in training, via a shared service with Pompton Lakes. The research based model focuses on planning and preparation, the classroom environment, instruction and professional responsibilities. Student growth will also be factored into the teacher's final annual evaluation.

## BASKETBALL SEASON BEGINS

The Boys' and Girls' teams meet Bloomingdale in the season opener scheduled for Dec. 6<sup>th</sup>. Let's go Rams!!

## December events

**Dec. 6** – Special Education Parent Advisory Committee meeting 2:45 Library

**Dec. 18** – Winter Concert

**Dec. 19** - Annual report of district testing/school objectives – BOE meeting 7:30 pm

**Dec. 21** – one session day early dismissal

**Dec. 24- Jan. 1** – School is closed

## January Events

**Jan. 15** \_ Kindergarten Registration 'A-M' 9am-Noon

**Jan. 11** – Board of Ed. Meeting and celebration of student success

**Jan. 17-** K registration 'N-Z' 9am-noon

**Jan. 21** – School closed- teacher in-service

**Jan. 23** – Preschool Open House (snow date Feb. 4)

**Jan.24-29** - Midterms

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

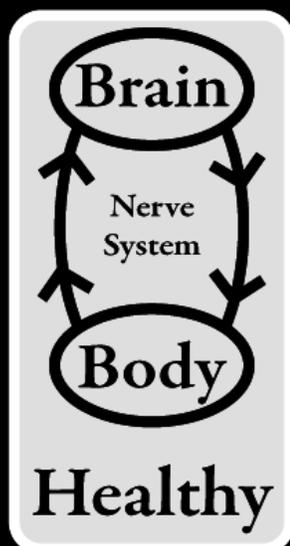
# Pain? Sickness? Disease?

migraine, arthritis, sinusitis, common headaches, asthma, high blood pressure, heart disease, tingling, numbness, carpal tunnel, digestive complaints, dizziness, GERD, allergies, colitis, ED, infertility, ear infections, and many more.

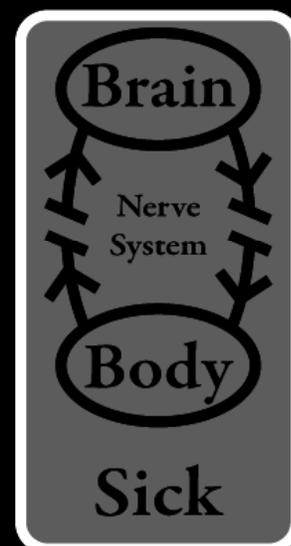
- There are hundreds of symptoms and conditions
- Most are the result of a malfunction in your body
- Medications often only mask symptoms.
- Medications often have dangerous "side effects."

## Simple Truth

True healing must come from within you



- Your brain runs your entire body.
- Your nerve system carries messages from your brain to your body, controlling every function and all healing.
- Your nerve system carries messages from your body back to your brain, monitoring every organ and function.
- A break in nerve communication in either direction can cause your body to malfunction resulting in dis-ease.



- Your spinal bones may misalign with each other just slightly, interfering with the flow of messages between your brain and your body.
- This is called a subluxation (sub-luck-say-shun).
- You typically cannot feel subluxations, yet they may result in malfunction, cellular mutation, sickness, disease, and pain.
- Gently re-aligning spinal bones can relieve nerve interference, allowing your brain to run your body more effectively, often resulting in healing and greater health.

Is nerve interference the true root cause of your condition?

Find out. Call (973) 835-5773.



Dr. Gary Stewart, 43 Newark Pompton Tpke., Riverdale, NJ 07457  
Chiropractor - Healer - Releaser of Nerve Interference

# RIVERDALE Public Library

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

## HOURS

Monday	10-8	Thursday	10-8
Tuesday	10-5	Friday	10-5
Wednesday	10-8	Saturday	10-2

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

## INFANT & PRE-SCHOOL PROGRAMS

Summer programs will begin the week of June 25 and run through the week of August 6.

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

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

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

## CHILDREN'S PROGRAMS

**Drop In Craft** — Join us on Tues, July 10, 17, 24 & 31 and Tues, Aug. 7 from 2:00-3:00 pm Kids in grades K-5 can stop by anytime during the hour to do our craft of the week!

**Puppy Pals Reading Club** — Trained dogs listen as children in grades K-5 read a favorite book to them. Wed, July 11 and Aug. 8, (2<sup>nd</sup> Tues of each month) from 4:00-5:00 pm.

**Lego Lab** — Bring your building talents and we'll provide the Legos and a fun story. For kids entering grades K-5. Wed, July 18th 4:00 - 5:00 pm.

**Friday Matinee** — Bring the family on Fri, July 20, 1:30 - 3:00 p.m. to enjoy our Friday film *How to Train Your Dragon* [PG]. Popcorn and juice will be served.

**Breakfast Book Club** — On Sat, July 21, 10:15 - 11:30 am kids entering grades 2-5 and their parents can enjoy a potluck breakfast, do a fun craft, and talk about the book "The Lemonade War" by Jacqueline Davies.



**Stuffed Animal Sleepover** — Kids entering grades K-3 can bring their favorite stuffed animal on Wed, July 25, 4:00 - 5:00 pm for a pajama themed story hour featuring stories, singing, snacks and more!

**Collage Art** — Kids entering grades 2-5 can join local artist Yvonne Fascicles on Tues, July 31, 3:00 - 4:00 pm as she shares her techniques for creating unique collage art.

**Game Time** — Kids and their families can join us on Thurs, August 2, from 3:30 - 4:30 pm to enjoy a selection of fun board games and activities!

## TEEN PROGRAMS Grades 6 and up

**Art Workshop** — Make fun crafts on Wed, July 11, 4:00 - 5:00 pm to make your summer even better!

**Teen Book Discussion** — Join us Wed, July 18, 6:00-7:00 pm for pizza as we discuss *Airborn* by Kenneth Oppel.



**Blind Scavenger Hunt** — Learn to heighten your other four senses on Wednesday, July 25, 6:00 - 7:00 pm finding hidden surprises throughout the library.

**Teen Theater** — Thurs, July 19 and 26, 3:00-4:30 pm.

Plan a play based on a well-known children's book and then be a part of the debut performance!

**Teen Knitting Night** — Thurs, Aug. 9, 4:00-5:00 pm Hang out with friends and learn how to knit using fun and easy designs!

**Teen Advisory Board (TAB)** — Thurs, Aug. 9, 5:00-6:00 pm Teens have the chance to plan programs and choose materials for *your* library!

## ADULT PROGRAMS

**Ancestry.com** — Learn how to discovery your ancestry on Thurs, July 12, from 6:00-7:30 pm using the library edition of Ancestry.com.

**PowerPoint Computer Class** — Learn to create and show presentations that will engage and inform your audience on Wed, July 18, from 6:00 - 7:00 pm.

**Microsoft Word Computer Class** — Learn about the basics of Microsoft Word on Thurs, July 26, 6:00 - 7:00 pm.

**Family Tree Workshop** — Join us for an educational presentation and discussion on Mon, July 30, 6:30-7:30 pm where you'll learn how to research your ancestors and create a family tree.

**Social Networking Class** — Learn the basics of Facebook and Twitter on Wed, Aug. 8, 6:00-7:30 pm

**Personal Collage Workshop** — Enjoy this collage workshop for adults on Sat, Aug. 4, 11:00 - 12:30 pm. Space is limited so register early!



**JUNE HIGHLIGHTS!**

On June 7, local author Don E. Smith introduced us to the Van Winkle family of Hawthorne, the subjects of his newest book "The Goffle Road Murders of Passaic County."

**ADULT BOOK DISCUSSION GROUP**

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

*July 23 — Snow Flower and the Secret Fan*  
by Lisa See

**MONTHLY**

<p><b>Photography Club</b> — 4<sup>th</sup> Mon. of each month. July 23rd, 6:30-7:45 pm. All Photographers welcome! Learn! Share!</p>	<p><b>Gypsy Knitters</b> — Thursdays, 4:00-8:00 pm. For experienced knitters. Bring a project and join in!</p>
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**WHEN IT'S TIME TO BUY OR SELL ALWAYS REMEMBER  
YOUR RIVERDALE REAL ESTATE AGENT (Riverdale Resident)**



**TINA CALI**  
**AWARD WINNING AGENT**  
**Named 2013 Five Star Real Estate Agent**  
**NJAR Circle of Excellence**  
**Sales Award 2010 & 2011**  
**Consistent TOP PRODUCER!**  
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*Thank you for  
 your Trust &  
 Confidence in me!*

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**TIP OF THE DAY**  
 If you want to test baking powder for freshness, add a teaspoon to a glass of water. If it does not fizz the baking powder is too old and should be tossed.

Preparing for Winter... **Winter sore throat "tea"**- In a jar combine lemon slices, organic honey and sliced ginger. Close jar and put it in the fridge, it will form into a "jelly". To serve- spoon jelly into mug and pour boiling water over it. Store in fridge 2-3 months



**Riverdale Photography Club**  
 Meets on the 4th Monday each month at the  
 Library from 6:45 to 7:45 PM  
[www.RiverdalePhotoClub.weebly.com](http://www.RiverdalePhotoClub.weebly.com)



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



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



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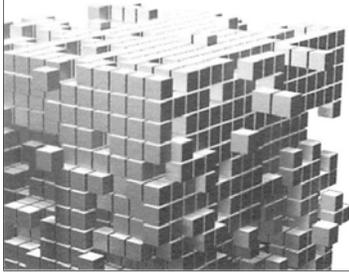
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## Kindergarten Classes Celebrate Thanksgiving



Riverdale Public School is a community filled with traditions. Each year in kindergarten, Ms. Shoblock and Ms. Fagan celebrate Thanksgiving by combining their classes for a feast.

In preparation, the kindergarten students first learned about the Pilgrims and the hardships that they endured upon the Mayflower. After reading many stories about the Pilgrims and Native Americans, the children gained a strong understanding of the importance of working together. This introduced the children to the subject of friendship and helping others.

The students learned that because the Native Americans were willing to share their knowledge about the new land, the Pilgrims were able to flourish. To show thanks, the Pilgrims invited the Native Americans to come and share in a feast. This led to the kindergarten feast, where the students shared what they were thankful for while enjoying the various dishes that each highlighted their own family traditions. In the picture, Melody is enjoying the feast.

## Grand Opening of the Shackil Store

Since the beginning of the year, Ms. Shackil's third grade class has been involved in a yearlong economic unit. The classroom is operated as a real community, where students are considered citizens of "Philville" (named after Ms. Shackil's dog).

Students are rewarded for good behavior, effort, and assuming jobs such as: banker, police officer, computer technician, and shop clerk. Students have an "online bank" where they manage their money. In addition, the students created their own laws for the benefit of the community. Each month students are paid 100 "Shackil Shekels" (the classroom's currency) and "owe" a "desk rental fee" of 75 Shekels.

When they have saved enough, students are able to "buy" their desks, for 300 Shekels. They may also "buy" other students' desks, becoming "landlords" and receiving the monthly rent as "income". This month Dylan and Adam (in the picture below) were the first to purchase their desks!

Once each marking period, the Shackil Store opens and students can use their money to "purchase" a variety of fun items and treats. The students had a blast shopping; though they admitted it was more difficult to spend their hard earned money than they had expected. Popular items included: erasable pens, snap bracelets, lunch with their teacher, and choose your own seat for the day.

These third graders are on their way to developing skills and strategies that promote personal and financial responsibility related to financial planning, savings, investment, and charitable giving in the global economy.



Refrigerate	Room Temp
APPLES	AVOCADOS
BEANS	APRICOTS
BERRIES	BANANAS
BROCCOLI	CITRUS
CARROTS	GARLIC
CELERY	KIWI
CHERRIES	MELONS
EGGPLANT	ONIONS
GRAPES	PEARS
JALAPENOS	PEACHES
LEAFY GREENS	PINEAPPLE
ZUCCHINI	POTATOES



If you break your blender jar you can replace it with a mason jar.



**CUT OPEN TOILET PAPER ROLLS AND USE AS A CUFF TO SAVE YOUR WRAPPING PAPER AND KEEP IT FROM UNROLLING**



# 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

**MYRRH** The aromatic resin of Myrrh was of value over 2,000 years before Christ. God, Frankincense, and Myrrh were the gifts of the Wise Men given to the Child Jesus, at the dawn of the Christian era.

Myrrh has the characteristic of stimulating the body to discharge mucus which makes it useful in many chest afflictions, such as colds, asthma and tuberculosis. Myrrh is effective as an antibiotic and disinfectant in that it causes the body to increase white blood corpuscles up to four fold their regular number. The tincture or powder has often been applied to the umbilical cord after birth to promote healing.

Myrrh acts as a stimulant when taken as an infusion increasing the flow of blood to the capillaries.

- ◆ Myrrh acts as a natural antiseptic is good for bathing open sores.
- ◆ Myrrh is a stimulant and where necessary, promotes menstruation.
- ◆ Where low blood sugar is a problem, Myrrh can be used in place of Golden Seal.
- ◆ Taken internally, Myrrh cleans the colon and brings order to the digestive system.
- ◆ Myrrh used as a gargle, removes bad breath, has been called the herbal breath freshener and can be used as a topical application for mouth and gum sores, denture-irritated gums, canker sores and pyorrhea.
- ◆ Myrrh can be used as an ear oil, as anti-fungal immune stimulant for thrush or Candida yeast infections or as a specific oil for repelling fleas and harmful "kissing bugs."
- ◆ Chronic sinus problems have improved with the use of Myrrh.
- ◆ Myrrh has antiseptic properties and has been used with Golden Seal to make a healing antiseptic salve. Myrrh is useful for the treatment of the hemorrhoids, bedsores and wounds.
- ◆ Myrrh prevents blood absorption of toxins.

*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).*



Instead of gingerbread houses: Turn ice cream cones into Christmas trees & decorate 1 cup Countrytime Lemonade mix, 2 cups cold water, 1 can of chilled pineapple juice {46 oz}, 2 cans chilled Sprite = best lemonade stand in the neighborhood.



Great idea for guest bathroom - use a wine rack to hold towels.



Food stand to organize items that clutter the bathroom countertop

To keep bugs out of flour, pasta, rice, pancake mix and other wheat products, put 2 to 3 bay leaves in the containers.

Take Your Bananas Apart When You Get Home! If You Leave Them Connected At The Stem, They Ripen Faster!



You can flip a toaster on its side and grill cheese in it.

Take clean lids from to-go drinks and use them as "coasters" in your cupboards for sticky things, like honey, oil, anything that's likely to run down the sides of the jars. Much easier to pitch a lid than scrub a shelf.

Save coffee bags to dispose of grease or cooked meat drippings. I have always been told not to put grease down the sink or in the disposal. The coffee bags are constructed perfectly for this. Grease never comes out. Just put it in, fold it over, and dispose in your trash

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