

February 2011

Riverdale News & Events

Vol. 6 No. 5 *A Monthly published by the Riverdale Mayor and Council*

www.RiverdaleNJ.gov

Happy St. Valentine's Day



SNOW SNOW SNOW



The Glenburn Estate during the January 7 snowstorm



Mountains of Snow piled up in the parking lot of Riverdale Crossing

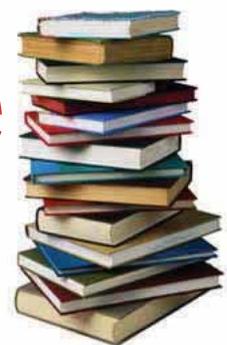


Appelt Park snow covered.



Pequannock Valley Rotary President Paul Darmofalski presents Councilwoman Elaine Wetzel a check for \$500 to be used for the Riverdale Food Pantry.

Book Sale



The Friends of the Riverdale Library are announcing their 9th Annual Book Sale on the weekend of March 25, 26, 27.

Books in good condition may be dropped off at the Library during normal business hours. No magazines, smelly, damaged, moldy or torn books can be used for the sale. Anyone wishing to volunteer for the sale, to help sort books or for additional information may contact the Library at 973-835-5044

Announcements



Happy 12th Birthday, **Joseph Soto**, on February 17. Lots of love, Mom, Dad, Tyler, Ryan and Matthew.

Happy 1st Birthday to our **MacKenzie Karen O'Connell** on January 29. We love you! Love Mommy, Daddy and Big Sister Morgan.



Happy 17th Birthday on Jan. 11, Danny. Have fun & safe driving. Love, Mom, Dad & Jimmy

Happy 32nd Birthday, **Adam Budesheim**, on February 5. Love, Tori, Caroline, Elizabeth & the family.

Wishing a Very Happy 5th Birthday to **James & Julia Regeling** on February 28!! We

love you both so very much!! Love, Mommy and Daddy.



Also love from Christine, Jimmy, Morgan & MacKenzie xoxo.

Happy Birthday to Brothers, **Steven Brown**, on February 28 celebrates his 18th Birthday and a Happy 4th Birthday to **Cody Sylvestri** on Jan. 23. We love you both, Mom, Mike & Gram.



Happy 29th Birthday, **Gregory Budesheim**, on Feb. 27. Love, Lisa, Jack, Emma & the family.

Happy Police Birthdays to **Ptl. Chuck Quant** (3rd), **Sgt. Glenn Danzo** (10th), **Chief Tom Soules** (19th).

Riverdale Senior Citizens are Special

The first meeting of the year was held on January 3, with 64 members present. **President Irene Moehring** would like Seniors in town to know that they are welcome to join our Senior Club. We meet the first and third Monday of the month and would welcome seeing some new faces. We are a great group. **Treasurer Laura LaRosa** has started accepting dues for the year. **Vice President Loretta Lippens** gave her report, read a great little story, *The Garbage Truck*, and then led a Happy Birthday song for the January birthday celebrants. We will be having a St. Patrick's Day luncheon in March and a Mystery Auction on February 21. at the close of the meeting refreshments were served.

The second meeting of the month was held on January 17. President Irene Moehring conducted the

meeting. **Chaplain Grace Chiesa** read *Healing Power*. The officers' reports were given. In honor of the club's **38th Anniversary**, a special little tribute was conducted by Chaplain Grace Chiesa. The club was formed on January 8, 1973.



Grace read *An Anniversary Remembrance* and *We Remember*, both written by member **Elaine Peacock**. Grace read the names of all the past presidents, followed by reading the names of all deceased members. * A Mystery Auction will be held on February 21. Members were reminded to

bring in New or Good as new items for the auction. **Don Rodda** will be the auctioneer. * A Corned Beef and Cabbage Dinner will be held for members at the Regency House on March 7. * Gold Star member **Ruth Lambert**, who resides at Care One, celebrated her 90th Birthday on January 13. Several of our member enjoyed a limousine ride to Care One to surprise Ruth and help her to party. The limo ride was "gratis" by Ruth's son. Of course a birthday cake was included. What a nice surprise. Ruth was so happy. * Speakers for the meeting were from Optimum Balance, and they demonstrated on some of our members. * Following the meeting, members enjoyed a beautiful 38th Anniversary cake, coffee and tea, plus donuts from the speakers.

Presented by Marion Davis.

Riverdale School: *From the Desk of Dr. Betty Ann Wyks, Superintendent*

Middle School Students Compete Academically. Each year, middle school students throughout the U.S. participate in a geography bee sponsored by the National Geographic Society. There are seven preliminary rounds in the bee. The student accumulating the greatest number of points advances to the final round. Riverdale School's finalists were sixth graders **Daniel Brandt** and **Michael Guinta**, and eighth graders **Tyler Soto** and **Claudia Jablonski**. Michael Guinta was the first place runner up while **Daniel Brandt was named Riverdale School Geography Bee Champion for 2011!**



Spelling Bee. Eighth grader **Caroline King** edged out seventh grader **DJ Shuck**, emerging as the winner of the annual Spelling Bee. Other finalists included: 6th Grade: **Thomas Morales, Joseph Fiduccia, Ayla Markowski, Danielle Shafer**; 7th Grade: **Daniel Brandt, Cruise Turner, Claire Morales**; 8th Grade: **Tyler Soto, Lorian Gish**.

Attention parents of special education students. You are invited to attend the quarterly special education parents advisory group meeting scheduled for Wednesday, February 9 at 2:45 PM in the school library. If you plan on attending, please RSVP to ksullivan@rpsnj.org.

Preschool Program for 2011-2012. Riverdale School is proud to announce that it will be accepting pre-enrollment for its 3 year old class for 2011-2012. The program meets daily from 8:15-11:10 when school is in session. To be eligible, children must be three years of age by October 1 and potty trained. Parents assume responsibility for their child's transportation to and from school. A modest tuition of \$2,750 per year is charged.

An open house interested parents has been scheduled for February 3 at 7 PM. Only five openings are available for the program, so a drawing will take place at the public Board of Ed meeting on February 23, from those who have completed the pre-enrollment process. For further information, please call Mrs. Palek at 973-839-1300 x7.

Kindergarten Round-up. If your child will be 5 years of age as of October 1, 2011, he or she is eligible for enrollment in Riverdale School's Full Day Kindergarten Program. If you wish to enroll your eligible youngster, but have not done so to date, please contact Mrs. Kammen at the school office, 973-839-1300 x100, to arrange for an appointment. The main office is open 8 AM to 4 PM daily. Call Mrs. Palek, ext. 7, if you need to schedule at another time. You will need to provide four (4) proofs of residency, present the child's birth certificate and provide immunization history for enrollment.

Shared Services. The accompanying photograph shows the Riverdale DPW plowing the school parking lots during one of our recent snowstorms. We are grateful to the Borough for their continued assistance in keeping our school accessible.



Board of Education News. During the upcoming school board election, Riverdale residents will be asked to select two individuals to fill three year terms on the Board. The seats will become available due to expired terms.

Interested candidates must file a nominating petition with the local school board in order to get on the ballot. The deadline to submit the nominating petition is 4 PM on Tuesday, March 8. The election is scheduled for Wednesday, April 27.

Prospective school board candidates can obtain a "School Board Candidate Kit" at the Board of Education Offices located in the Riverdale School, 52 Newark Pompton Turnpike.



Upcoming Dates

- February 3 - Preschool Parent Open House 7:00 PM.
- Feb. 7-22 - Pre-enrollment applications accepted for 2011-2012 preschool program for 3 year olds.

- Feb. 8 - Report Cards distributed
- Feb. 9 - Board of Ed Workshop session.
- Feb. 18, 21, 22 - School Closed Winter Break.
- Feb. 21 - In-service day for staff.
- Feb. 23 - Board of Education Public Business Meeting, Lottery for Available Preschool seats.

Please visit the District Website: www.rpsnj.org for further information on our school programs, initiatives and information.

Swing Made in Italy: The Story of Alberto Rabagliati submitted by Carolyn Masone

“The music of Alberto Rabagliati helped Italians dream at a very difficult time,” stated Professor Stefano Albertini, Director of NYU’s Casa Italiana Zerrilli-Marimo, at a recent event. Born in Milan in 1906, Rabagliati’s early career opportunity was tied to the death of Rudolph Valentino. Valentino’s untimely passing in 1926 created what has been described as mass hysteria in his female fans. Hollywood wanted to capitalize on Valentino’s immense success and sponsored a worldwide lookalike contest with the promise of roles in Hollywood films for the winter.

Rabagliati won the contest over 2 million other men and found himself on a ship crossing the Atlantic. Upon reaching Hollywood, it seemed



his benefactors had forgotten their promises of film roles and his acting career stalled before it began. However, he learned to enjoy the many gifts of America (including women) and danced to the ubiquitous swing and jazz music emanating from radios and nightclubs.

When the money ran out Rabagliati returned to Italy, where he launched his singing career. In 1934 he joined the Cuban band, *Lecuona Cuban Boys*, then touring Italy. In 1939 he auditioned for the state-controlled Italian radio station, EIAR, and became the vocalist for its orchestra. His voice was an instant success and soon had his own show, *Canta Rabagliati* (Rabagliati Sings), was causing a sensation. His hits included *Maria La O*, *Ma l'Amore No*, *Mattinata Fiorentina*, *Ba-Ba-Baciarmi Piccina*, *Silenzioso Slow* and *Bambina Innamorata*.

All of this is even more amazing when we remember that at the time, Mussolini had banned all foreign influences from Italy, including music. Swing and jazz were distinctly American art forms. However, Rabagliati’s popularity was so overreaching that he was allowed to flout the ban and Il Duce even used one of his recordings as a campaign anthem.

His signature style was Swing Made in Italy and he based it on the American swing and jazz singers that he heard during his time abroad. Rabagliati toured Italy with a 100 piece orchestra in 1941 and started a trend of rhythmic symphony concerts. Crowned the



King of Swing, Rabagliati’s joyous music was a desperately needed counterpoint to the devastation and uncertainty of the war going on all around him.

With this much popularity, the Italian film industry wasn’t far behind. Beginning in 1940, his appeal translated easily to the screen and his film career spanned over 25 years. One of his most iconic roles was 1943’s *La Vita E’ Bella* with Anna Magnani. He played a young count who considers suicide when he loses his fortune. His friend, a doctor, convinces him to submit to a serum injection that will kill him in 10 days, but could save many lives. The doctor tells him, “You’ve wasted your life, don’t waste your death, too.” In the ensuing 10 days, the now destitute count becomes a farmer and falls in love. He returns to the doctor insisting that he is no longer seeking death and wants to live. The doctor assures him that the serum he administered was harmless, and that he “only wanted to give an injection of life. Life is beautiful; go live it!”

This story touched the deep suffering of many Italians of the time. It offered a way to move through the starvation, torture and death that was everywhere. It prompted the newspaper, *Corriere Della Sera*, to observe that Rabagliati “reminded Italians how beautiful life was in a time of war.”

And anyone who can do that deserves to be remembered.

Visit Carolyn Masone’s website for a photographic tour of Italy at www.EssenceofItaly.net



Food Pantry: Always in Need!

The Pantry’s ongoing needs are basic food items, such as: Canned Vegetables, Fruits, Sauces, Soups, Boxed Potatoes, Rice, Cereals and Pancake Mix. Children’s items: Mac ‘n Cheese, Peanut Butter and Jelly, and Cookies. Paper, Cleaning Products and Laundry and

Dish Detergents are always needed. Anyone interested in volunteering please call the Municipal Building.

To request confidential Pantry assistance, call Linda Roetman at the Municipal Building (973) 835-4060).



I would love to help you and your children enjoy excellent, good health. To do that, I'm inviting you to come in and find out what chiropractic can do for you!

Your exam, including computerized thermal and EMG scans and x-rays, when necessary, will cost you only \$20.11.

Twenty eleven for 2011.

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Initial exam and x-rays could normally cost you from \$75 to \$525

Did You Know?

- Richard Cadbury produced the first box of chocolates for Valentine's Day in the late 1800's.
- Over \$1 billion worth of chocolate is purchased for Valentine's Day in the U.S.
- 73% of people who buy flowers for Valentine's Day are men, while only 27 percent are women. 15% of U.S. women send themselves flowers on Valentine's Day.
- Women purchase approximately 85 percent of all Valentines.
- About 3% of pet owners will give Valentine's Day gifts to their pets.
- Every Valentine's Day, the Italian city of Verona, where Shakespeare's lovers Romeo and Juliet lived, receives about 1,000 letters addressed to Juliet.
- Over 50 million roses are given on Valentine's Day.

Overnight Parking Rules in Effect December 1st

No Parking from December 1 thru March 31 Midnight to 6:00 AM



Code 160-26A: Whenever snow has fallen and the accumulation is such that it covers the street or highway, no vehicle shall be parked on either side of any of the streets or highways in the Borough. This prohibition shall not apply to state and county roads.

160-26B: The above parking prohibitions shall remain in effect after the snow has ceased until the streets have been plowed sufficiently and to the extent that parking will not interfere with the normal flow of traffic.

Sidewalk Snow Removal Code 147-22: The owners and occupants of premises abutting and bordering upon any street, avenue or highway in this Borough shall remove all ice and snow from the sidewalks of any such street, avenue or highway abutting or bordering their premises within 24 hours after the same shall have fallen or be formed thereon.

Code 147-29: No person shall throw, place or deposit any snow, ice or yard waste into or upon any street, sidewalk or municipal right of way in the Borough, it being the intent and purpose of this provision to prohibit all persons from throwing, casting, placing or depositing snow, ice or yard waste, which accumulated within the private property belonging to such person, upon the streets, sidewalks or municipal rights-of-way of the Borough.



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

Registration is required for all programs. Call 973-835-5044 or e-mail riverdalelibrarykids@nac.net

INFANT & PRE-SCHOOL PROGRAMS

Winter infant and pre-school programs begin Jan 10 and run through the week of Mar 14. **Please note that there will be no Baby Time or Totally Twos on Mon, Feb 21.**

Baby Time — For infants up to 2 years old with a caregiver. On Mondays, 11:00–11:30 am.

Totally Twos — For two-year-olds with a caregiver. On Mondays, 10:15–10:45 am.

Story Time — For ages 3 through 5
Wednesdays, 10:15–11:00 am or 1:30–2:15 pm.

CHILDREN'S PROGRAMS

Stuffed Animal Sleepover — On Tues, Feb 1 from 6:00–7:00 pm kids ages 3 and up can wear their pajamas, bring a stuffed animal, and enjoy slumber party activities. Kids will leave their toys overnight and find out what adventures their stuffed friends were up to when they pick them up the next day after 10 am.

Puppy Pals Reading Club — Trained dogs will be on hand to listen to children in grades K–5 read. Feb 8 (2nd Tues 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. Feb 22 (4th Tues each month) from 4:00–5:00 pm.

TEEN PROGRAMS Grades 6 and up

Teen Advisory Board (TAB) — Thurs, Feb 3 from 5:00–6:00 pm hang out with friends and tell Ms. Rosie how you want your library to be.

Teen Chocolate Tasting — Join us on Tues, Feb 8 from 5:30–6:15 pm for a fun filled chocolate tasting at the library!

Teen Book Discussion Group — Join us Tues, Feb 15 from 6:00–7:00 pm for pizza as we discuss *The Disreputable History of Frankie Landau-Banks* by E. Lockhart.

Teens, check out our new Book Review Blog at <http://riverdaleteenreads.blogspot.com/> and add your own review to enter a monthly drawing for a free book!

CALLING ALL VOLUNTEERS!

People of all ages are needed to help out at the annual **Friends of the Riverdale Library Book Sale**. Fri, Mar 25, 4–8 pm; Sat, Mar 26, 10 am–4 pm; Sun, Mar 27, 12–3 pm

HOURS

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

ADULT BOOK DISCUSSION GROUP

Join us for a discussion 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!

February 28— *Perfection* by Julie Metz

FRIDAY MOVIE MATINEES

Join us for a movie on a big screen, coffee and donuts.

Movies start at 2:30 pm

Valentine's Movie Picks

Valentine's Day - Fri, Feb 11

Pride and Prejudice - Fri, Feb 25



STARTING YOUR OWN BUSINESS

A SCORE volunteer will be here to present this interactive workshop on Thurs, Feb 10, from 6:00–8:00 pm.

HEART HEALTH

Rachel Lender, health official and speaker, will talk about a healthy heart for American Heart Month on Tues, Feb 22, from 6:30–7:30 pm.



TEN TIPS FOR INDIVIDUAL TAX RETURNS

Michael Bertha, Certified Public Accountant, presents this helpful program on Thurs, Feb 24, from 6:30–7:30 pm.

SPEND LESS TIME CLEANING & MORE TIME READING!

Linda Anders will present this special program on Sat, Mar 5, from 11:00 am–12:30 pm.

FREE COMPUTER CLASSES @ THE LIBRARY

Computer classes are back at the library. Our classes are small for maximum attention, and they are filling up quickly! Call 973-835-5044 for more information and to register today! All classes run for one and a half hours.

Microsoft Word I– Wed, Feb 2, 11:00 am.

Introduction to the Internet– Thurs, Feb 3, 3:00 pm.

Email Basics– Tues, Feb 8, 3:00 pm.

Microsoft Word II– Tues, Feb 22, 11:00 am.

Introduction to the Computer– Wed, Feb 23, 3:00 pm.

Power Point– Sat, Feb 26, 11:00 am.

Microsoft Word II– Mon, Feb 28, 11:00 am.

Facebook– Tues, Mar 1, 3:00 pm.

Twitter– Tues, Mar 8, 3:00 pm.



LIBRARY SURVEY

When it comes to the Riverdale Library, are you satisfied? Thoroughly impressed? We'd love to hear your thoughts. Stop by the library or our website to fill out a survey!

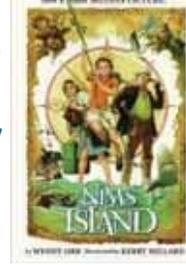
www.riverdalelibrary.org

MONTHLY

Photography Club—Mon, Feb 28, 7:00–8:00 pm.
All Photographers welcome! Learn! Share!

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

NIM'S ISLAND comes to the Library



Children enjoyed creating their own crayon and water color island after discussing *Nim's Island* by Wendy Orr at January's Breakfast Book Club.



After watching the movie version of *Nim's Island*, children excitedly made their own bubbling volcanoes.



Pictures of the Winners will be in the March Newsletter.
Good luck to all!



SNOWMAN CONTEST

Build the Tallest/Biggest Snowman
or
the Most Creative Snow Sculpture

One Prize for each category,
a Gift Card for Clearview Cinemas
With all of the snow that has fallen already, let's put it to good use by building the biggest snowman or the most creative snow sculpture in Riverdale.

Contest ends on February 28, 2011.

Call the Municipal Building when you are done at 973-835-4060 or email Mayor@RiverdaleNJ.gov

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

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\$424,900**



The Grande: \$284,900
2 Bedrooms, 2 Baths



The Grande: \$265,000
1 Bedroom w/Den



The Grande: \$327,900
2 Bedrooms, 2 Baths



Wanaque Reserve 55+
2 Bedrooms, 2 Baths 1758 s.f.
Short Sale - \$284,900



Wanaque
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Bi-Level - \$349,900



Wayne
4 Bedrooms, 3.1 Baths custom
w/in-law suite \$674,900



Clifton
3 Bedrooms, 2 Baths Split
Listed & Sold in 2 Days!



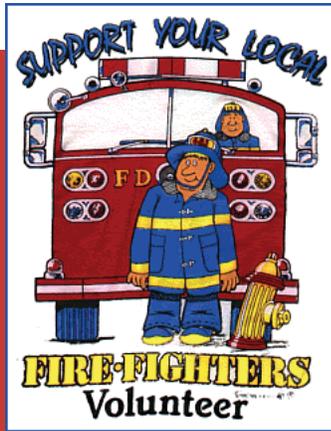
Arrow of Light Webelos Bridging Ceremony



Pictured L-R: Back Row **Ryan Thomson, Leo Sylvestri, David Neil, Charlie Dube**
Front Row: **Trevor Bell, David Mateo, Tommy Dougherty**

Seven boys from the Riverdale School 5th Grade will be bridging over from Webelos to Boy Scouts on February 20. They are part of Pompton Lakes/Riverdale Troop 38. The Blue & Gold ceremony will be held at the Elks Lodge in Pompton Lakes. These boys have worked hard on their trail to earn the highest award in Cub Scouting, *The Arrow of Light*. Congratulations to them all! A special thanks to their leaders, Mary Sanborn & Tina Bell, who worked with them for the past five years.

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.



The Riverdale Fire Department is looking to boost its roster with residents or workers in town who can respond to fires and other emergencies. Finding and holding on to new members, especially during the day,

has long been a problem for volunteer fire departments.

Riverdale Fire Department has a Junior Fire Department and is currently looking for young adults between the ages of 16 and 18 to join. Chief Dan Sturm was one of the town's first junior firefighters and the training and discipline has carried him through more than 30 years of fire fighting. Stop by the firehouse any Monday night at 7:00 PM or call 973-831-1584.

The Pompton Lakes-Riverdale First Aid Squad responds to almost 1200 calls per year. With over 30 active members, the squad

is available 24/7, 365 days per year. Most members are certified as EMT, which requires 120 hours of classroom and hands on training. Ongoing training is then required to maintain the certification. The remaining members are trained as Drivers, who primarily drive the ambulance and assist with patient care and retrieving equipment.

If you are interested in joining, all training will be provided free of charge. Feel free to come down to the building at 700 Ramapo Road in Pompton Lakes any weeknight between 7 and 10. Hope to see you soon!

PEARLE VISION
Clearly Different™



**EYEGLASSES
BUY ONE,
GET ONE**

Free eyeglasses or RX Sunglasses with complete pair purchase.

Buy a complete pair (frame and lenses) at tag price and receive a free complete pair of eye-glasses or RX sunglasses - same prescription, valued up to \$200. First pair must be of equal or greater value to free pair. Certain frames excluded including Maui Jim and Oakley. Cannot be combined or used in conjunction with any vision care or insurance benefits or plans, any store or other offer, discount or sale, previous purchases, readers or non-prescription sunglasses. Savings applied to lenses. Valid prescription required. Valid at participating locations. Void where prohibited. Some restrictions apply. See store for details. Offer expires 1/31/2011. R. Lovett NJ Lic# D3520 and E. Mutz NJ Lic# 3050

**SAVE 30%
EVERY DAY!**

Discount off tag prices. Valid on multiple pairs. Frame and lens purchase with valid prescription required. Certain frames excluded including Maui Jim and Oakley. Cannot be combined or used in conjunction with any vision care or insurance benefits or plans, any store or other offer, discount or sale, previous purchases, readers or non-prescription sunglasses. Savings applied to lenses. Valid at participating locations. Void where prohibited. Some restrictions apply. See store for details. Offer expires 1/31/2011. R. Lovett NJ Lic# D3520 and E. Mutz NJ Lic# 3050

PEARLE VISION

RIVERDALE

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RIVERDALE



**Welcome Home from
Afghanistan
LCpl Dylan Sylvestri**
We Love you and are so very
proud of you.
Love, Gram, Aunt Nicole, Steven
& Cody

Let's Say **Thanks**
In support of our troops



These photos were taken at the Riverdale School Veterans' Day ceremony honoring our Veterans. Unfortunately, the photos were temporarily "lost". The Veterans are related to some of the students in the school. It was a great event and we thought it is better to post the pictures late rather than never. **Thank you, Riverdale Vets!**



DAILY NEWS



Members of the Riverdale Recreation Committee is sworn in during the annual Reorganization of the Governing Body.



The Riverdale Library, a fun place to visit, a fun to work at. Library employees **Noa Bogatch & Lindal Vogel** enjoy a light moment during a busy day.

*The
Banner
Says it
All!*



Councilmen Take Oath of Office at Reorganization Meeting



Councilman Joseph Flakoski, Freeholder Gene Feyl, Councilman Garrett Astarita, Freeholder William Chegwidien.



The newly renovated Riverdale School Infirmary showcased by the school nurse.



Councilman Joseph Falkoski, Senator Joseph Pennachio, Councilman Garrett Astarita

Recreation and Community Center Events

Adult Night Out Bowling! Saturday, March 19, from 8:00 - 11:00 PM at Holiday Bowl in Oakland. Bowl 2 games, 1 regular and 1 crazy bowling. Food and Prizes. More details next month.

Riverdale Fencing. New 6 week session begins Tuesday, March 1 at 6:30 - 7:30 PM. Cost is \$8 per class. Recommended for Grades 3 - 8. Includes National Fencing Alliance-LLC Instruction & NFA fencing equipment. Students are introduced to Saver, Boys & Girls Learn-Fencing-Footwork, Drills & Bouting.

Tots Music Class. Every Friday at 11:00 AM in the lower level of Community Center. \$8 per class. No sign-up!

Zumba. Every Tuesday at Community Center at either 10 AM or 7:30 PM. \$5 per class or 10 classes for \$40 Instructor Mindy Gansley. Burn anywhere from 600 to 1000 calories in less than sixty minutes!

Biggest Loser Weight Loss Program meets every Monday & Wednesday nights. Monday 8:15 PM Coaching Session; Wednesday 8:30 PM Workout Session. Program active until April. Never too late to sign up.

Exercise Classes \$6/class. Bootcamp every Monday & Wednesday 7:45 PM. Gary Stone, Instructor.

Fitness Fused Pilates every Thursday at 6:00 PM. Karen Vizueta, Instructor.

Yoga every Thursday at 7:30 PM. Kathy DeJesus, Instructor.

Why We Say...

Bouched up (make a shamble of). Sir Thomas Bouch designed a bridge that was built at the Tay estuary at Dundee in Scotland. It was supposed to be the greatest structure built in Victorian England. The building of the Tay Rail Bridge culminated in him being knighted. It was nearly 2 miles long, consisting of 85 spans and at the time (1879) was the longest bridge in the world. One stormy night, only 19 months after the bridge was declared safe by the Board of Trade and opened to traffic, in the summer of 1878, the wind caused some of its spans to collapse. A train and 6 carriages and 75 souls were lost that night ranking it as the worst accident caused by structural failure in the history of England. Sir Thomas Bouch died only 10 months after the failure.

Crossing the Rubicon (point of no return). The actual Rubicon is a river in northern Italy that flows into the Adriatic Sea. The river is renowned because Julius Caesar prompted a three year civil war when he crossed this river in 49 B.C. to march against Pompey. Julius knew that "crossing the Rubicon" with his army would be considered an act of aggression. Once he crossed the river, there was no turning back.



Wisdom of our Fathers

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

"The powers delegated by the proposed Constitution to the federal government are few and defined. Those which are to remain in the State governments are numerous and indefinite."

James Madison [Father of the Constitution], The Federalist Papers

"Government is not reason; it is not eloquent; it is force. Like fire, it is a dangerous servant and a fearful master."

George Washington

"Remember democracy never lasts long. It soon wastes, exhausts, and murders itself. There never was a democracy yet that did not commit suicide."

John Adams, letter to John Taylor, April 15, 1814

A lady asked Dr. Benjamin Franklin, "Well, Doctor, what have we got a republic or a monarchy?" "A republic," replied the Doctor, "if you can keep it."

"The Constitution is not an instrument for the government to restrain the people, it is an instrument for the people to restrain the government - lest it come to dominate our lives and interests."

Patrick Henry

CERT Excited over the Upcoming Year



The Riverdale CERT (Citizens Emergency Response Team) members will meet on Thursday, February 17 at the Riverdale Pistol Range to plan their initiatives for 2011. The team will structure their recruitment program to increase participation by residents in several layers of involvement in emergency management.

At least 4 CERT Training Sessions will be scheduled throughout the year, as well as several events for Riverdale residents. The CERT initiatives will be focused on safety in and around the house, and will train residents to assist their family and neighbors in the event of an emergency. The CERT team also serves as an adjunct to the Fire Department, Police Department, the First Aid Squad and other trained emergency personnel to help manage emergency situation.

Riverdale residents are encouraged to attend the February 17 meeting to learn more about the CERT purpose and training requirements, and to offer suggestions on training and public events they would like to see offered in CERT programs.

For more information on the Riverdale CERT program, contact Mayor William Budesheim at mayor@riverdaleNJ.gov

MCURGENT Riverdale has joined with Morris County in developing a shared emergency information network that will be used by the county and the borough to quickly disseminate information to the public in the event of an emergency. The network is called MCURGENT, which will get the word out through Twitter and Facebook and Text Messaging on your cell phone. While Facebook requires an account, Twitter is a social network that provides free access. For those who prefer text messages, Twitter's new "Fast Follow" sends tweets directly to a phone without requiring a subscription. Check out the borough's website, www.RiverdaleNJ.gov and on Facebook at Riverdale NJ Government.

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

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



The collection containers are next to the Municipal Building.

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

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



Natural 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

FENUGREEK as one of the oldest known medicinal herbs, was used by Hypocrites. It's origin is believed to be in the Mediterranean, but has also been reported as having been used in Asia. Fenugreek is currently being used to treat diabetes in the Middle East. Experimental data indicates that extracts of Fenugreek seeds lower blood sugar levels, thus regulating insulin production. Fenugreek has been shown to soften and dissolve hardened masses of accumulated mucus. As a tea, it is a must for those who use, or have used, large quantities of milk, cheese and butter, as they cause large quantities of mucus waste to accumulate in the system that curtail the vital life-promoting processes, to include healthy lung action, free flowing blood circulation and proper lymphatic drainage. It is known to expel certain (accumulated uric acid) toxic waste by way of the lymphatic system. It loosens and expels mucus and phlegm accumulated in the bronchial tubes, soothes mucous membranes in the lungs and gastrointestinal tract and has also been used to treat lung infections.



Fenugreek :

- Its seeds are used internally for treating an inflamed gastrointestinal system.
- Due to its containing up to 30% mucilage, its poultices are used beneficially on abscesses, boils, wounds inflammations and other skin problems because of its drawing power.
- Has been used in place of cod liver oil in treating scrofula, rickets, anemia and other disabilities following infectious diseases.
- Is a strong stimulator of milk production in mothers and has been said to stimulate development of the breasts.
- Can be used as a gargle for sore throats. It also thins mucus.
- Contains lecithin which helps to dissolve cholesterol and fatty substances.
- As part of a fiber drink or tonic, Fenugreek seeds expel toxic waste and mucus through the elimination system.
- Some have used Fenugreek with lemon juice and honey to soothe and nourish the body and to reduce fevers.

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).



PEEPHOLE DRIVING. As snow and temperatures start to fall, it's "peephole driving" season in the USA. Many Americans have done it. Gone outside to an ice-covered vehicle on a cold winter's morning, chipped just enough ice off the windshield to see through and drive away. Peephole driving dramatically reduces a driver's field of vision, and it increases the likelihood that snow and ice can become dislodged and hit another vehicle or a pedestrian. On October 19 a new law took effect in NJ and amends various parts of NJSA 39:4-77.1 that requires drivers of ALL motor vehicles to make all reasonable efforts to remove accumulated snow and ice from exposed surfaces of motor vehicles prior to their operation.



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PLEASE, NO SNOW BACK INTO THE STREETS!



This causes double the work for the DPW, which means, double the cost to the taxpayers. This causes icing on the streets creating hazardous driving conditions. Also, it is in violation of a borough ordinance. The Police Department has been issuing summonses for this violation. Please cooperate. Thank you.

Riverdale News & Events

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Cal's Corner

By Cal Deal

My next job was as a newspaper boy for Trends. My route was along Newark-Pompton Turnpike, from Newberry Place to Hamburg Turnpike, and all of the streets on the west side, plus Hamburg Turnpike west to the railroad tracks. The paper would come out on Thursday and Sunday, and I would get up early to deliver them. It was quite a job, lugging 60 heavy Sunday papers all that way on wintry mornings. Sometimes my Dad would drive me around when the weather was really bad.

It was that job that got me into the news business, though. I remember one day when a shopping center in Pompton Plains burned down. It happened on a Saturday, and Trends had a big front-page story and headline the next day. I was quite proud that my little paper was first with the story, and I made sure I placed each and every one of those papers on the front stoop so the headline could be seen from a distance. I was getting the news bug.

One morning I went out to get my bundle of papers and the carrier boy newsletter was stuck on the top of it. I was shocked to see my name on the cover as "Carrier Boy of the Month." Later they made me "Carrier Boy of the Year" and put my picture on calendars that went all over North Jersey.

Cal Deal, TRENDS Carrier Boy of the Year! - 1964!

