Riverdale News & Events

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Happy New Year!

- **NO Overnight Parking beginning Dec. 1 - March 31 from Midnight to 6 AM**
- **NO parking when snowing or streets are snow covered.**
- **NO throwing snow or leaves into the streets.**
- **Snow must be removed from sidewalks within 24 hours after snowfall ends.**

Borough Offices will be CLOSED on Tuesday and Wednesday, January 20 & 21 for maintenance of municipal records.

RUPPERTS RESTAURANT

$8.99
Complete Dinner Specials
(Tuesday thru Sunday)
Choose from 6 different Entrees!

$13.95
Sunday Brunch
Includes Champagne, Mimosa's, Soft Beverages, Breakfast, Lunch, Dinner and Desserts!

Private Parties
Two Private Party Rooms available
Call for Details

92 Route 23 North, Riverdale, NJ
973-616-9800

If you would like to sponsor an issue of this Newsletter, please contact Carol Talerico at 973-835-4060.

Thank you!

On behalf of the Riverdale Police Local 335, we would like to express our deepest thanks for making the Christmas Parade & Party for the Riverdale School children extra special this year. Santa (Passaic County Freeholder Terry Duffy) arrived via helicopter through the generosity of Mr. John Joseph of West Milford, creating a special memory for young and old.

We would also like to express our thanks to the following for their contributions to the parade and party: Jeff Romaine from Home Depot, Advanced Sports Medicine, Amundsen & Reiley, Tilcon Quarry, Richard's Funeral Home, Curly's Ice Cream, Bella Casa, AJ's Pizza, Frank's Pizza, Domino's Pizza, Anthony Franco Restaurant, Pizza One, King & Sons, Tony's Pizza, Riverdale Food Store, Luk Oil, The Country Kitchen, Ruppert's, Convenience 23.

Special thanks to the Pompton Lakes Search & Rescue Squad, First Aid Squad and the Riverdale Fire Department for being a part of our annual parade.

Thank you again for your support; we truly appreciate it.

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A Monthly published by the Riverdale Mayor and Council

Vol. 4, No. 4 **www.RiverdaleNJ.gov** *January 2009*

Helicopter Brings Santa to Riverdale!

Santa alights from the helicopter.

Riverdale Borough made of the best people on earth.

At the **Annual Fire Department Dinner** the following were acknowledged for their service to the department and the community. Captain **Jim Regeling Sr.**, 35 years; Captain **John Peine**, 10 years; Past Chief **Pat Cleary**, 20 years; **Michael Davis** and **John Peine** received Life Memberships from the NJ State Firemen's Association.

Photo left: Fire Chief Mike Norton and Assistant Chief Dan Sturm receiving the FIT 5 from Ladies Auxiliary President Marge Norton and Vice-President Jean Sheps.

Christmas Gathering & Tree Lighting Ceremony at Riverdale School

Riverdale Recreation Committee members tell Santa (Steve Revis) what they want for Christmas.

Announcements

Happy 13th Birthday to **Tommy Carelli** on January 17. Love you, Mom, Dad, Michael, Samantha, Grandma & Grandpa Carelli, Grandma Plescia and Nauni.

Happy Birthday, **JoEllen Schrock**, on January 26. Love Rob, Nicole and Michael.

Happy 14th Birthday, **Owen Wolbach,** on January 24. Love Mom, Dad and Sean.

Happy 2nd Birthday, **Cody Sylvestri**, on January 23. We love you, Aunt Pam, Uncle Dean, Dylan, Chelsea and Leo.

Happy Birthday, **Kelly Norris**, on January 6. Love, Anne, Dave and Reilly.

Happy Birthday, Dad (**Dave Desai**), on January 25. Love, Anne and Reilly.

Happy 10th Birthday, **Kaitlyn Maloney**, on January 20. Love you, Bunches. Mommy, Daddy, Britt and Bella.

Happy 21st Birthday, **Brittany Maloney**, on January 13. We love you. Daddy, Lorrie, Kaitlyn and Bella.

Happy 1st Birthday, **Nicholas Budesheim**, on January 20. Proud parents are Matt and Sylvana. Grandparents are Bill & Marian; Silvio and Myrna Gavilanes.

Happy Birthday **Mary Wolbach** on January 9. Love Rich, Sean Owen and all your friends.

Congratulations to Greg and Lisa on the birth of their daughter, **Emma Rose Budesheim**, on Dec. 3. She joins older brother, Jack (17 mos.). Grandparents are Bill & Marian; Joe & Diane D'Imperio. Great Grandparents: Anthony & Margaret Mento; Eleanor Flynn; Elvira Budesheim

Happy Police Birthdays: Dispatcher **Bill Budesheim** the 5th, the Chief's Assistant **Terri Pellegrini**, the 16th.

Congratulations to our boys, **Sal, Nico** & **Frankie Negrini** for taking 1st, 2nd and 3rd Place in the Roxbury Wrestling Rumble on Dec. 14. They have all qualified to compete in the Ohio National Tournament of Champions on April 25, 2009, where they will be representing PLRYO and New Jersey. We wish you the best of luck. We Love you, Mom, Dad and Bella.

Vitamin B1 (Thiamine): Its Benefits

Thiamine is involved in all key metabolic processes in the nervous system, the heart, the blood cells, and the muscles. It is useful in the treatment of nervous disorders, and can protect against imbalances caused by alcoholism.

There are more cases of vitamin B1 deficiency than of any other nutritional element. Thiamine is found in all plant and animal foods, but good sources are whole grains, brown rice and seafood.

- Protects against imbalances caused by alcohol consumption.
- B1 may be useful in treating heart disease, as well as anemia.
- May improve people's mental agility.
- May help to control diabetes which has been linked to deficiency.
- Useful in the treatment of herpes and infections.
- Helps to convert sugar to energy, in the muscles and bones.
- Heavy drinkers, smokers, pregnant women should increase dosage up to 100-300mg per day. Recommend do not take more than 400mg per day.
- Increase intake in stressful conditions. Most effective when part of a good B-complex supplement.

Taken from *The Illustrated Encyclopedia of Healing Remedies* by C. Norman Shealy MD, PhD

Recreation

Yoga Class (Instructor: Kathy DeJesus)
(10 week sessions) **- $7.00/Class**
Monday Night Class: 6:30p-7:30p / Thursday Night Class: 7:00p-8:00p

Hips on Fire Exercise Class (Instructor: Livia Deak)
(10 week sessions) **- $7.00/Class** / Thursday Night Class: 7:30p-8:30p

Childrens Music Program (Instructor: Miss Ildiko)
Mommy & Me (6 months to 18 months) / Toddler (2 – 4 yrs old)
Friday Mornings: 11:00a (45 minute class **-** classes begin Friday, Jan 9th)
$7.00/class-pre registered ($10 for drop-in's)

Beginner Tap & Ballet Dance Class (Instructor Livia Deak)
(recommended for ages 4, 5, & 6) **- $7/class**
New 10 Week Session Begins: Friday, Jan. 30 – 4:00p
Call: (973) 706-6471 sign up (leave child name, grade/age, & phone #)

Children's Hip Hop Dance Class (Instructor Livia Deak)
(recommended for 2nd grade students & up) **- $7/class**
New 10 Week Session Begins: Friday, Jan. 30 – 5:00p (alt Wednesdays)
Call: (973) 706-6471 sign up (leave child name, grade/age, & phone #)

Learn-to-Play Ping Pong (option Pool or Chess) Instr: Dennis Leeman
(recommended for grade school children) **- FREE Program**
Begins: New 6 Week Program, Wed, Jan 28 **-** 4:00p, 5:00p, or 6:00p
Call: (973) 706-6471 sign up (leave child name, grade/age, & phone #)

Learn to Skate Program (Skylands Ice World, Route 23, Stockholm)
Beginning February 2009 **-** This program is being finalized but we would appreciate being contacted if you would like to participate. Details will be given shortly after you contact us and also in the February Newsletter.
Call: (973) 706-6471 sign up (leave child name, grade/age, & phone #)

Winter Children's Bowling (Holiday Bowl, Oakland)
Program Begins Sunday, January 4th (2:00p, Holiday Bowl-Oakland)
Thank you for all that registered, good luck bowlers & have fun!
Anne Gould (973) 248-9663 or AnneMarie Nadiroglu (973) 616-5225

Adult Crazy Bowling Night (Holiday Bowl, Oakland)
Saturday, Feb 28th 8:00pm. Come with neighbors, friends, & family!
$23.00/per person (includes: Hot & Cold Buffet / Coffee & Soda (Cash Bar) **-** 2 Bowling Games) To sign up **-** Call
(973) 831-1383 Mary Wolbach or (973) 706-6471 (Recreation Office)

2008 Holiday Home Decorating Contest Cancelled
Riverdale Recreation was not able to complete the 2008 Contest. We apologize. We will do our best to continue the contest for the next Christmas. Recreation would like to say thank you for spending so much time to make your homes look bright & festive.

Community Center Instructors Needed

- Exercise
- Adult Dance
- Painting
- Drawing, etc

Please contact June Carelli/Recreation Director: (973) 706-6471

Copy deadline is the 4th Monday of each month. The publishing date will be the 1st Wednesday of the following month. Pictures, stories, weddings, births, scholastic, armed services, etc. are all welcome. We reserve the right to edit articles for space. Photos should be emailed in a JPEG format, actual photos can be scanned. Please send all information any time during the month to mayor@RiverdaleNJ.gov & RiverdaleMayor@gmail.com

Events Worthy of Note

Movie Night!

Riverdale Baptist Church invites you to watch ***Fireproof*** on Friday, January 16 at 7:00 PM. *Fireproof* was released in the theaters in the fall, but has not yet been released on DVD. The movie was produced to help and encourage marriages. It is free to you and will be shown on a large screen in our auditorium. *We offer child care for your children 5 years and under by reservation only.* Call or email: 973-835-3275 or riverdalebaptist@yahoo.com

SUPER BOWL SUNDAY SUB SALE

The Pompton Lakes High School Music Department will be selling subs for Super Bowl Sunday. Italian, Ham or Turkey with an assortment of cheeses. **Order deadline is Tuesday, January 27.** All proceeds will help to defray the cost of the Spring Competition Trip to Williamsburg, VA. For more info call Glenn 973-896-7849.

1 - 4 subs $7.00 each
5 - 9 subs $6.00 each
10 or more subs $5.00 each

IMPORTANT NEWS!

The Riverdale Food Pantry is up and running with fully stocked shelves. We are pleased to report that residents experiencing difficulty were assisted in time for Christmas with food, supermarket food cards and Christmas presents. Thank all of you who donated food and financial assistance and the volunteers who worked the Food Pantry.
Canned foods: Vegetables, fruits, meats, fish; *Bakery products* Individual snacks and juice items, *Canned meals*, Hot & Cold Cereals, *Sauces and gravies*, Condiments, *Pastas,* Packaged one-dish meals, *Packaged potatoes, rice, lentils, peas.* Also needed are: Kitchen & Laundry Detergents; Paper products and napkins. Local supermarket gift cards in denominations of $25 or less, will be accepted and distributed to Food Pantry clients for fresh dairy, produce, bread and meat. Anyone in need of assistance, please call Linda Roetman at 973-835-4060 x6. Calls are extremely confidential.

The Borough just received from **Riverdale Quarry, Tilcon** and **Gary & Roger Mahan** a donation in the amount of $5,000 for the Food Pantry. They "commend the borough for taking the first steps needed to start the Food Pantry." Many, many Thanks!!

Riverdale Business Association. We are at a critical time in the life of the RBA. For over 20 years we have done great things for the town and students of Riverdale. If you have a business or do business in Riverdale and are interested in helping out, please contact Patrick McCarthy at pmccarthy@yourfreshair.com.

NEW HOURS. For the convenience of our residents some of our offices will be open for town business on Thursdays till 7:00 PM. You can meet with the Tax Collector, Court Administrator, Building and the Sewer & Water Billing Depts. Those offices will be closing on Friday afternoons at 1:00 PM. All other offices follow the regular hours.

Join the tradition. Our Fire Department, over 100 years old, has openings in all Companies: Engine, Ladder & Rescue. Training included. Call 973-831-1584 ext. 1

Library News

For more information, call 973-835-5044 or www.RiverdaleLibrary.org

CHILDREN'S PROGRAMS

Baby Time - Infants - 2 years
Mondays, January 12, 19 & 26 @ 11:00 - 11:30 am
It's baby time at the library. Designed especially for infants and active toddlers, it is a half hour of rhyme, song, movement and shared reading.

Totally Twos - ***A new program!*** - Two year olds.
Mondays, January 12, 19 & 26 @ 10:15 - 10:45 am
Designed especially with 2 year olds in mind, this half-hour program has plenty of finger plays, rhymes, songs and stories to keep them engaged.

Pre-School Story Time - Ages 3 - 5
Wednesdays, Jan. 14, 21, 28 @10:15-11:00am or 1:30-2:15pm
Gather with us at the library for stories of the season, rhyme, song and crafts.

ADULT PROGRAMS

New Photography Group starts Monday, January 26 @ 7:00 Pm. Come join others who enjoy taking pictures. Together–on the 4th Monday each month-we will share tips on both film and digital photography. Where is the best place to get pictures developed? How can the "rule of three" help you create better pictures? What about accessories, enlargements and more? For more information or to share ideas please contact Linda Anders at Ipico@verizon.net or call the library at 973-835-50443

The Gypsy Knitters meet every Thursday from 4 - 8 PM. It's a great chance to work on your projects with other knitters.

Garden Lovers. Seeking garden lovers for a possible new program. For both experienced and new gardeners who would like to meet other gardeners. We can share tips on composting, mulch, share bulbs that we divide, and figure out how to discourage deer. Condo dwellers welcome! Maybe we can find public places in Riverdale where we can play in the dirt. Please contact Linda Anders at Ipico@verizon.net or call library.

The Library is delighted to announce that **Mary Anne Caudle** has joined the staff as Children's Librarian. Mary Anne recently achieved her Masters of Library Science from Clarion University and has several years of experience in children's services at the Wayne Library. Starting off the new year, for the first time, we'll have a special series for two year olds.

Friends of the Library are getting ready for the 7th Annual Book Sale. Donations of books and movies will be accepted at the library starting Sat, Jan. 17. We appreciate books in good condition. No text books or encyclopedias please. The book sale will be held the last weekend in March on the 27, 28, 29. For more information call Library.

IMPORTANT NOTICE! Our Fire Department is concerned about their inability to get the fire trucks onto certain streets because of illegal parking. Under state law NO PARKING is permitted 1. Within an intersection 2. On a crosswalk 3. In front of a driveway 4. On a sidewalk 5. **Within 50' of a stop sign** 6. **Within 25' of an intersection** 7. Within 10' of a fire hydrant. Our Police Department will be enforcing these state laws to ensure that public safety is maintained, especially the accessibility of our fire trucks to the streets in our residential neighborhoods.

Did You Know?

- An elephant's heart weighs about 45 lbs.
- Andrew Johnson is the only U.S. president to later become a senator.
- There are 2,598,960 possible hands in a five-card poker game.
- A camel hair brush is made of squirrel fur.