

Due to the 4th of July Holiday this Friday, the recycling pickup will be on Thursday morning. Please put out your commingles - glass and aluminum - on Thursday, July 3rd.

For the convenience of our residents, we will have evening hours. On Thursdays, beginning July 10, the Tax, Building & Court offices will be open to 7:00 PM on Thursdays only. The Friday hours will be 9:00 am - 1:00 pm. The front office will maintain regular hours: 9:00 am - 4:30 pm.

www.RiverdaleNJ.gov

The latest in all the news and photos about the wonderful people who make up our community. Legal information, tax maps, ordinances are all a part of our website.

Borough of Riverdale
Post Office Box 6
Riverdale, NJ 07457

Pre-sort Standard
U.S. POSTAGE
PAID
Riverdale, NJ
Permit No. 12



Postal Patron Local
ECR WSS
Riverdale, NJ 07457

Firecrackers are against the law.
The Riverdale Police will be enforcing the law against the illegal use of all types of fireworks.



Riverdale News & Events

Published by the Riverdale Mayor and Council

This issue of Riverdale News & Events was paid for by Curly's Ice Cream. Thank you for supporting them!

Curly's Ice Cream is Proud to Announce Our 50th Anniversary



The Meier Family has been serving premium ice cream for three generations since 1958. Our philosophy has always been quite simple - use only the best and freshest ingredients obtainable - be persistent in all attitudes regarding quality and serve our products in a friendly store. Fifty years later we still do things the old-fashioned way, which may seem unusual in this day and age but it works, and after all, eating ice cream is a fun and happy treat that is enjoyed by all ages. Curly's will continue to provide the best treats in town! In addition Curly's Ice Cream is offering for the first time a Wholesale and Catering Menu. We can now accommodate all your wholesale and catering ice cream needs, delivered to you, year-round! Please call 973-839-0198 for more details on Wholesale and Catering.

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Celebrating 50 Years!

Save \$2.00 off any Ice Cream Cake

Curly's Ice Cream, 30 Route 23 North, Riverdale, NJ 07457

Expires 12/31/2008. Not valid with other offers. One coupon per customer.



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

Riverdale News & Events

Vol. 3, No. 10

A Monthly published by the Riverdale Mayor and Council

July 2008

www.RiverdaleNJ.gov

Support Our Troops! May God Bless & Protect Them!



SFC Bryan Marines, has been in Iraq with the US Army's 10th Mountain Division since November 2007, serving a 15 month tour of duty. He is the son of Donna & Robert of Hamburg, NJ and the grandson of Joseph and Shirley Shaw of

Riverdale. God bless him and his wife Alexis and their 7 month old son, Andrew.



PFC Bryan Ball, son of Russell Ball, recently paid us a visit during his leave. Bryan was home from Iraq for a two week vacation. He is now back in Iraq with the US Army's 10th Mountain Division. He, too, started his deployment last November and will last 15 months. God bless him & his family.



DePaul High School NHS Project

Led by Samantha Guis and Eva Martin, the DePaul High School Spanish National Honor Society's service project collected DVD's and magazines to send to the troops in Iraq. The officers at the Riverdale Armory suggested that these items would be most appreciated as a way to pass the time during their "down time." With

a number of collection sites in the area, the Riverdale Municipal Building and the Pistol Range provided most of the 500 magazines and 200 DVD's and CD's donated, many of them unopened.

Cassidy Tibbetts, who recently completed 4th grade at Riverdale School, is to participate in the National American Miss Pageant for New Jersey on August 16. If she wins there she will be on her way to the Nationals in California. This program teaches her how to conduct herself in a job interview, to speak with confidence and gives her the poise to meet all the challenges she will have to deal with in her life. Cassidy has been speaking with local businesses, who have been very kind, lining up sponsors to fund her participation in the pageant. Good luck, Cassidy! We are sure you will do Riverdale proud!



Senior Citizens TAG SALE

Senior Community Center, 57 Loy Avenue
Friday, July 25 @ 12:00 - 4:00 pm
Saturday, July 26 @ 9:00 am - 4:00 pm



Farmer's Market Comes to Riverdale

Every Tuesday until October 28 a Farmer's Market will be operating at Glenburn Estate (across from Appelt Park) in Riverdale from 2:30 until 7:00 PM. Proceeds from the operation will benefit the Riverdale Land Conservancy. Please



come on down to enjoy some fresh produce and canned goods while supporting a worthy cause. This year's market is in memory of Michael Golding, the late husband of former Women's Club and PTA President Donna Golding. Michael is best remembered for his service to Riverdale School, especially as a member of the Board of Education. Understanding the importance of computer training, he made sure that the Computer Lab at the school became a reality. In recognition, the Lab was dedicated to his memory.

Summer Concerts in the Park

Wednesday Evenings 7:30 PM

July 16 - August 20 Freedom Park

The Duprees
Roscksplasion
The Beginnings
Jersey Sound
Somers Dream Band
1910 Fruitgum Co.
and Randy & the Rainbows

July 16
July 23
July 30
August 6
August 13
August 20

Visit our website to see the complete program:
www.RiverdaleNJ.gov

ANNOUNCEMENTS

Engagements, Weddings, Birthdays, Graduations, Births, Anniversaries, etc.
Tell us about your family!

Happy 2nd Birthday to **Samantha Beke** on July 20. We love you, Sweet Pea. Kisses from Mom and Dad.



Happy 2nd Birthday to **Emma Marie Struble**. Her parents are Sarah and Vinnie, & big sister to Erin Jane. Happy Birthday, Emma!!

Happy 10th Birthday, **Matthew Thomas!** Love Dad, Marybeth, Kevin, RJ and Kevin M.

Happy 10th Birthday, **AJ Nadiroglu** We love you very much! Love, Mom, Dad, Adam & Alex.

Congratulations to **Charles Sheridan** and the Kindergarten class for a successful year. Thank you, **Ms. Shoblock & Ms. Fagan**. From the Sheridan Family.

Happy 17th Birthday on July 20 to **Christopher Appel**. Love Mom, Dad, Kevin and Craig.

Happy 42nd Birthday, **Liam Winters**. Love Reilly, Carrie & Louie.

Congratulations, **Kevin Appel** on graduating 8th Grade. Good luck in high school! Love Mom, Dad, Chris and Craig.

To **Kathy Ruppel**. Happy 60th Birthday, Mom, on June 10. Love Ron and Marybeth!

Happy Birthday **Grandma Ruppel**. Love, RJ, Kevin, Matthew & Kevin!

Happy Birthday to **Uncle Joe**, our favorite Riverdale Police Officer! Love, Ron, Marybeth and the boys.

To **Anne Gould**. Happy Birthday, Mom. Love Reilly Desai.

Happy 1st Birthday to **Jack Budesheim** on July 8. His parents are Greg and Lisa. Grandparents are Bill and Marian.

Maternal grandparents are Joe and Diane D'Imperio.

Happy 2nd Birthday to **Kevin Budesheim** on July 2. His parents are Matt and Sylvana. Grandparents are Bill and Marian. Maternal grandparents are Silvio and Myrna Gavilanes.

Happy Police Department Birthdays to **Ed Aungst** on June 15, **Officer Joe McDermott** on June 19, **Officers Travis Roemmele**, July 5, **John Barone**, July 10 and **Anthony LoPorto**, July 19.



Recreation

June Carelli, Director 973-706-6471

Summertime Movie in the Park - Saturday, July 19
Freedom Park, 8:00 PM, movie begins at nightfall.

Surf's Up
(PG) animated film
Dance Party Music until movie begins. FREE popcorn.



Summer Time Most Beautiful Yard Contest
Open to all residents. No registration required. **The Most Beautiful Yard Award** is in recognition of the hard work and pride exhibited by our residents. The judging conducted by the Recreation Dept. is based on 3 criteria: maintenance, landscaping & overall general appearance. Judging will start in July. One winner will be announced in August.

Community Center Programs

New Hips on Fire Exercises

Livia a Licensed Dance Instructor
Experience a new way to exercise. Have an absolute blast in one exhilarating hour of calorie burning, heart beating, muscle pumping, body energizing movements with a new Latin flavor! It's FUN & Easy!

Starts: Thursday, July 17 - August 21
7:30 - 8:30 PM at Community Center
\$7.00 per class (6 classes to be paid at registration.)
No supplies required. Just comfortable clothing!
Advance Sign Up Requested: 973-706-6471

Summer Slim Exercise Classes

Sandy a Certified Fitness Instructor
Tuesdays, July 8 - Aug. 26 @ 6:30 PM. \$5.00/class.
Advanced Sign Up Suggested: 973-706-6471

"New" Adult & Kid's Yoga Classes

Taught by Kathy (certified Yoga instructor)
ADULTS: Mondays, July 7 - August 25 @ 6:30 - 7:30 PM
\$7.00/class. Bring own yoga mat. Community Center
KIDS: Thursdays, July 10 - August 28 @ 10:30-12:00 noon
For children ages 4 thru 6. \$10.00/class.

Riverdale Women's Club is running a bus trip to **Mohegan Sun** on Sunday, September 28 at a cost of \$42 per person. Bus will be leaving the school at 9AM. Includes champagne cocktail, snacks on bus, \$10 food voucher and two \$10 bet vouchers, a movie, drinks and snack on return trip. Call Josephine 973-835-7367

The Riverdale Historical Committee has an exhibit about our oldest buildings - then and now - in the library through mid-September. Highlighted is a 6 foot panoramic view of town taken from Federal Hill in 1907. The exhibit was funded by a grant from the Morris County Heritage Commission. Commemorative 75th Anniversary plates are on sale at the Library as a fund raiser for future exhibits. Open house on **Thursday, July 17 from 6:30 - 8:00 PM**. Committee members will be present. Refreshments served.

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 e-mailed or on disc in a JPEG format. Please send all information any time during the month to mayor@riverdaleNJ.com

Blood Screenings Covered by Health Insurance
For many years, health insurance companies covered the cost of illness. If you were sick, you went to the doctor. Keeping yourself healthy was your responsibility, financially and otherwise.

During this time, municipal health departments picked up the slack by offering low-cost blood testing and accompanying health education and advice to help residents avoid threatening medical conditions.

Recently, insurance companies have discovered that Mom was right when she said "An ounce of prevention is worth a pound of cure." It costs them far less to pay for preventive care such as blood tests, cancer screenings, and nutrition counseling than it does to pay for medicines and hospitalizations resulting from people not taking care of themselves.

This is a terrific step for the health of everyone in the community. Having your annual blood work done at your physician's office allows your doctor to monitor your health problems and progress, and give you advice based on your overall health profile rather than just lab numbers on a sheet of paper.

To this end, there is no longer a need for the Borough of Riverdale to provide SMAC clinics to borough residents. The Health Department strongly encourages everyone to visit their physicians regularly and take advantage of all covered preventive services. Medicare & Medicaid cover the cost for the SMAC test. Seniors having Medicare with Supplemental Coverage have the SMAC screening covered under their plan.

If you do not have insurance, and are in need of preventive care, please contact the Health Department (973) 835-5700 x111.

Riverdale School graduated 40 on June 20

A number of awards were presented during the ceremony.
Art - **Kevin Rosenboom**
RBA Volunteerism - **Kaitlin Kober**
Morris County Leadership - **Richa Patel**
Instrumental Music - **Alyssa Alheidt, Elise Destito**
Choral Music - **Zachary Stewart**
Physical Education - **Katrina Cocilovo, Bryan Szabo**
Technology - **Caitlin Clary**
Presidential Award for Educational Excellence - **Alyssa Alheidt, Katrina Cocilovo, Jacqueline Dubrovich, Nicole Papadopoulos, Richa Patel, Cheyenne Richardson, Brittany Simon, Zachary Stewart, Tyler Swanson, David Zwoboda**
World Language - **Richa Patel**
Women's Club Dorothea Walker Writing Award - **Danielle Santangelo**
Women's Club Carolyn Espie Art Award - **Kevin Appel**
Citizenship - **Joseph Kober, Alexa Neuschwanter, Bryan Szabo**
Outstanding Academic Achievement
Third Ranked - **David Zwoboda**
Second Ranked - **Jacqueline Dubrovich**
First Ranked Student - **Richa Patel**
All Around Student - **Richa Patel**
8th Grade Holocaust in memory of Eileen Guerra: **Richa Patel**



Fire Department has openings in all Companies: Engine, Ladder & Rescue. Training is included.
If interested call 973-831-1584 x 1.

Library News

For more information, call (973) 835-5044 www.riverdalelibrary.org

CHILDREN'S PROGRAMS

Baby Time Infants - 2 years. Mondays, July 7- 28 @ 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.

Ladybug Stories Ages 2 - 5 Wednesdays, July 2 - 30 @ 10:15-11:00 am or 1:30 -2:15 pm
Join us for backyard magic, and reading ant-ics. Stories, rhyme, song and crafts are all included in our story time.



SUMMER READING PROGRAMS- K- 5th Grade @ 7:00 PM

Ants in My Pants and They're Making Me Dance - Monday, July 7 *Crazy ant-ics when we do Dance Dance Revolution at the library, and read about some bad ants. Don't miss the ant farm in the Children's Room.*

Insect Origami - Monday, July 14 *Local resident Liz Harsley will show you how to create origami butterflies and other insects and animals using special paper and centuries-old patterns.*

Bee A Honey - Monday, July 21 *What's the buzz? Hear sweet stories, and we'll taste-test different flavors of honey. Craft a bee antenna to take home.*

Weiss Ecology Center Presents the Wildlife of NJ - THURS., July 31
We're moving up the food chain, to see what eats insects, and what eats those that eat insects. Learn first hand about NJ's wild inhabitants. Meet a live snake, a Box Turtle, and a Raptor (Red-tailed Hawk or Screech Owl).

SUMMER READING PROGRAMS- Just for 4th & 5th Graders! @ 7:00-7:45 PM

Butterfly Mosaics - Thursday, July 3. *After crafting a butterfly mosaic, we'll make a butterfly sandwich. Books with characters that change outside or inside.*

Bugmallows - Thursday, July 10. *Books on the table tonight - dealing with what bugs you! Eat Bugmallows for a snack! Yum.*

SUMMER READING PROGRAMS- Teen Programs - 6th, 7th & 8th Graders!

Origami - Thursday, July 24 from 7:00 to 8:00 PM. *Liz Harsley will be demonstrating age-old art. Make butterflies and other decorations.*

Bookchatters - Thursdays, July 3 & 31 and August 14. 5:00 - 6:00 PM. *In a relaxed atmosphere, with refreshments, we'll talk about recent reads (but don't give away the ending!) and review new books here at the library.*

Teen Advisory Board - Thursday, July 17 & August 7 @ 7:00 - 8:00 PM *It's been a few years since the librarians were cool teenagers. Help us purchase books you want to read, plan the programs you want to attend, & design the web pages.*

Book Reviews on the Web - Read a great book? Read one that stinks? Tell us about it on the book review form (available in the library or on website) and we'll post it to the website. All submissions entitle you to a raffle ticket for prizes!

ADULT PROGRAMS

Book Discussion Group. Monday, July 28 at 6:30 - 8:00PM the group will discuss *Madame Bovary* by Gustave Flaubert.



Riverdale Shade Tree Commission
If you have any questions in reference to tree removal, replacement or trimming, please call the Shade Tree Commission at 973-835-4060 ext. 6.



- According to an old English time unit, one moment is one and a half (1 1/2) minutes.
- No matter how high it flies, an airplane's shadow appears the same size.
- A duck frequently swims while sleeping.

Helpful Health Hints - An Alternative View - Aspartame (NutraSweet)

Aspartame is one of the most dangerous substances ever added to food. Not only has aspartame been proven to make you fatter, it's proven to cause some pretty serious diseases, not the least of which is cancer and neurological diseases.

And the proof is on file already. Aspartame has brought more complaints to the FDA than any other additive - ever. It's responsible for a full 75% of the complaints the agency gets. From 10,000 consumer complaints, the FDA compiled a list of 92 symptoms, including death.

Over the years, various reports have implicated aspartame in headaches, memory loss, seizures, vision loss, coma and cancer. It also appears to worsen or mimic the symptoms of such conditions as fibromyalgia, MS, lupus, ADD, diabetes, Alzheimer's, chronic fatigue and depression.

Aside from the risks, now there's even more proof that these toxins are making us fat! Some recent research conducted at Purdue University shows that a group of test subjects fed artificial sweeteners subsequently consumed three times the calories of those given ordinary sugar.

Taken from *The Douglass Report*. www.douglassreport.com

Riverdale Business Association - RBA meets every 3rd Thursday, 7:00PM at Berta's Chateau, Wanaque. You may RSVP by calling 973-839-1716. www.rbanj.org