Riverdale News & Events

A Monthly published by the Riverdale Mayor and Council

Vol. 5, No. 6 **www.RiverdaleNJ.gov** *March 2010*

Riverdale Winter Scenes

On February 10 the Riverdale School was closed, but the snowmen showed up for classes anyway. Shown l-r: **Zachary, Shannon** & **Gary Stewart.**

Appelt Park

Photos submitted by Joan Mirante

Pompton Lakes-Riverdale First Aid Squad Celebrates 75 Years of Service to the Communities

The following officers were sworn in during their recent installation dinner:

Chief	Mark Sonne
Assistant Chief	Walter Gosson
Captain	Dan Cottrell
Lieutenant	Frank Marshall
Recording Sec.	Shaun Phillippe
Corresponding Sec.	Pam Keegan
Treasurer	Carol Brautigan
Training Officer	Millie Stires

Congratulations and a heartfelt thank you on behalf of a most grateful community!

Riverdale Borough made of the best people on earth.

Carl Richards Art Show Ongoing at The RAC

Gail & Jack Polhemus talk over old times with Carl Richards who were neighbors many years ago.

Mr. & Mrs. Richards with Patti Watson.

Below: Carl Richards, Mrs. D'Angelo, his Kindergarten teacher, Elaine Peacock, John D'Angelo.

The Carl Richards Art Exhibition will be on display through March 28 at the Riverdale Art Center. A reception was held on February 6 where nearly 200 people showed up.

Congratulations, Lady Rams

The Riverdale School 8th Grade basketball team, the *Lady Rams,* ended the season with a 15-0 perfect record and the championship. Congratulations to the team! Riverdale is proud of you. Pictured from l-r are: **Jen Pezzutti, Nicole Lotterman, Kristy Sautner, Ally Styger, Shannon Stewart, Meghan Polhemus** and **Coach Tom Schneider**

Students Celebrated the 100th Day of School

Kindergartners created pictures and sculptures made from 100 items, while first graders collected 100 items to be donated to a local animal shelter. Pictured sporting their 100th day glasses are **Francesca Herrara** and **Artim Reci** of Mrs. Shoblock's class.

GIRL SCOUTS OF NORTHERN NEW JERSEY

Totally Toddler-topia

Girl Scout Troop 323 are working on their Bronze Award project, which is the highest honor a Junior Girl Scout can earn requiring them to learn the leadership and planning skills necessary to follow through on a project that makes a positive impact on their community. Working towards this award demonstrates her commitment to helping others, improving her community and the world, and becoming the best she can be. For their award, our troop has decided to run a 6 week program for toddlers at the Riverdale Community Center, 59 Loy Avenue.

Totally Toddler-topia
2 years to Pre-K. Join us for Games and Crafts.
Cost $15 per child. Saturdays 9:00 am to 9:45 am.
Begins Saturday, March 14 (six week program).
Contact Lori Clinton 862-377-9036 or lclinon99@optonline.net

Registration Open for Girl Scout Camp Girl Scouts of Northern New Jersey is now accepting camp registrations for its three outdoor program centers, Camp Glen Spey in Glen Spey, NY, Jockey Hollow Camp in Mendham Twp and Lake Rickabear in Kinnelon. Registrations are currently being accepted by mail and walk-ins may register at any of the Scout's three service centers in Paramus, Randolph and Riverdale. Girls ages 5-17 are invited to participate in a variety of outdoor activities in one or two week sessions from July 5 to August 20 for day camp and July 5-30 for resident camp.

For more information call 973-248-8200 or visit www.gsnnj.org

The Auxiliary of the Riverdale Fire Department will be holding its 11th Annual All-You-Can-Eat Spaghetti Dinner on April 24, between 4:30 PM - 7:30 PM at Riverdale Firehouse, 56 Post Lane. The menu consists of spaghetti and meatballs, salad, bread, dessert and beverages. The tickets will remain at the same low price: $7.00 for adults, $6.00 for seniors and $5.00 for children 12 and under. With advance notice, Riverdale Senior Citizens may place orders for home delivery if they are unable to attend.
Jean 973-835-0137 or Dorothy 973-839-0943.

Did You Know?
- Your lungs use about 12,500 quarts of air each day.
- Chanel No. 5 perfume got its name because France introduced it on the fifth day of the fifth month of 1951 and because "5" was Coco Chanel's lucky number.
- Giraffes can't swim
- STP (oil treatment) stands for Scientifically Treated Petroleum.

• Auto Repair
• Snow Plowing
• Flat Bed Service
• Heavy Duty Towing
• Recovery
Malanga's Automotive
973 839-6710
Rick Malanga
39 Hamburg Turnpike, Riverdale, NJ 07457
10% Off All repairs.
Does not include fuel sales. Coupon must be presented at time of order. Cannot be used for prior sales.
No cash value.
Expires 3/31/2010

Senior Moments

The first meeting of the month for the Riverdale Seniors was held on February 1st. Don Pineiro from Chase Bank of Riverdale introduced himself and spoke to us briefly. He said he would like to find out what the members are interested in and would like to hear about, and he will return and speak to the group at a future date. * February birthday celebrants were sung to. Two special ones in the Gold Star category (85+) are **Madeline Rizzo** and **Sophie Cleary**. * The trip committee was busy taking reservations and payment for the three upcoming trips. * We received a thank you card from the family of **Christine Gregory**, for our sympathy cards we had sent them. Christine passed away a short time ago. She had been in a Senior Care Center for awhile. She had been a long time Riverdale resident and Senior Citizen Club member. She was also very active and involved in the community. We were sorry to hear of the passing away of **Don Post**, who also was a long time resident, and member of our Seniors. He and his wife Mildred had moved to Drums, PA a few years ago. * Members were reminded to bring items for the Mystery Auction to be held the next meeting.

The second meeting of the month was held on February 15. **President Moehring** said that someone from the Arts and Heritage Society would be willing to come and speak to us. **Joan Adornetto** said she had visited the Riverdale Arts Center and it is definitely worth the trip. * Following the meeting we held our Mystery Auction, where members bring in wrapped, new or lovingly used items that are auctioned off by our own **Don Rodda**. We had a great time and also got a lot of bargains. We are looking forward to the next one. * Care One provided great refreshments for us. Thank you to our Senior members who have been bringing items for the Food Pantry. Donations from the community are also appreciated. This is a worthy community project.
Presented by *Marion Davis*

Announcements

Happy Belated 3rd Birthday to **Cody Sylvestri-Yonker** on 1/23 Love Mom, Steven & Gram

Happy 17th Birthday to **Steven Brown** on February 28. Love Mom, Cody and Gram.

Happy 14th Birthday, **Jennifer Pezzuti**, on March 17.

Happy 12th Birthday, **Kevin Miller**, on March 11. We love you very much! Love Mom, Ron, RJ, Matthew and Kevin T. xoxo

Happy 26th Birthday, **Annemarie Budesheim**, on March 4. Love from all the family.

Happy 22nd Birthday, **Dennis Budesheim**, on March 20. Love from all the family.

Happy 1st Birthday, **Elizabeth Budesheim**, on March 25. Proud parents are Adam and Tori, big sister Caroline, Grandparents Bill and Marian; Tony and Sally DelVecchio.

Happy 50th Birthday, **Paul Carelli**, on March 25. Love June, Michael, Tommy & Samantha.

Happy March Police Department Birthdays to **Ptl. Pat Harden** (6th), **Capt. Rich Roemmele** (20th) **Ptl. Anthony Famularo** (20th) & **Eric Hollenstein** (29th).

NO Parking on Borough Roads between Midnight and 6:00 AM.
NO Parking on Borough Roads when Snow-covered.
Please do not shovel, plow or throw snow back into the streets.
Sidewalks must be cleared of snow within 24 hours after snow has ended.

RIVERDALE Public Library

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

Registration required for all programs
973-835-5044

INFANT & PRE-SCHOOL PROGRAMS

Winter session ends March 17. Registration begins March 15 for Spring session. Spring session runs from April 5 through June 2.

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

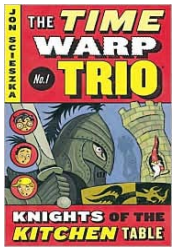
Totally Twos—For two-year-olds with a caregiver. On Mondays, 10:15–10:45 am.

Story Time—For ages 3 through 5
Wed, 10:15–11:00 a.m. Or 1:30–2:15 pm.

AFTER SCHOOL PROGRAMS

Puppy Pals Reading Club
Kindergarten–5th grade. 2nd Tues of each month. March 9 and continuing throughout 2010, 4:00–5:00 pm.

St. Patrick's Day Stories and Craft
Grades K–2: Tues, March 16, 4:00–5:00 p.m.
Grades 3–5: Wed, March 17, 4:00–5:00 p.m.
Enjoy an Irish story and show your creativity with a St. Patrick's Day craft.



Breakfast Book Club Children in grades 2-5. Copies of *The Time Warp Trio: Knights of the Kitchen Table* by Jon Scieszka are available at the circulation desk now. Book discussion for children and parents, with craft and breakfast, is on Sat, March 20, 10:15—11:30 am. New members welcome! Join us!

Lego Lab
Kindergarten–5th grade. 4th Tuesday of each month. March 23 and continuing throughout 2010. 4:00—5:00 pm

TEEN PROGRAMS — Grades 6 and up

Teen Book Discussion Group
Tuesday, March 16, 6:00–7:00 pm. *Jacob Have I Loved* by Katherine Paterson. Sandwiches or pizza served. Sign up now and pick up your copy!

Teen Craft
Rescheduled for Tuesday, April 6, 6:30–8:00 pm. Learn to embroider! Update your favorite tee shirt, your jeans and more! Simple embroidery techniques will let you personalize and add BLING to anything you own!

HOURS

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

TAX CHANGE PROGRAM

Tuesday, March 9, 2010 7:00 pm

What do the new tax laws mean for you?

Experts from H & R Block will fill you in on the key changes such as the work pay credit, new breaks for families, and more. Lots of time for your questions, too! Please call to reserve your spot!

BOOK SALE

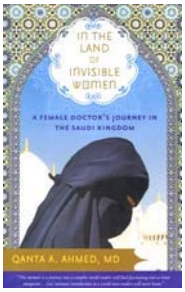
8th Annual Friends of the Library Book Sale

10,000 books – All kinds of books! Children's books, cookbooks, romances, best sellers plus 100's of jigsaw puzzles.

Friday, March 26, 4 pm–8 pm.
Sat, Mar 27, 10 am.–4 pm.
Sun, Mar 28, noon–3 pm.

All day Sunday is a bag sale—$5 per bag!

BOOK DISCUSSION GROUP



Mon, March 29 6:30 pm—*In the Land of Invisible Women* by Qanta Ahmed. A young British Muslim doctor takes a job in Saudi Arabia & discovers what it takes to recreate herself. Provides a uniquely revealing look at the hidden world of Saudi Arabian women.

Spring Fever? Think green-like green grass, green leaves, and green thumb–join the Riverdale Garden Club. The club meets at the library on the fourth Tuesday of the month. Next meeting is Tues, March 23rd. Call the library for more information.

You don't need the luck of the Irish to be lucky at the library!

Check out our "**Get Lucky**" section–best sellers and in-demand books are available–and they can be yours for one week. We are making books available that ordinarily have a wait time because of their popularity. Stop by and get lucky!

MONTHLY

Photography Club—Mon, March 22, 7:00-8:00 pm. All Photographers welcome!

Garden Club—Tues, March 23, 7:00-8:00 pm Gardening for everyone, in every season!

Gypsy Knitters—Every Thursday 4:00-8:00 pm. Bring a project and join in!

Healthy Living

Grape Juice Can Reverse Memory Loss

by Sylvia Booth Hubbard

Drinking 100 percent purple grape juice can reduce or even reverse memory loss, according to research by the University of Cincinnati.

In a study led by Dr. Robert Krikorian, 12 men and women between the ages of 75 and 80 were divided into two groups. All had been diagnosed with early memory loss. One group drank about two glasses of 100 percent Concord grape juice daily for twelve weeks while the other group drank a placebo matched for calories.

The participants were given memory tests, such as memorizing lists and placing items in a specific order, at regular intervals during the three months. "While there were no significant differences between the groups at baseline, following treatment, those drinking Concord grape juice demonstrated significant improvement in list learning," Krikorian said in a statement. "In addition, trends suggested improved short-term retention and spatial (nonverbal) memory.

"These results with Concord grape juice are very encouraging," he said. "A simple, easy-to-incorporate dietary intervention that could improve or protect memory function, such as drinking Concord grape juice, may be beneficial for the aging population."

Other studies have shown that purple grapes have powerful health benefits. One Vanderbilt University study found that people who drank grape juice more than three times a week lowered their risk of developing Alzheimer's by 76 percent.

Additional studies have shown grapes to have heart healthy benefits including keeping arteries supple and blood pressure low. Researchers believe the benefits in Concord grape juice come from antioxidants in the grape's skin and fruit.

Saturday, March 27 will be the **Casino Night Featuring Texas Hold 'Em** at the Route 23 Automall in Butler. We are offering a **Grand Prize of $5,000** or a seat at a World Series of Poker Event. Final table players receive special gift bags and valuable prizes. There are 200 seats available, and those who register online receive 1,000 bonus chips. Ticket prices start at $100 (includes buffet dinner, wine and beer) or $150 ticket includes entry fee, buffet dinner, wine and beer. The doors open at 6:00 PM and the first card is dealt at 7:00. Blackjack, 50/50 and raffle prizes are also available.

For more information call **866-451-6691** or **862-200-5848** and ask for Mike Anastasiou.

All proceeds to benefit **Push to Walk,** a specialized exercise facility for people with spinal cord injuries and paralysis.

Permit # 10005739; Raffle License #969 & 970.

www.PushtoWalk.org. Push to Walk is a registered 501C(3) non-profit organization. Tax ID# 20-8059368.

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News from School

From the Desk of Dr. Betty Ann Wyks

The following students were recognized for their academic achievement at the February Board of Education meeting:

Superintendent's List

Grade 8: **Jennifer Pezzuti, Samantha Poli, Kristen Sautner**

Grade 7: **Lorian Gish, Claudia Jablonski, Caroline King**

Grade 6: **Daniel Brandt, Olivia Galletta, Christopher Hester, Kaitlyn Sautner, Dennis Schuck, Jr.**

Grade 5: **Kevin Jablonski, Halie Mansoor, Ayla Markowski, Thomas Morales, Kristian Neuschwanter**

High Honors

Grade 6: **Neelav Patel, Nicole Schrock**

Grade 5: **Peter Dampman, Marissa Hester, Kaitlyn Maloney**

Annual Spelling Bee: Congratulations to **Kristen Rosenboom**, 8th Grade, who was the champion of Riverdale's annual Spelling Bee, and to **Claudia Jablonski**, Grade 7, who was runner-up.

District Appeals Loss of State Aid: At a special meeting, the Board of Education voted to appeal the district's loss of state aid for the current school year. Included in the calculation of lost aid were capital reserve building projects, including the creation of ADA accessible restrooms, renovation of nurse's room, upgraded ceilings and lighting and window replacement. All of these items were to receive 40% state funding towards completion. The district was not permitted to appeal the loss of $49,004, which was designated for taxpayer relief in the next budget.

Invitation to Exercise: As part of our community service goal, students in grades 5 and 6 have invited community members to join them in their study of recreational activities. The dates scheduled are: March 31, April 14 and April 21. Interested adults are invited to contact Mr. Schneider at 973-839-1300 x131.

Upcoming Dates:

March 2 - Read Across America * March 4 - School Planning Team
March 5 - Progress Reports Distributed * March10 - Parent Teacher Conferences
March 17 - Board of Education Meeting * March 19 - Special Board meeting to approve tentative 2010-2011 Budget * March 31 - Meeting to Approve Budget

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The Riverdale Woman's Club

The next meeting of the Riverdale Woman's Club will be held on March 3 at 7:30 PM at the Community Center. Nancy Bird, Programs Chairman, has planned a surprise program for us this month.

All women are invited to attend to learn what our club is all about. We sponsor scholarships for our local students and support the projects of the New Jersey State Federation of Women's Clubs. This year's project has been a partnership with Autism NJ. We are not "all work and no play"! We have fun and interesting departments such as Culinary, Arts Creative and Literature, Music and Drama. Come to our March 3 meeting and see for yourself how you can have fun and make a difference in our community. For membership information call Jean at 973-835-3269

Recreation Department Programs
Community Center Programs

RECREATION DEPARTMENT PROGRAMS

(973) 706-6471-Office
jcarelli@riverdaleborough.com
Call or e-mail to Register or for Questions on Activities listed in here.

Breakfast with the Easter Bunny

Saturday, April 3 / 9:30am - 11:00am
Community Center / $2 Adult / $1 Child
Includes Continental Breakfast, Picture with Easter Bunny, Face Painting & Tattoo's
Must Call to Reserve a Seat: (973) 706-6471

Town Easter Egg Hunt

Saturday, April 3 / 11:00am
Community Center Backyard
Ages 2 thru 5th Grade Students
Bring your own basket to collect eggs.
Find the egg with a golden ticket. Win a Prize!
Guess how many Jelly Beans. Win a Prize!
Every child gets a special Easter Treat!

Riverdale Rec Swim Academy

New York Sports Club, Route 23 South, Butler
2nd Session Begins: March 8 thru May 2
Cost: $120 per child (ONLY $15 Class!!)
Sign Up: (973) 706-6471 Rec Dept Office

ZUMBA Exercise

Riverdale Community Center
Every Saturday/ Starts March 6th, 10:00a-11:00a
Cost: $6.00 Class / Must call to Sign-Up: (973) 706-6471

YOGA

Riverdale Community Center
Every Thursday / Starts March 11th / 7:30-8:45pm
Cost: $6.00 Class / Call to sign-up: (973) 706-6471

WINE TASTING SEMINAR

Friday, March 12, 7:30pm-9:00pm
Riverdale Community Center

Cost: $20 per person (includes Seminar, plus Fruit & Cheese)
Call to reserve seating: (973) 706-6471 Community Center
Presented by Mr. John Cillini (a professional wine connoisseur)

2010 Summer Rec Counselor Positions

Applications are now being accepted
Available @ Riverdale Borough Hall Front Offices
MUST BE at least 16 YEARS OLD to apply
June 28th—August 1 (5 weeks)
(973) 706-6471 Recreation Dept Office

FREE ADULT VISION SCREENING

Riverdale Community Center
Tuesday, April 27 / 10:00 am—12:00pm

Screening will Include:
1. Distance Visual Acuity Test
2. Measure Eye Pressure (No drops needed)

No Cost - MUST CALL in advance for appointment:
Pequannock Township Health Dept
(973) 835-5700, Ext 111

Let's Go Met's!

Wednesday, May 26th
NY Mets vs Philadelphia Philly's
7:10p Game time / CITI Field, Flushing, NY
Call To Reserve: $40 per ticket
(Includes Upper Deck Infield Seating & Luxury Bus)
(973) 706-6471 Recreation Dept Office

Teen Tournament Night

Friday, March 19th / 8:00pm - 10:00pm
Riverdale Community Center / $5 at Door
All 6th thru 8th Grade Riverdale Teens invited!
(Popcorn, Refreshments, Prizes & Music)

Tournaments includes Ping Pong, Air Hockey, Basketball Shooting plus Wii Baseball!

Senior Art Class

Riverdale Senior Community Center
FREE CLASSES (Thanks to the Riverdale Art Center!)
Thursday's, 10:00am—11:30am
All Materials provided!
Instructed by Art Teacher, Pam Bagot.
Please call to sign-up (973) 706-6471

Tot's Music Class

Riverdale Community Center
(Recommended for 18 months thru 4 years old)
Bring your tot's in to participate in a comprehensive preschool music program.
Every Friday, 11:00 am - 12:00 pm
Cost: $8.00 Class ($10 Walk-in's)

Community Center Instructors NEEDED

Senior Chair Aerobics Instructor
Exercise Instructors (any style exercise)
Toddler Activity Instructors
Knitting / Crochet Teachers
Call June Carelli, Rec Director @ 973-706-6471

My husband was not convinced that chiropractic care was right for our entire family. After I was under care with Dr. Stewart for a while, my husband noticed that my own medical expenses and medical doctor visits had dropped off to almost nothing. (I used to require regular allergy shots which I do not need any longer.) I credit chiropractic.

Now our entire family receives regular chiropractic adjustments. Thank you Dr. Stewart and chiropractic.

Helen P.

$18.95 Special Introductory Offer Helps Families Reign in Healthcare Costs!

Many families are discovering that their life and health are being enriched through regular chiropractic care. This simple, yet powerfully beneficial care may be more affordable than you think.

Gary C. Stewart, D.C.

With medical care costs going through the roof, and reports of bad, sometimes fatal reactions to drugs and surgery appearing in the news almost daily, who can afford **not** to keep their family healthy?!

More and more families are discovering that, with regular chiropractic care, their family's medical costs are actually declining. While, more importantly, families are also finding that with regular chiropractic care, their over-all health is so much better that they would not live without it.

Bring your entire family. Let's discover together how your family might benefit through regular chiropractic adjustments. Let me share with you how chiropractic actually works and what chiropractic can do for your family. Then we will discuss your individual family's needs and together design a program of chiropractic care which is right for your family.

Mention this article and ask for our "Family Introduction to Chiropractic." This is a two step process which includes the whole family:

#1 - I will personally consult with you; then, I or my trained staff will perform computerized scans of your spines which help me understand where each member of your family might benefit from chiropractic care. Then, if necessary, I will perform specific spinal x-rays that are right for each person's individual needs.

#2 - After I have reviewed all x-rays and exam information, we will have you return for a "Doctor's Report." At the Doctor's Report I will explain how your family might benefit through regular chiropractic care. Then I will give you a report of my findings, review your x-rays with you, and make recommendations for care.

While medical costs and insurance premiums continue to skyrocket, and medications continue to cause harmful side effects, Stewart Family Chiropractic is doing something to help your family stay healthy naturally. Call today for your Family Introduction to Natural Good Health Through Chiropractic.

Call **973-835-5773** today. You'll be glad you called. There is no obligation to accept care.

- **All of this is included for less than the cost of one regular x-ray.**
- **$18.95 per person introductory fee applies no matter how many x-rays are necessary.**
- **A typical exam including 2 to 4 x-rays at regular fees ranges from $80 to $170.**
- **That's a savings of over $60 per family member when x-rays are recommended!**

STEWART FAMILY CHIROPRACTIC

Gary C. Stewart, D.C.

Stewart Family Chiropractic: gentle, safe, compassionate, natural family healthcare.

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The Health Department has arranged for **Vision Clinics** for **Pre-School** children:

- 3/10/10 - Holy Family Preschool, Florham Park
- 3/30/10 - Holy Spirit Preschool, Pequannock
- Riverdale residents are eligible to attend any one of these clinics. For more information please call 973-835-4060 x6 ask for Linda Roetman.

Don't Forget the Vet

Riverdale News & Events

Borough of Riverdale, Post Office Box 6, Riverdale, NJ 07457

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Please Support Our Sponsors!

Giant Book Sale

Friday, March 26 4pm-8pm
Saturday, March 27 10am-4pm
Sunday, March 28 noon-3pm

Senior Community Center

10,000 Books