

October 2010

Riverdale News & Events

Vol. 6 No. 1

A Monthly published by the Riverdale Mayor and Council

www.RiverdaleNJ.gov

Street Fair Draws Largest Crowd in 7 Years!



Councilwoman Elaine Wetzel announces the winners of the 50/50 Raffle in support of the Summer Concerts. A total of \$5,520 in cash prizes was won by twenty winners.



Hundreds of vendors, rides, live shows all day long and beautiful weather made this one of the most enjoyable street fairs Riverdale shared with its residents and neighbors.

The Art of Food Festival an overwhelming success for the Riverdale Art Center and the Riverdale Land Conservancy!



Carl Richards



More than 200 people attended the first *Art of Food Festival* held at the Glenburn Estate in a fundraiser unlike any other held in Riverdale previously. Chefs from leading restaurants, *Rosemary and Sage*, *Berta's Chateau*, *Bella Sera & Farm to Bistro*, provided the cuisine, *Curly's Homemade Ice Cream* and *A La Cupcake* provided dessert. *Ventimiglia Vineyards* from Sussex County provided their well-known wines for tasting. Music was by the *Nth Degree Jazz Ensemble*. An art auction was conducted at the end of the evening. The art was created previous to the festival with the Glenburn or Appelt Park being featured. Riverdale Native Carl Richards came home to take part in the festival.

Announcements



Happy 8th Birthday, **Samantha Carelli**, on Oct. 23. Love Mom, Dad, Michael, Tommy and Grandma & Grandpa Carelli, Nauni Napoli.



Happy Birthday, **Linda Roetman**, Oct. 6th.

Marion and Gordon Davis celebrated their 61st Wedding Anniversary on September 17. They were married in Mountain Top, PA and have been residing in Riverdale for 54 years. They have 3 children, 5 grandchildren and 1 great-granddaughter. They are members of the Riverdale Senior Citizen Club for many years.

Congratulations to **Sis and George Lang** on your 45th Wedding Anniversary on Oct. 16.

Happy 7th Birthday, **Erica**, on September 28, from Grandma.

Happy October Police Birthdays to **Sgt. Kevin Smith** (1st), **Disp. Tracy Stroe** (4th) and **Sgt. Jim MacIntosh** (15th)

2010 Flu Clinics

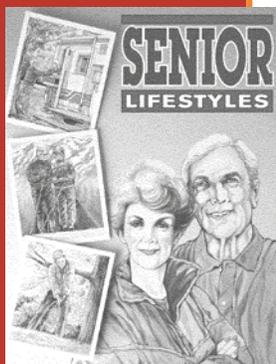
For all Residents 6 Months and older. Riverdale residents may attend any clinic.



Kinnelon	Thursday October 7	4:30 - 7:30 PM	Kiel School
Bloomingtondale	Tuesday October 12	4:00 - 7:00 PM	Fireman's Hall
Riverdale	Tuesday October 19	4:00 - 7:00 PM	Senior Center
Little Falls	Thursday October 21	4:00 - 7:00 PM	Municipal Building
Florham Park	Tuesday October 26	4:00 - 7:00 PM	Recreation Center
Pequannock	Wednesday November 3	4:30 - 7:30 PM	High School Cafeteria

\$15.00 fee per Flu Shot Vaccination is FREE with Primary Medicare Part B Only-NO HMO

Riverdale Senior Citizens



The first meeting of the Seniors was held on Tuesday, September 7, a day later than usual due to Labor Day. **Gordon Davis** led the group in singing "America the Beautiful." Birthday celebrants were sung to. **President Irene Moehring** conducted the business meeting. She said that Care One would be coming to our next meeting and bringing lunch. A sign-up sheet was passed around for a dinner in the near future. Our speaker of the day cancelled, so **Grace Chiesa**

kept us entertained with some jokes. * Please keep our Local and Armed Forces Food Banks in mind when you are shopping. It is appreciated. Following the meeting, desserts, coffee and tea were enjoyed by all.

The second meeting of the month was held on Monday, the 20th. The group was led in singing "Let There Be Peace on Earth", conducted by **Grace Chiesa** and **Marion Davis**. The meeting was conducted by the president, who

asked us to please contribute to both Food Banks. It feels good to help others. **Second Vice President Loretta Lippens** reminded us to respond to our Homestead Rebate by Nov. 1. We will be conducting our Mystery Auction in the near future, so start saving your "good as new and no longer needed treasures" to donate. Our good friend **Jim McMichael** is recuperating from back surgery. He is at home and doing quite well for such recent surgery. Take it easy, Jim! A Care One representative brought us lunch and had a young lady lead us in line dancing for a fun time. Until next time, stay healthy and happy.

Riverdale Rec Softball Team



of fun and some exercise. Anyone 18 and older is invited to join. Most of the players are in their 30's, 40' and 50's. So don't miss out on these Thursday nights of team spirit. The team will be starting up again next year and

In the picture from the bottom row, left to right are:

Brianna Bulger, Donne Guillemmin, Sue Sautner, Anne Gould, Tammy Berzak, Mary Wohlbach, June Carelli, Lisa Johnson, Erik Peterson, Neil DeBonte, Scott Guillemmin, Pete Roosma, John Sciarra, Dave Ford, Kevin Bulger,

Not pictured: JoEllen Schrock, Stacey Dakake, Caroline Polhemus, Cindy Gancher, Donna Farrell, Kelly Norris, Brian Schofeld, Thalia Nieves, Kim Soto, Terry Bryant, Eddie Nieves.

Riverdale Recreation has restarted its softball team for the first time in more than 15 years. They had a lot the games are played the one evening per week during the months of July and August.

Niagara Falls



This photo was taken by Morgan Goldberg, who lives with her family in Rock Creek Crossing. She took this from their hotel room while on vacation. Quick with the camera she was able to capture the window washers dangling in front of the windows of their room with the Niagara Falls in the background! Morgan has taken part in the Riverdale Photography Club meetings. Great photo, Morgan!

This is the beginning of our 6th year of publishing the *Riverdale News & Events*. We hope you have enjoyed it. With this new year we are outsourcing to a color printing company. Copy deadline is now the Third Wednesday of each month. The expected delivery date is to be before the 1st Monday of the month. Please submit your copy to Mayor@RiverdaleNJ.gov and RiverdaleMayor@gmail.com

Riverdale School Fundraiser

The Riverdale 8th Grade Washington Fundraiser

By purchasing 1 or all 4 handmade Christmas Tree ornaments for only \$19.95 each, you will help our eighth graders to fund their annual trip to Washington, D.C. During this trip the students get tours of our historic buildings and meet their Congressman, a great educational excursion. The 1st in the series of ornaments is the Riverdale School, 2nd is the Riverdale Senior Community Center, 3rd is the Riverdale Firehouse and this year's edition is the Riverdale Public Library. Please call Cindy Gancher at 973-835-7631. Orders must be in by 10/31/10.

Library Teen Volunteer Awards



With the youths in the above photo are Carol Heinz, Library Director, Youth Librarian Rosemary D'Urso and Councilwoman Elaine Wetzel.

Receiving certificates were: Andrea Cruz, Lindsey Flynn, Yash Ghandhi, Yuti Ghandhi, Caroline King, Frank Magyar, Hannah Nicklas, Richa Patel, Chelsea Philip, Leticia Rodriguez, Kristen Rosenboom, Cassidy Tibbetts, Deanna Walker

We had thirteen teens in grades 6 - 12 participate in our Teen Volunteer Program. During the summer these teens gave up their precious time to help us at the library. Some of the major tasks they performed were assisting the youth services librarian with story times, preparing crafts, making copies, changing the sign outside the library, assisting with the Book Mobile, and

making sure all the books were in order on the shelves. The services these teens provided were invaluable and we hope they realize what a great contribution they made to the library and to the Riverdale community. As a small token of our appreciation they were awarded certificates as a thank you for all of their dedication and hard work at a meeting of the Mayor and Council on September 20.

Push to Walk



Rodney Frelinghuysen, Congressman 13th District, visits Push to Walk at their Riverdale headquarters on September 20.

Push to Walk opened in January 2007 as a NJ nonprofit corporation. The founders, Cynthia and John Templeton, have a son, Darren, who sustained a C5 spinal cord injury in July 2004. Upon completing traditional in-patient and out-patient rehabilitation therapy, Darren was looking for a way to improve and increase his abilities.

Training methods used in

Push to Walk focus on helping clients regain strength, function and independence. When a person with a spinal cord injury wants to maintain good health and work to improve their day to day life, Push to Walk can help.

As a result of a commitment to a consistent exercise program, clients have experienced success in professional careers, adaptive sports and other interests. The entire staff at Push to Walk encourages clients to participate in any activity that they enjoy.



PUSH TO WALK
6 North Corporate Drive
Riverdale, NJ 07457
1-862-200-5848
www.PushToWalkNJ.org
and they are on Facebook

Teen Scary Story and Art Contest



This October the Riverdale Library will be challenging teens in grades six and up to celebrate Halloween this year by channeling their creativity into a

scary story, poem or piece of artwork. Submissions are due on Friday, October 15 and winners will be announced on Thursday, October

28. The writer's and artist's reception will be on the 28th from 5:00 to 6:00 PM. Refreshments will be served. Call Library for Information 973-835-5044

Recreation Department Programs

RECREATION DEPARTMENT PROGRAMS

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

Recreation Department Volunteers NEEDED

Come join a fun group of people.
 Bring new ideas or simply enjoy spending
 creative time with others.
 Call to become a member @ 973-706-6471

Disney On Ice

The summer's biggest hit movie, Toy Story 3, and memorable moments from Toy Story & Toy Story 2 are hitting the ice in this sensational live production. Catch all the heroic action when Buzz LightYear, Woody, Jessie and the Toy Story gang escape from the rambunctious tots of Sunnyside Daycare and race for home in their most daring adventure ever. A few new faces join the fun including Barbie's groovy bachelor Ken and Lots-o''Huggin' Bear. It's the biggest Toy Story experience on ice, jam-packed with fast paced adventure such as Buzz's galactic battle with Emperor Zurg and a hoedown at Woody's Roundup. Rediscover the humor, friendship and charm of Toy Story when Disney on Ice presents Disney/Pixar's Toy Story 3 takes family fun to infinity and beyond!



Wednesday, November 24, 3:00p Showtime
 IZOD Center (Meadowlands)
 \$18.25/Ticket (Please NOTE: There is no Bus Transportation)
 All Tickets Must be Purchased by October 31st. No Refunds.



To Reserve: Anne Gould, Rec Dept Member (973) 248-9663 or Rec Dept Office (973) 706-6471

HALLOWEEN HOME DECORATION CONTEST

If you haven't started yet, get busy decorating your home for the Fall & Halloween Season!
 Your friendly Recreation Dept Ladies will be traveling the streets of Riverdale on Thursday Night October 21st
 (Rain Date: Friday Night, October 22nd) to begin judging. (Judging will be done during Evening Hours so please
 have your Front Yards/Porches active for the Rec Dept to enjoy!)



3 Categories:
 Most Festive, Most Scary & Most Creative
 Announcement of the Winners will be during the
 Fright Night Festival – Friday, October 29th, 6:00pm – 8:00pm
 Each winner will receive a "Winner" Lawn Sign and a Picture in the November Newsletter.
 No Registration Required and all Riverdale Residents Eligible!

Fright Night Festival 2010

Friday, October 29th
 6:00 pm – 8:00pm

Riverdale Community Center

Start Halloween Weekend with fun activities for all!

DJ Entertainment, Balloon Clown, Inflatable Amusement, Pumpkin Patch, Kids Craft Station,
 Kids Costume Parade, "New" Haunted Attraction, Friendly Hayrides, Pumpkin Patch, The Popular Pumpkin Drop
 Contest is Returning (Police vs Fire vs First Aid Squad), Hot Chocolate, Baked Goods For Sale, Popcorn & Cotton
 Candy Stand, Homemade Pie Contest.

3rd Annual Pie Contest

Riverdale Recreation Department wants your homemade pie's to enter our Pie Contest.

Rules:

- Pie Must be Homemade
- Any Selection of Pie accepted
- Bring to Pie Station during the Fright Night Festival
- Must be Riverdale Resident

Judges: Riverdale Mayor & Council Members

The winner to be announced during the Fright Night Festival. Winner will be awarded the 2010 Winner Ribbon &
 pictures taken during the Festival to be placed in the next issue of the Riverdale Town Newsletter.
 (If the winner agrees, we would like to include your Recipe in the Town Newsletter for all to enjoy.



This is optional to the Winner.)



Show & Shopping Trip

Christmas Spectacular
Radio City Music Hall, NYC
Saturday, Dec 4th
9:00a Showtime
\$77/Ticket



(Includes First Mezz Seating, Radio City Music Hall Christmas Ornament & RT Luxury Bus Transportation)

Depart Riverdale 7:45a
After the Show, you are free to Explore NYC to see Rockefeller Center Tree, & beautiful window displays.
Plus... do some shopping!
(A map will be provided to assist you in the City after the show)
Bus will depart NYC at 2:45p
(Estimated return time to Riverdale, 4:00p)
(A convenient pick-up location in NYC will be informed to you the day of trip)

For tickets, contact Rec Member, Anne (973) 248-9663 or Riverdale Rec Dept (973) 706-6471 (Seating is limited & NO REFUNDS)

Kid's Dance Classes

Tap & Ballet, Wednesday-4:00p
(Recommended for ages 3 thru 5)
Hip Hop Dance, Wednesday-5:00p
(Recommended for ages 6 thru 14)
Never to late to join in!

Call for More Info (973) 706-6471 Community Center

Tot's Music Class

Bring your tot's in to participate in a comprehensive preschool music program.
Friday, 11:00a – 12:00p
Riverdale Community Center

Seniors Art Classes

FREE Art Classes
Attend an enjoyable & creative morning.
Painting, collages, drawing & all supplies included.



Thursday, October 7, 14, 21, & 28
10:00am - 12:00p, Riverdale Senior Community Center

Seniors

Riverdale Rec 2010/11' Ski Club

New Payment Options this year!
Join online with a Credit or Debit Card.
Get the Riverdale Ski Club rate by entering a Group Membership Code.

Look for an e-mail that will be sent to our existing Ski Club Members with instructions and the new Membership Code. Please visit us at Registration Night: Wednesday Night, November 10, 6:00p til' 8:00pm, Riverdale Community Center



You may purchase your pass with a Credit or Debit Card that night or Personal Check.

All Access Season Ski or Snowboard Pass
Students 18 Years Old & Younger
\$229 included with student all access pass is:
6 Learn-to-Ski or Snow Board Lessons
Lessons are Friday Evenings beginning January 7, 2011 (until February 11).

Lesson Times: 4:30pm or 5:30pm
Other Ski Packages Offered other than the above are:
All Access Adult Season Pass \$299 (children 7 & under ski FREE)
MidWeek Adult Season Pass \$249
Lift Equipment Rentals
Lesson Packages for 4, 5 or 6 Trip Visits
Meal Vouchers - \$6.95 Each (Hamburger, Pizza or Chicken Fingers with Fries & Soda)
Questions: Diane Pezzuti, Rec Dept Member (973) 831-3500

Exercise

Exercise

All Classes \$6.00
BootCamp/Every Monday & Wednesday, 7:45pm,
Instructor: Cary Stone
Yoga/Every Thursday, 7:30pm,
Instructor: Kathy
"NEW" Fitness Fused Pilates/Thursday
(1st Class Begins Oct 7th), 6:00pm,
Instructor: Karen

HELP WANTED

SENIOR CHAIR AEROBICS INSTRUCTOR
TODDLER INSTRUCTOR
(Suggestions for Toddler Programs are Welcome!)

Please contact the Riverdale Community Center (June Carelli), (973) 706-6471

Riverdale Women's Club

President Kathy Olsen of the Riverdale Women's Club invites all local women to join in the club's first meeting of the season to be held October 6 at the Senior Community Center at 7:30 PM

The opening program will feature a speaker from Gilda's Club, this administration's "Special State Project". Refreshments will be served following the meeting.

"The meeting is open to all local women who are looking to form new friendships and to find a

special niche or pet project of interest to them," added Membership Chairman Jean Revis. "This is relatively easy in our club, given the wide variety of departments," she said. The club departments are: Arts Creative; Culinary Arts; Home Life and Literature, Music and Drama. The departments meet monthly with the exception of Home Life which meets weekly on Tuesday mornings. The last Tuesday of the month is a "Girl's Lunch Out" at some of our favorite restaurants,

as well as some new interesting ones discovered by Home Life members.

In support of the NJ State Federation of Women's Clubs, the two year Special State Project, Gilda's Club and the Wellness Community, the club will work on projects to support individuals whose lives have been affected by cancer, both the patients and family members of the patient and to increase public awareness of the support and services available to them.



October Safety Event - Are You Ready?

The Riverdale CERT team is dedicated to providing services in the event of a disaster or an emergency, and to educating our residents on the safety of their family in and around their own homes.

On October 21 the CERT team will be holding a session entitled "ARE YOU READY?" at the Pistol Range located at 2 Dalton Drive. The team will be reviewing the use and inspection of home fire extinguishers, as well as the basic needs of a reliable First Aid Kit. Bring your fire extinguishers to be examined for gauge accuracy and expiration, and learn about proper location and accessibility within your house. Samples of complete First Aid Kits will be available, with handouts for home review. **ARE YOU READY? RIVERDALE PISTOL RANGE. OCTOBER 21 6 - 9 PM.**



Parking: What's Not Allowed

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

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

Under state law NO PARKING:

1. Within an intersection
2. On a crosswalk
3. In front of a driveway
4. On a sidewalk
5. Within 50 feet of a stop sign
6. Within 25 feet of an intersection
7. Within 10 feet of a fire hydrant.

Our Fire Department is concerned about their inability to get the fire trucks onto certain streets because of illegal parking and the narrowness of some streets. Our Police Department will be enforcing these state laws to assure that public safety is maintained.



RIVERDALE Public Library

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

HOURS

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

Registration is required for all programs.
Call 973-835-5044 or e-mail
riverdalelibrary@nac.net
Children's programs: riverdalelibrarykids@nac.net

INFANT & PRE-SCHOOL PROGRAMS

Fall infant and pre-school programs begin September 13 and run through the week of December 6.

Baby Time — For infants up to 2 years old with a caregiver. On Mondays, 11:00 – 11:30 a.m.
Totally Twos — For two-year-olds with a caregiver. On Mondays, 10:15 – 10:45 a.m.
Story Time — For ages 3 to 5. Wednesdays, 10:15–11:00 a.m. or 1:30–2:15 p.m.

CHILDREN'S PROGRAMS

Game Night

Children in grades K – 5 are invited to join us on Tuesday, Oct. 5 from 6:30 – 7:30 p.m. to hang out with friends and play board games

Puppy Pals Reading Club

Trained dogs will be on hand to listen to children in grades K – 5 read. Oct. 12 (2nd Tuesday of each month) from 4:00 – 5:00 p.m.

Lego® Lab

Children in grades K – 5 listen to a story and build creations out of Legos. Oct. 26 (4th Tuesday of each month) from 4:00 – 5:00 p.m.



Magic, Myth, and Monsters

Children in grades K – 5 are invited to a fun filled (but not scary) Halloween themed magic show on Thursday, Oct. 21 from 4:00–5:00 pm

TEEN PROGRAMS Grade 6 and up

Teen Book Discussion Group

Join us Oct. 19 from 6:00 – 7:00 p.m. for pizza as we discuss *The Compound* by S.A. Bodeen. Pick up your free book at the circ desk now!

Teen Advisory Board (TAB)

Thursday, Oct. 7 from 5:00 – 6:00 p.m.
Hang out with friends, and tell Ms. Rosie how you want *your* library to be. We will be electing a president, vice president and secretary at this meeting.



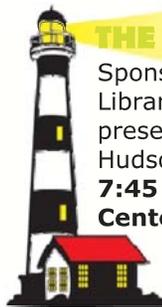
ADULT BOOK DISCUSSION GROUP

Join us for a lively 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 reading the book, the discussion is great!

Oct. 25 - The Key to Rebecca by Ken Follett

MOVIE MATINEE AT THE LIBRARY!

Some of the hottest movies, screening for free on a big screen. Call the library for more information



THE HUDSON RIVER LIGHTHOUSES

Sponsored by the Friends of the Riverdale Public Library. **Kevin Woyce**, author and historian will present a slide show about lighthouses along the Hudson on **Tuesday, October 5, from 6:30-7:45 p.m. at the Riverdale Senior Community Center, 57 Loy Avenue**

To register, or for more information, please call the library at 973-835-5044.

JOB HUNTER WEDNESDAY WEBINARS

We are hosting a Job Hunter's Workshop Series to help those seeking employment. It continues with Wednesday Webinars by career expert Barbara Safani. These are hosted by Tutor.com and will be set up for viewing and discussion at the library.

Our next Webinar is **Wed, Oct. 27 @ 3:00 p.m.**
Topic: "Write a Resume that Gets the Job"

SEPTEMBER HIGHLIGHTS



Juliana Pruksa shows off her new bookmark that children made during story time.



After discussing *Lost Treasure of the Emerald Eye*, kids made cheese ball sculptures with Miss Noa during our Breakfast Book Club.

MONTHLY

Photography Club—Mon, Oct. 25, 7:00-8:00 p.m.
All photographers welcome! Learn! Share!

Garden Club—Tues, Oct. 26, 7:00-8:00 p.m.
Gardening for everyone, in every season!

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

Appalachian Trail Update information submitted by Jarred Bush, from the Trail



Since the last update, Jarred and Louis have completed approximately 850 miles of the Appalachian Trail from north to south. They were just finishing up New Hampshire at the last update, and have trekked through Vermont, Massachusetts, Connecticut, New York, New Jersey and have recently entered Pennsylvania at the Delaware Water Gap. The terrain is somewhat friendlier, with the White Mountains of New Hampshire behind them; however the rock slabs left behind by the glaciers will make Pennsylvania rough on their feet. They are averaging a bit more than 20 miles per day. Jarred continues to find the beauty of the land, as well as the people he meets, indescribable.

Jarred and Louis have teamed up with a group of thru-hikers from different states, including Florida, Mississippi, Michigan, New York and New Jersey. They are becoming close comrades, looking out for each other along the way. We were graced with a visit from the group on Sept. 13-14, eight hikers eager to shower, do laundry, and relax on a soft sofa and sleep indoors, not to mention enjoy some home cooking at the Bush house. Some of the group had never visited NYC, so Jarred and Louis showed them some of the sites. They spent the night at Jarred's sister Kim's apartment in NYC, which allowed them to have a taste of big city night life, then stopped to visit Louis's family in Fort Lee. This mini-vacation provided

them with a well-deserved break from the daily routine of the hike; however, they were eager to get back to the pace of walking the trail by the end of their visit to our state. The Trail seems to hold some kind of magic for them, which draws them back to the challenge of daily survival with only what they carry on their backs. They are planning another "Zero Day" - a day without hiking - when they reach West Virginia where they plan to meet up with some of the parents of the guys they are hiking with. Look for future updates in the newsletter or check out their website www.trailjournals.com and search "stoker".

Help Wanted: Fire Department & First Aid Squad

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!



News from the School

submitted by Dr. Betty Ann Wyks



UPCOMING EVENTS

Oct. 4 - Camp Bernie parent information

Oct. 5 - Slide Mountain Trip

Oct. 6 - Parent info on Cyber-bullying (7:30), presented by the Prosecutor's Office

Oct. 7 - School photos

Oct. 8 - Fire Prevention assembly

Oct. 11 - Columbus Day - School closed

Oct. 13 - Progress reports distributed, Board workshop

Oct. 14 - PTA meeting

Oct. 18-22 - School Violence Awareness Week

Oct. 27 - BOE action meeting

School is back in session, with 318 students attending Riverdale School, approximately 100 at Pompton, 20 at high school academies and six students attending specialized programs outside the district. We thank families for their continued attention to ensure the safety of our students, and adhering to the parking restrictions posted on Oak Street, as well as following the "Kiss and Drop" procedure behind the school in the morning.

As a reminder to parents, all Pre-K and K students (who do not take the bus) should enter the building via the kindergarten entrance. Student drop off for grades 1 through 8 is adjacent to the gym doors located at the rear of the school, entering via Oak Street. We request that you pull up all the way, and let your youngster out on the passenger side. The buses will

also approach and drop off using this method. If parents wish to park and drop off their youngster, parking is permitted beyond the kiss and drop entrance, alongside the field. We continue to work closely with the police to monitor and enforce the restrictions, so that our children arrive safely and ready to learn.

We hope many of you had the opportunity to join staff at one of our two back to school nights this year and welcome your feedback regarding the new format. It remains our intention to provide you with an overview of your child's program early in the year and an opportunity to meet the staff who work with your youngster, so that we can establish strong lines of communication. If you

neglected to sign up for a parent teacher conference (Nov. 2 & 3), please feel free to contact Mrs. Kammen in the main office (973-839-1300).

On October 18 we will celebrate its newest inductees into Riverdale's Chapter of the National Junior Honor Society: **Mary Dougherty, Olivia Galletta, D.J. Schuck, Steven Papadopolous, Kaitlyn Sautner, Cassidy Tibbetts and Harlee York.** We are proud of the leadership and scholarship exhibited by these youngsters and look forward to their serving as role models for our entire school community.

Please remember the website for updates at www.rpsnj.org

Did You Know?



♦ In October 1903, the first game of the first baseball World Series was played between the Pittsburgh Pirates and the Boston Pilgrims. Cy Young was the first losing pitcher in a World Series game, but Boston did win the series.

♦ On October 1, 1971 Walt Disney World opened in Orlando, Florida.

♦ October 14, 1979 Sony invents the first Walkman, over 3 billion sold in the first twenty years.

♦ October 13, 1884 Greenwich Mean Time began.

♦ The moon in the month of October is called "A Hunter's Moon".

♦ October 1, 1908 Henry Ford introduced the Model T Ford.

♦ The greatest snowfall in a single storm was 189 inches at Mt. Shasta, California, February 13-19, 1959.

♦ Tree crickets are called the poor man's thermometer. Count the number of chirps a cricket makes in 15 seconds, then add 37. The sum will be very close to the outside temperature.

Marie Sciarra

NMLS# 211678

Laurel Gesimondo

NMLS#206151



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Rick Malanga
39 Hamburg Turnpike, Riverdale, NJ 07457

Private Guitar Instruction with Frank Migliaccio!

Study with a professional instructor and WPU graduate with Over 20 years of experience and a proven teaching method.

Comprehensive curriculum includes customized lessons, songs, rhythm guitar, soloing, reading and music theory.

Learn in the comfort of your own home. All levels accepted.

Call Frank Migliaccio at 973-616-2753 or e-mail Fcmlessons@cs.com for additional information and availability.

MICHAEL J. BERTHA

CERTIFIED PUBLIC ACCOUNTANT

TAX PREPARATION & ACCOUNTING SERVICES

PHONE: **908-294-1521**

RIVERDALE NEW JERSEY

EMAIL: MIKE07023@VERIZON.NET



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Please Support Our Sponsors!

Remember our Armed Forces

The members of the Armed Forces serving in Iraq, Afghanistan and elsewhere need our help in providing them many of the necessities for every day living. Let's show them we care and support their dedication and devotion to service.

The special price for mailing a box of supplies to members of the Armed Forces anywhere in the world is \$10. You can make a check out to the Borough of Riverdale. In the memo indicate Food Pantry-Armed Forces. Drop off your donations at Circle Auto Parts or the Borough Hall.

FOOD ITEMS

- Oatmeal Packets
- Power Bars
- Gatorade
- Propel Packets
- Hard Candies
- Slim Jims
- Beef Jerky
- Sunflower Seeds
- Other non-perishable foods

TOILETRIES

- Gold Bond Powder
- Disposable Razors
- Shaving Cream
- Unscented Soap
- Deodorant
- Toothpaste
- Tylenol/Advil/Motrin
- Pepto Bismol Tablets
- Eye Drops
- Tissues
- Q-tips
- Unscented Baby Wipes

PERSONAL ITEMS

- Sunblock
- Playing Cards
- Crossword Puzzles
- Magazines/Books
- Used DVD's
- Paper & Pens
- Hand Sanitizer
- Hand/Foot Warmers
- Winter Gloves

**The Holidays will be upon us before you know it!
Please help restock the Riverdale Food Pantry.
Drop off your donations at the Boro Hall.**

POLIZZI PROMOTIONS

Sports Cards / Memorabilia & Coin Show

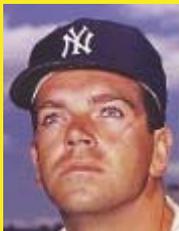
Sunday, October 24th * 9:30 am to 3:00 pm

Best Western Regency House Hotel

140 Route 23 North, Pompton Plains, NJ 07444

FREE Admission!!

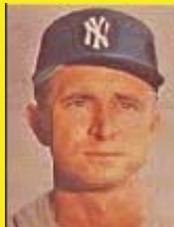
FREE Admission!!



1960 World Series MVP
7x All Star
5x Gold Glove Winner
1958, 1961, 1962
World Series Champs

\$15 Flats/Balls
\$25 Bats/Jerseys
Equipment
\$5 per Inscription

Bobby Richardson
10:30-12:30



1952 A.L. MVP
3x All Star
8x Gold Glove Winner
1958
World Series Champs

\$10 Flats/Balls
\$15 Bats/Jerseys
Equipment
First Inscription FREE

Bobby Shantz
10:30-12:30

8x10 Photos & Baseballs are available for purchase at the show. Photos \$5 and Baseballs \$15. For advanced autograph ticket orders please call Steve Polizzi at 772-342-0245 or e-mail me at polizzi.steve@gmail.com. Each autograph ticket is good for (1) autograph on your item. Mail order accepted and must be received by Oct. 22 - No extra charge for your item. Tables are available for purchase - please call or e-mail for details. Cash, Checks or PayPal accepted.

A new feature available to residents of Riverdale, a classified section for \$10 per insertion of five lines.

C L A S S I F I E D S

CONDO FOR SALE

Powder Mill Estates provides a great place to live for active 55 & older adults. Complete with built-in pool & large clubhouse.

2 Bedroom, 2 Bath, 3rd Floor End Unit - Building 7. Living & Dining Room, Kitchen, Laundry Room, Master Bedroom includes Full Bath, Eat in Kitchen, Parking Spaces: (1). 1,320 Sq Ft.

For Sale by Owner: (201) 401-9650
Ask for June
Asking \$285,900

Healthy Living

Scientists have found a new way to measure aging. Each of our chromosomes is made up of two strands of DNA, wound around each other in a double spiral. What keeps them from unraveling? The answer is **telomeres**. The telomeres is like a cap on each end of the chromosome. Dr. Elizabeth Blackburn of the University of California at San Francisco compares a telomere to the plastic cap on the end of your shoelace, without which the shoelace would unravel. The telomeres also keep the DNA strands from getting tangled or rearranged during cell division, which could cause cancer. With each cell division, the telomeres become shorter. When they are completely worn away, the cell dies. But telomeres also become shorter as we age. This causes shorter cell life spans, and

may contribute to the health problems associated with aging.

So can we change this? Yes. Studies are appearing about the relationship nutrients to telomere length. In a study by Dr. Blackburn the researchers measured telomere length in the white blood cells of 608 outpatients with stable coronary artery disease. They then waited five years, and measured the telomeres again. They found that people with the highest blood levels of the **omega-3 oils EPA and DHA** (measured at the beginning of the study) had the slowest rate of telomere shortening. In people with the lowest EPA and DHA levels, the telomeres were shrinking the fastest.

Another study, led by Dr. Ruth Chan at the Chinese University of Hong Kong, examined 2006 men and women over the age of 65. They found that people who drank 750 milliliters of tea per day (about 3 cups) had longer telomeres than those who

drank little or no tea. The average difference in telomere length was "4.6 kilobases", described by Dr. Chan as approximately equivalent to five years of life. Most of the tea consumed by study participants was green tea.

Finally, a study at the U.S. National Institute for Environmental Health Sciences included 586 participants in the Sister Study. After adjusting for age and other factors, the researchers found that people who used a multivitamin supplement had telomeres approximately 5% longer than those who did not. And among people who did not take vitamins, consuming more **vitamin C** and **vitamin E** from the diet was also associated with longer telomeres.

If we seek to have healthy organs and good health, it's only reasonable to want our cells to have long and healthy lives. What a fascinating way this is to measure that.

Taken from "The Natural Woman & The Natural Man, Vol. 20 No. 3



43 Newark-Pompton Tpke. • Riverdale, N.J. 07457

Don't Let Flu Season Spook You.



**Say Boo
to Colds & Flu**



At our regular fees, an initial visit (including exam, computerized sEMG and thermal scans, and x-rays, if necessary) could cost you up to \$523. During the month of October, we will have ONE appointment available each day at

NO COST TO YOU!

Treat yourself to natural good health with chiropractic.

Schedule your appointment today before the Goblins get them all!

973-835-5773

For more information on how chiropractic care can help boost your immune system so germs won't scare you, visit us at

www.stewartfamilychiro.com



For an appointment or further information call Sharon Brown at the Pequannock Health Department 973-835-5700 x127

Free Vaccines

Gardasil (HPV-Human Papillomavirus)

This is a series of 3 does given over 6 months. It is indicated for females age 9 - 26 years as protection against cervical cancer, and males ages 9 - 26 years for protections against genital warts.

Menactra (Meningitis)

Required for all students age 11 and entering 6th grade.

Tdap (Tetanus, diphtheria & Pertussis-Whooping cough)

Required for all students age 11 and entering 6th grade. Any adult (up to age 64) having close contact with a child younger than 12 months and whose last tetanus shot was more than 2 years ago.

Pneumovax (Pneumonia)

Any adult age 65 or older who has not received the vaccine.

Captain John Peine



Captain John Peine is beginning his new life of retirement with his wife Dawn in their new home in Montana. After 25 years of service to the borough as a policeman and as a volunteer in the Riverdale Fire Department, John will be

enjoying a well-deserved retirement. An employee luncheon was held for him at which John was presented with his service firearm as his retirement gift. The certificate presented to him stated: *In recognition of the many years of his dedicated service to the Riverdale Community, especially through his interaction with the youth, valued leadership to his fellow police officers, his membership in the Riverdale* *Department, establishing the department's first K-9 Unit, as well as setting an example of going above and beyond his regular duties, the Borough does present on this 2nd Day of September in the Year 2010 to Captain John Peine his department issued sidearm, a Glock Model 12.* We wish John and Dawn an enjoyable and healthy retirement!



Harvest Fest

Come one, Come all! Riverdale Baptist Church invites everyone to their Harvest Fest on Saturday, October 30. There will be carnival games, prizes and lots of treats, plus another chance to get dressed up in your costume!

Pop in anytime from 3:00 - 6:00 PM.
Open House style! You won't want to miss this!



Established 1958 by the Meier Family

Homemade Hard Ice Cream

Soft Ice Cream

Soft Frozen Yogurt

No Fat-No Sugar Ice Cream

Full Menu of Take-Home Desserts

Custom Designed Ice Cream Cakes - Our Specialty!

Wholesale & Catering

**ALL menu items are ALWAYS
made fresh on the premises!**

Save \$2.00 off Any Cake

One coupon per cake order. Not valid with other offers.

Expires 12/31/2010

30 Route 23 North, Riverdale 973-839-0198

Visit us on Facebook at www.facebook.com/curlys

Riverdale News & Events

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www.RiverdaleNJ.gov

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Visit the Borough's website to be kept up to date with your community. Click on the Mayor's Photo Album for ALL of the photos of the events taking place around town. www.RiverdaleNJ.gov

The Beginning of our 6th Year!

This issue marks the beginning of our 6th year publishing *The Riverdale News & Events*.

You will notice that it takes on an entirely new look. First of all, it is in color throughout the issue, something we only dreamed about before.

The size is ever so slightly

smaller and the paper is a different type than we had been using.

The styling on all of the pages, from the cover to the last page, is a cleaner, crisper format. We hope you like it.

And finally, the issue is

being addressed to each residence and business.

All in all, we believe that the changes will make the monthly anticipation of the "goings on about town" well worth it. Enjoy!

William Budesheim, Editor

Senior Art Class

The Riverdale Seniors are enjoying their Thursday morning free art classes. Here they are during one of the two hour sessions, learning to

paint, draw and create collages.

The instructor is Pam Bagot, the art teacher at Lenox School in Pompton Lakes. The supplies were originally provided by the Riverdale Art Center during the spring session. This session Pam has been bringing her own supplies for the seniors' use during their lessons. Thank you, Pam, for the generosity of your time and supplies!

