



Riverdale News & Events

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

Street Fair



**Sunday
September 14**
Mark your calendars
Don't Miss It!
For more information go to
www.RiverdaleNJ.gov

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Riverdale News & Events

A Monthly published by the Riverdale Mayor and Council
Vol. 3, No. 12 www.RiverdaleNJ.gov September 2008

Most Beautiful Yard Winners The Lenoir Family



Paul & April Lenoir
Stoneleigh Terrace
2008 Winners
Most Beautiful Yard Contest!

Concert 50/50 Raffle Gives Away 100 Prizes Grand Prize Winner - \$12,500! \$25,000 in Total Cash Prizes



\$12,500 Grand Prize Winner
Patricia Kudla, Tuxedo, NY



\$3,125 First Prize Winner
Frank Orofino, Pine Brook



Riverdale Borough made of the best people on earth.

Summer Special Ed Class Graduates



Captain John Peine
gives a tour of the jail.

2008 Summer Rec comes to an Enjoyable End!



Michael Schrock (right)
jiving to the music of a
DJ on the final day of
Summer Rec.



Summer Rec ended on a
high note this year.
Pictured above is Chris
Grecco break-dancing.



He's not heavy,
he's my friend!
Jared Allen (right)
being carried by
Chris Grecco.

Visit our website to
get the latest in all the
news and photos about
the wonderful people
who make up our
community.

Legal information, tax
maps, budgets, and
ordinances and much
more are all a part of
our award-winning
website.

www.RiverdaleNJ.gov

COMMERCIAL COOKWARE is Now Available for the Gourmet Cook at Wholesale Prices!



NEW ITEMS WEEKLY!

Chef EXPRESS
973.839.7617

Hours: Mon.-Fri. 8am-5pm • Sat. 9am-4pm
8 North Corporate Drive, Riverdale, NJ 07457
(Corner of North Corporate Dr. & Riverdale Road off of
Newark Pompton Turnpike behind the New Jersey Army National Guard)

ASK ABOUT THE NEW "PAULI POT"

FREE GIFT
Just For Stopping By!
While Supplies Last.
With coupon. Expires 09/11/08. LL

20% OFF
Any Purchase
Excludes Pauli Pot. Cannot be combined with any other
offers or sale items. With coupon. Expires 09/11/08. LL

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



Farmer's Market
Tuesdays: 2:30 - 7:00 PM
Glenburn Estate
Hamburg Turnpike



School Principal Mrs. Jennifer
Gibbons' students put her in
jail to keep her in Riverdale.
They didn't want her to leave.



Dr. Betty Ann Wyks pleads her
case to Police Chief Tom Soules,
and he's not buying it.

Announcements

Happy 14th Birthday to **Kevin Appel** on September 4. Love Mom, Dad, Chris and Craig.

Happy 4th Birthday **Reilly Desai** on Sep. 7. Love Mom & Dad.

Happy 70th Birthday, **Grandpa Ruppel**, on Sept. 8. We love you! MaryBeth, Ron, RJ, Kevin, Matthew & Kevin T.

Happy Birthday to our **Dad - Ron Thomas** on September 15. We love you! Kevin, Matthew, RJ and Kevin M.

Happy Birthday to my Sergeant Froggy. All my love, MaryBeth.

Happy 5th Birthday **Erica Gyori** on Sept. 5, Grandma.

Happy 40th Birthday to our dear son-in-law, **John Moran**. Love Mom and Dad Revis.

Welcome, **Matthew Raymond Campbell**, who came into the world on July 7, weighing in at 8 lbs. 1oz. & a big 21 inches long. He joins his older brothers in the playroom, Peter and Adam. Best wishes to the Campbell Family!

Congratulations to **Evan Lodder** for competing in the National H.S. Coaches Association Open Wrestling Tournament on June 27-28 in Salisbury, MD. Evan placed 8th in the 119lb High School Division earning All American Status. He competed against the toughest wrestlers in the country and we are extremely proud of him. Along with his All Suburban, two times H.S. All County, two times H.S. District Champ, we can now call him an All American! Love Mom, Dad & Jen.



Senior Moments

Our Riverdale seniors enjoyed a terrific trip to the Westchester Broadway Theatre on August 14. They were treated to a lovely luncheon and the show *The Producers* was a big hit!

Coming September 24 is a performance at LaNeve's Restaurant featuring, *Viva Las Vegas* with "Connie Francis", "Elvis", "Barry Manilow" and "Louie Prima". Also, another luncheon. They do love their luncheons!

Marion & Gordy Davis will be celebrating their 59th Wedding Anniversary in September. **Joan & Sam Adornetto** will celebrate their 59th Wedding Anniversary on September 10! Congratulations to both couples.



Olive Oil: 8 Healthy Benefits

Medical researchers around the world continue to find new health-promoting nutrients in olives and olive oil. Here are some of the nutrients in extra virgin olive oil: **Vitamin E:** an antioxidant vitamin that helps strengthen immune responses and reduces the risk of heart disease and some forms of cancer. **Essential Fatty Acids:** good-for-you fats such as the omega-3s and omega-6s that can help stave off heart disease, obesity and diabetes. **Chlorophyll:** has antioxidant properties. **Phenol Compounds:** also act as antioxidants. **Phytoestrogens:** may help beat bone loss and minimize pesky symptoms of menopause. **Sterols:** counter the intestinal absorption of cholesterol in foods.

Eight Healthy Benefits

1. Cuts Risk of Heart Disease.
 2. Fights Cancer.
 3. Wards off Arthritis.
 4. Keeps Diabetes at Bay.
 5. Stops Pain.
 6. Inhibits Loss of Memory.
 7. Beats Bone Loss.
 8. Defends Against HIV.
- Taken from: *The Healing Powers of Olive Oil: A Complete Guide to Nature's Liquid Gold*. By Cal Orey. Book is available at the Riverdale Library.

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

Recreation

June Carelli, Director 973-706-64714

Radio City Christmas Spectacular Show

Starring *The Rockettes* at the Radio City Music Hall, NYC

Thursday, December 11

Showtime: 5:00 pm. Bus leaves Community Center at 3:00 pm. \$58 per ticket (includes show & luxury bus transportation)

We are running out of tickets. If you want tickets, please call immediately!!!

Call for tickets: 973-706-6471

Children's Karate Program

All-Star Tae Kwon Do & Fitness
38-B Hamburg Turnpike, Riverdale

Beginning Saturday, November 1 (8 week program)

Registration: Wednesday, Oct. 15 @ 7:30-8:30 PM, Community Center

Ages 3 - 4 * Saturdays 12 - 12:30 pm or Tuesdays 5:00 - 5:30 pm

Fee: \$40.00

Ages 5 - 8 * Mondays 5:30 - 6:30 pm or Thursdays 5:30 - 6:30 pm or Saturdays 1:00 - 2:00 pm Fee: \$50.00

Ages 9 - 14 * Tuesdays 5:30 - 6:30 pm or Wednesdays 5:30 - 6:30 pm or Fridays 5:30 - 6:30 pm Fee: \$50.00

Call: Anne Gould 973-248-9663 or Rec Office 973-706-6471

Just a Reminder: **Toddler Fall Soccer Clinic** - Ages 2 - 5 Saturdays, September 13 through October 18 @ 10:00 - 11:00 AM On the fields between the Community Center and the School

Recreation Committee Members Needed

To assist with creating and coordinating upcoming events and activities. If interested, please contact the Recreation Office at 973-706-6471

COMMUNITY CENTER PROGRAMS

Yoga - Adults

by Instructor Kathy DeJesus

Monday & Wednesday Nights - 10 Week Program

Mondays, beginning Sept. 8 @ 6:30 PM

Wednesdays, beginning Sept. 10 @ 7:00 PM

\$7.00 per class. Bring your own yoga mat.

Hips on Fire Exercise for Adults

by Instructor Livia Deak

Thursday Nights - 10 Week Program

Begins Sept. 11 @ 7:30 PM

\$7.00 per class

New for Kids! Excellent Training for both BOYS & GIRLS!

Beginner Tap & Ballet Classes - Fridays, Sept. 19 thru Dec. 5

4:00 - 5:00 pm. \$7.00 per class

Offering Tap and Ballet classes for ages 4, 5 & 6.

Children will receive excellent instruction for tap & ballet dance.

Children's Hip Hop Dance Class - Fridays, Sept. 19 thru Dec. 5

5:00 - 6:00 pm. \$7.00 per class

Suggested for 3rd Grade Children & above.

Learn Hip Hop Dancing, Cool Dance Moves & Funk Dance Routines.

Both classes taught by **Miss Livia**, a licensed dance instructor

Call to Register: 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 major@RiverdaleNJ.gov & RiverdaleMayor@gmail.com

Erin Colfax

Riverdale Resident Erin Colfax, a research science teacher at the Science Academy at Morristown High School, has won a Live from the Field Educator Fellowship from the Earthwatch Institute. She will be joining a team of scientists and educators from around the globe to participate in a two week expedition to study "Climate Change at the Arctic's Edge" in Churchill, Manitoba, Canada.

From September 21 to October 1 Colfax will be transmitting her research live from the field back into the classrooms of Morristown H.S. through satellite and will be communicating with her students and the greater school community through a blog sponsored by the Earthwatch Institute.

Erin is in contact with the Riverdale Library to arrange a speaking engagement so that she could share the research with the residents and to give back to the community.



Erin Colfax on Mt. Kilimanjaro



Erin doing research in Iceland

To read the rest of her story go to www.RiverdaleNJ.gov/pdf/local-resident-wins-award.pdf

Kids Day America Saturday, September 20 by Stewart Family Chiropractic

Bring the whole family to the Riverdale Senior Community Center on Saturday, September 20 between 12 Noon and 3:00 PM for the 14th Annual *Kids Day America/International*, a Health, Safety & Environmental Awareness Day.

- Free** Child ID Cards featuring digital fingerprints by Riverdale Police Dept.
 - Free** Dental Screenings & Dental Imprints by Noreen Sheehan, DMD.
 - Free** Health Screening & Information on Disease Prevention by Dr. Stewart.
 - Free** balloons, spin art and temporary tattoos for all the kids.
 - Free** food provided by Charlie Brown's Steakhouse, Chili's, Panera Bread, Edible Arrangements, Super Stop&Shop, Tiff's Casual Grill/Bar, Trader Joe's.
 - Riverdale Fire Department** will be on hand with fire safety tips and a fire truck for the children to explore.
 - Pequanock River Coalition** will provide important information on safe guarding and protecting our environment.
- COME ONE AND COME ALL. DON'T MISS OUT ON THIS EXCITING DAY.**
For more information go to www.RiverdaleNJ.gov/pdf/kidsdayamerica2008.pdf

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

The 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 9 AM. Includes champagne cocktail, snacks on bus, \$10 food voucher and two \$10 bet vouchers, a movie, drinks and snacks on return trip. Call Josephine at 973-835-7367.

Library News

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

CHILDREN'S PROGRAMS

Baby Time - Infants - 2 years **No program on Sept. 29** Mondays, September 15 & 22 @ 11:15 - 11:45 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.*

Golden Stories - Ages 2 - 5 **No program on Sept. 29** Now on Mondays, Sept. 15 & 22 @ 10:15-11:00am or 1:30-2:15pm *There are falling leaves, pumpkins in the fields and a chill in the air. Gather with us at the library for stories of the season, rhyme, song and crafts.*

ADULT PROGRAMS

Book Discussion Group - Monday, Sept. 29 @ 6:30 - 8:00 pm Will discuss *The Inferno* by Dante Alighieri.

Riverdale Historical Homes-Photo Exhibit. The Riverdale Historical Committee has an exhibit about Riverdale's oldest buildings - then and now - on display in the library through mid-September. One of the highlights is a 6 foot panoramic view of Riverdale taken from Federal Hill in 1907. Starting September 15, **Nina Flynn** will exhibit an eclectic mix of water color, pastel and acrylic paintings in the gallery.

Computer Workshops - start in September. Intro to the PC, eBay, email, Internet use and more. Call the library to reserve your spot.

Feng Shui with Deanna Trust - Join Deanna Trust on September 30 from 6:00 to 8:00 pm as she explains how to use *environmental energy* through the placement of furnishings, to live a happier, healthier life. Please bring a rough sketch of your primary floor plan. Deanna will assist you with a free assessment of your space. Registration is required through the library. 973-835-5044.

A Note from Theresa McClachrie (Mrs. M.)

Dear Riverdale Community:
Oh the Places You'll Go... It has been a pleasure seeing you in the library talking about books, and having fun at our programs. Accommodating the growing needs of my family requires a different setting for me, so you'll be seeing a different face at story time. Linda Palkow, former Kindergarten teacher, will be providing wonderful stories and creative crafts in the children's programs. Many of you already know "Miss Linda" as a volunteer in our after school and summer programs.

Oh the Thinks You Can Think... The Riverdale Library is such a great place to be! I'll be staying on in a part time role, so I won't say goodbye. See you soon.

Please Note:

Those who pay their water and sewer bills by phone or on line, you must tell your processing center that your account number must be on your payment so that the correct account is credited

Riverdale Shade Tree Commission - Before you remove, trim or replace any trees, please call the commission for advice at 973-835-4060 ext. 6



Did You Know?

- The bee is the only insect that produces food eaten by man
- The words *loosen* and *unloosen* mean the same thing.
- For some odd reason, the oak tree is struck by lightning more than any other tree.