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Watch for the Photos from the Fire Department's 100th Anniversary in the October issue!

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IMPORTANT DATES

***Street Fair* - Sunday, Sept. 30**

Fright Night - Saturday, Oct. 20

Adult Halloween Costume Party
Saturday, October 27

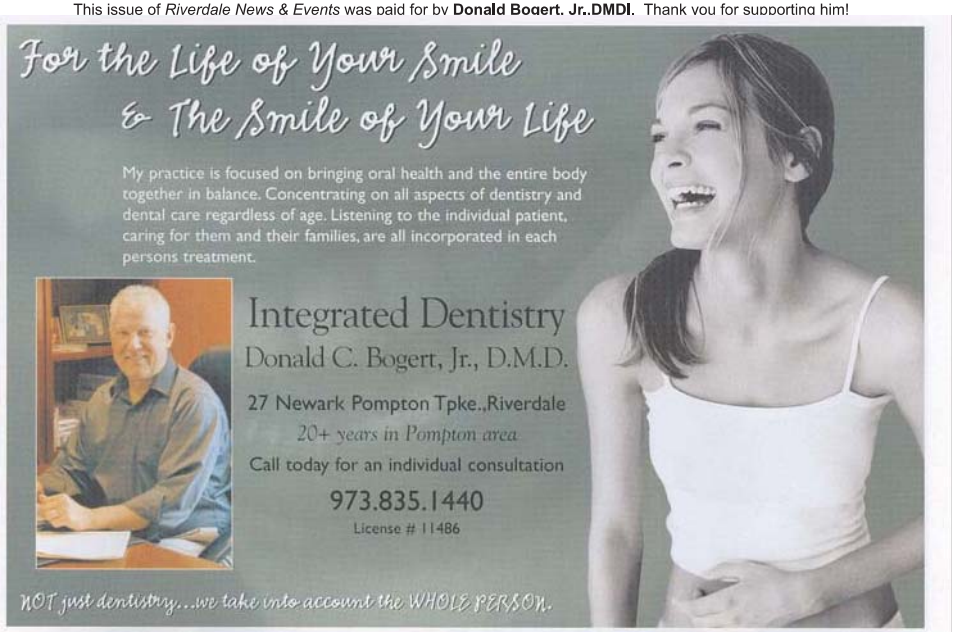
Next month's Newsletter for details.

The Latest Edition of

Riverdale News & Events

Published by the Riverdale Mayor and Council

This issue of *Riverdale News & Events* was paid for by **Donald Bogert, Jr.,DMD!** Thank you for supporting him!



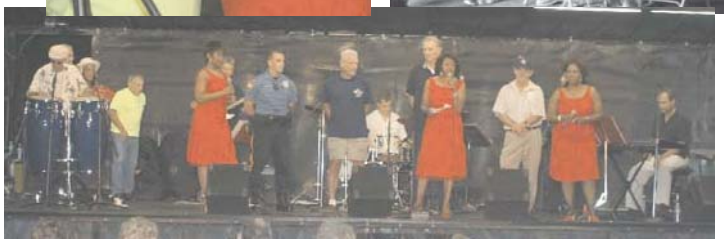
If you would like to sponsor an issue of this Newsletter, please contact Carol Talerico 973-835-4060

Riverdale News & Events

Vol. 2, No. 12 — *A Monthly published by the Riverdale Mayor and Council* — *September 2007*
www.RiverdaleNJ.gov

Riverdale Favorite, **Frank Sorg,i** cuts the carpet with one of the Shirelles

Thousands Enjoy the 2007 Summer Concerts in the Park



The Shirelles play their number one hit, *Soldier Boy*, in honor of our Veterans. Thank you, Ladies! You're the best!

Riverdale Police Officer Eric Hollenstein dances with Beverly Lee, one of the original Shirelles, during their tribute to our Veterans.

Summertime "Most Beautiful Yard" Contest

Russell and Elfriede Maria, 25 Cotluss Road

Congratulations to the winners of the "Most Beautiful Yard" Contest. This is the first time Riverdale Recreation has held this contest. Thank you to all Riverdale residents for the hard work you put into your homes. We are proud to have residents who strive to beautify their homes, neighborhoods and the community. The fact that we had so many eligible yards from which to chose is a testament to Riverdale Pride!

Street Fair - Sunday, September 30
Newark Pompton Turnpike - 10am til 5pm

The NPT will be closed to traffic from 8:00 am to 7:00pm for the street fair, which runs from 10:00am to 5:00 pm. Many vendors, food, music and crafts. **Chili Cook-off**: Must pre-register with Terri Pellegrini, 973-835-0034, cash prizes for the 1st, 2nd, & 3rd Place winners. Parking at the armory with free shuttle provided by Jordan Transportation.

Interested in being a vendor? Call JC Promotions 201-998-1144 or go online to get the application: www.jcpromotions.info

ANNOUNCEMENTS

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

Marie Ford will be celebrating her Birthday along with her grandson, **William H. Morales**, on September 27. Happy Birthday!

Happy 3rd Birthday, **Reilly Gould,** on September 7th. Love Mom & Dad.

Jay and Jane Babich of Hillside Ave. are proud to announce the graduation of their son, **Ari Babich**, (Riverdale School '96; PLHS '00; Ithaca College '04) from the Border Patrol Academy in Artesia, NM on August 2. Ari has been assigned as a Border Patrol Agent in Deming, NM. You can email Ari at: ababich1@hotmail.com.

Congratulations to **Morgan Goldberg** upon receiving a State Reward for High Honors in the Mathematics and Verbal Talent Search. This award was conducted by Johns Hopkins University Center for Talented Youth. In September Morgan will be attending the fifth grade at St. Mary's School in Pompton Lakes.

Happy 6th Birthday to **Joey Shafer** on September 4th. We Love You! Mom, Dad, Danielle and Nana.

Adam and **Tori Budesheim** are celebrating their First Wedding Anniversary on Sept.16. **Greg** and **Lisa Budesheim** are celebrating their 2nd Wedding Anniversary on Sept. 10. **Matt** and **Sylvana Budesheim** celebrated their 4th Wedding Anniversary on August 2.

Riverdale Boy Scout Troop 73 went to Philmont, NM this past July. During their 11 day trek, the crew covered over 60 miles and reached altitudes over 11,000 feet. While in Colorado Springs they also went up Pike's Peak and rafted down the Royal Gorge on the Arkansas River. Anyone in interested in joining, call Steve Loesner at 973-839-3251.

In Case of Emergency: Have you "ICED" Your Phone?

To its owner, the cell phone is an indispensable lifeline at times of crisis, reuniting loved ones separated by unforeseen events at the touch of a button. But for members of the emergency services making life-and-death decisions, the cell poses a conundrum: Which of the numbers stored in its electronic address book should they call to reach a casualty's next of kin?

Cell users are being urged to put the acronym ICE:"In Case of Emergency"— before the names of the people they want to designate as next of kin in their cell address book, creating entries such as "ICE -- Dad" or "ICE -- Karen".

Paramedics, police and firefighters often waste valuable time trying to figure out which name in a cell phone to call when disaster strikes, according to current and retired members of the emergency services, who said they must look through wallets for clues, or scroll through cell address books and guess.

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

The Boro Nurse will be in the office on the third Thursday of every month, starting in August.

Recreation

June Carelli, Director 973-616-0288

NYC Winter Holiday Theater Trip

"Wintuk" and enchanting Winter Tale for All Ages
A Cirque du Soleil Production at the Theater at Madison Square Garden.

Thurs., December 6 at 7:30 PM
Bus departs Riverdale 5:30 Pm
$58.00 includes ticket and bus
Tickets: Cindy Moratto - leave message at 973-492-8568.
Limited Seating-Reservation Deadline: Sept.30

Winter Ski Program

Registration: Tuesday, October 23 @ 7 - 8:30 PM in Community Center. Info & Registration Forms available at Boro Hall starting Monday, Sept. 10th. Ski Passes available from $139 up to $299/child. Adult Passes also available. Questions: call Rec Office 973-706-6471 or Diane Pezzuti 973-831-8870

Community Center Programs

Brought Back by Popular Demand!

Fall for Toning & Strengthening Exercise

Instructor Todd (Certified Personal Trainer & Nutritional Advisor) is returning for Fall 2007!
This is a high energy cardio & strengthening toning class. All are welcome, but be prepared to work hard!
Classes Begin: **Tuesday, October 2** (10 weeks)
Cost: **$5.00 per class** (pay in full at registration)
Location: Senior Community Center @ 7:00 - 8:00 PM.
Participants will need: Exercise sneakers, work-out apparel, dumbbells or hand weights, resistance bands and a mat.
Advance Sign-up Required at Community Center 973-706-6471. Classes fill up quickly. Register NOW!

Fitness is Fun - Thursday Night Aerobics

Great for beginners or those who have not exercised in a while, as well as those who exercise regularly.
Classes Begin: **Thursday, September 27** (10 weeks)
Cost: **$5.00 per class** (pay in full at registration)
Location: Community Center @ 7:00 - 8:00 PM
Instructor: Sandy (Certified Fitness Instructor)
Participants will need: Exercise sneakers, comfortable clothing, bath-size towel. Optional: mat, dumb bells or hand weights.
Advanced registration required at Community Center. 973-706-6471. Classes fill up quickly. Register NOW!

WANTED: Senior Community Center is looking for good quality recreational equipment. Will be used in the Center's lower-level for children/teens to use. Such as: *Basketball Hoops (on wheels), Pool Table, Air Hockey Table, Pin Ball Machine, etc.*

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**

FIRE DEPARTMENT

Just 2 days before the 100th anniversary celebration, the fire department responded to the 100th alarm of the year. The number of emergency responses for 2007 is up over 15% from 2006.
During August we received 4 new members. Bruce Dickerson, Karen Spiridakis, Jordan Pellegrini, and Nick Grecco. This should just about cover the void from members who became inactive over the last year.

As was mentioned in the last 2 newsletters, it has become too difficult for the fire department to support a 'door to door' fund drive. So look for our fund drive letters in your mailbox in mid September, and we ask for your continued support. If you need TOT Finders, or membership information you can indicate that on the form returned with your donation and we'll see that you get what you requested. You can still drop off your donation in the firehouse mailbox on Post Lane if that is more convenient for you. Thank you for your understanding.

- **Remember Fire Prevention week starts October 7th so take time to check your home for fire hazards.**
- **Also join us on October 12th for our annual fire prevention open house.**

Kids Day - Don't Miss this Great Event!

Stewart Family Chiropractic will be sponsoring *Kids Day America/International* on Saturday, September 22 at the Riverdale Community Center from 12:00 noon until 3:00 PM. The event will provide essential information on natural health, child safety and environmental awareness.

- *Riverdale Police Dept. will provide Free Child ID Cards featuring digital fingerprinting of all the children.*
- Riverdale Police Pistol Team will be there with Eddie Eagle gun safety.
- *Riverdale Fire Dept. will be on hand with fire safety tips and a fire truck for the kids to explore.*
- Pequannock River Coalition will provide important information on protecting our local environment.
- *Stewart Family Chiropractic will be providing Free health screenings, and distributing vital information on disease prevention and health promotion.*
- Noreen Sheehan, D.M.D. will provide Free dental screenings and dental ID.
- *Kids' Therapy Center of Riverdale will be on hand also.*

Plus: Demonstrations by Matrix Fitness - Kids in Motion, Tiger Schulmann's Karate & ENA Gymnastics. Free balloons, face painting, spin art and temporary tattoos for the kids.
Free Food provided by Ruppert's Restaurant, Charlie Brown's Steakhouse, Stop & Shop, Chili's and Trader Joe's.
Lots of Free prize drawings, and a 50/50 drawing to benefit the PTA playground fund.

Sad Note: **Mrs. Florence Bossard,** a Kindergarten and First Grade teacher in the Riverdale School for 22 years, passed away recently. Mrs. Bossard was 103 years old. She retired in 1970. She was active in the Chilton Hospital Auxiliary as President and volunteer.

Library News

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

Infant and Pre-School Story Times

For the first time, Children's Librarian Therese McClachrie is offering monthly Saturday programs for young children. The September programs for both Baby Time and Golden Stories are scheduled for September 22.

Baby Time - Infants - 2 years
Monday, September 17 and 24 @ 11:00 to 11:30 am.
Saturday, September 22 @ 10:30 to 11:00 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
Wednesday, September 19 and 26 @ 10:15-11:00 am **or** 1:30-2:15 pm
Saturday, September 22 @ 11:15 am to noon.
Join us for both new and classic pre-school stories.

Bedtime Stories for the Whole Family
Thursday, September 20 @ 7:00 to 7:45PM
Join us for stories, cookies and milk. Younger patrons may want to wear pajamas and bring teddy.

Helpful Health Hints - An Alternative View

Vitamin K Reverses Artery Hardening? As we all know, it's not good when fat deposits build up on the artery walls. But it is even worse when the body deposits bits of calcium in the fat deposits. This makes the artery plaque stiff and hard, giving rise to the term "hardening of the arteries." Of course, the artery wall is then much less elastic. An amazing new study indicates that **vitamin K** may not only prevent, but actually reverse artery calcification. Researchers in the Netherlands gave rats with hardening of the arteries high doses of vitamin K. After six weeks, the calcium deposits in their arteries had declined by 50%! And their arteries regained their elasticity comparable to a normal rat. This makes sense. We know that vitamin K is necessary for calcium to be put to its proper use-to build bone. If calcium cannot be properly used, the body starts to look for other places to put it, and we get calcium deposits.

Would this work for humans? In two large studies, the Nurses' Health Study and the Rotterdam Study, it was found that the highest vitamin K intake reduced the risk of artery calcification by 52%, and reduced the risk of death from cardiovascular disease by up to 57%. Interestingly, the type of vitamin K that was found the most beneficial was the kind made in our own intestines by the friendly bacteria (*probiotics*).

Of course, some people can't take vitamin K supplements because they are on anti-coagulant medication. Drugs such as coumadin (warfarin) are vitamin K antagonists. This is based on the idea that vitamin K is necessary for normal blood clotting.

Question: How did the researchers in the above study induce artery hardening in the rats? Answer: By giving them coumadin! And in a previous study, it was found that people on blood thinning medication were twice as likely to have calcification in their arteries.

Please remember that it is not safe to suddenly discontinue any medication, including blood thinners. *The Natural Woman & The Natural Man*. Vol.17 #1

European Journal of Clinical Nutrition 59(2) (2005) pp. 196-204
Journal of Nutrition 134(11) (2004) pp. 3231-3232,

Did You Know?

- A horse can look forward with one eye and back with the other.
- Dolphins have bigger brains than humans.
- A golf hole is four inches deep.