Riverdale News & Events

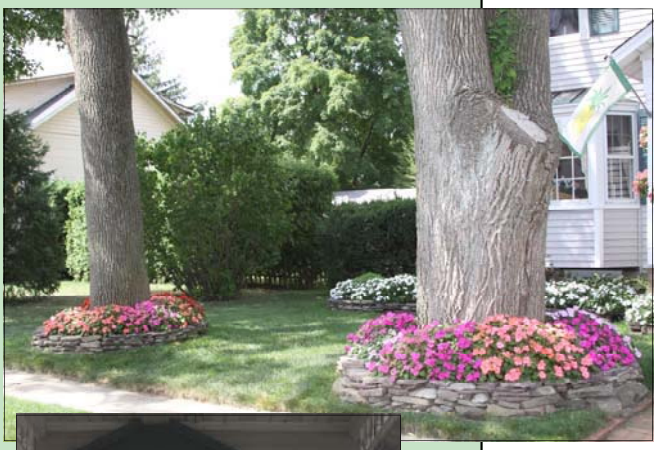
A Monthly published by the Riverdale Mayor and Council

Vol. 5, No. 12 **www.RiverdaleNJ.gov** *September 2010*

Beautiful Yard Contest Winner - 2010

Jack and Gail Polhemus
10 Haycock Avenue

CONGRATULATIONS!



Concerts 2010 Draw to a Close

The Fabulous Greaseband was the final show in this year's Summer Concerts in the Park. The Greaseband was the first band we had when the free concerts began in July 2004.

CERT was there each week to lend a hand. Thanks to all!

Riverdale Borough made of the best people on earth.

Junior Police Academy

Riverdale students attending the Academy were: **Kevin Miller, Matthew Thomas, Sal Negri, Amanda Dakake, Nico Negrini, Claire Morales, Thomas Morales, Mathew Gancher, Joseph Feduccia, Felicia Leaver, Dianna Walker**

Don't Forget to Buy Raffle Tickets to support the Concerts! On sale at the Street Fair! Winners picked at 5 PM at Street Fair.

Announcements

Happy 6th Birthday **Reilly Desai** on Sept. 7. Love Mom and Dad.

Happy 5th Birthday, **Alyssa & Naomi Fox**, on August 18 and a happy first day of school. Many hugs and kisses. Love Mommy, Daddy & Taylor too!

Welcome, **Christopher Joseph Wnuk**, born on July 21 to Norbert and Holly, weighing in at 6 lbs. 15 oz. Maternal grandparents are Patricia & George Spina; paternal grandparents are Walter & Wanda Wnuk. Congratulations!

Congratulations to **Matt** and **Sylvana Budesheim** on their 7th Anniversary on August 2. They have three sons, Matt 6, Kevin 4 and Nicholas 2.

Happy 7th Birthday to **Ashley Davis** on September 21. Love, Mom, Dad, Nicholas and Bailey.

Congratulations to **Greg** and **Lisa Budesheim** on their 5th Anniversary on September 10. They have two children, Jack 3 and Emma Rose 22 mos.

Congratulations to **Adam** and **Tori Budesheim** on their 4th Anniversary on September 16. They have two daughters, Caroline 3 and Elizabeth 18 mos.

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

Welcome to the new president of the Riverdale Garden Club, **Darinda Norris**. Good luck! Also we want to thank **Linda Anders** for establishing and heading the garden club since its inception. Many thanks, Linda.

On the 4th Tuesday of the month the **Garden Club** meets at the Library from 7-8PM. Members have shared seedlings, helped each other identify "mysterious plants", exchanged bulbs, plants, ideas & gardening tips. All levels of gardeners are welcome! Hope you can join us. Watch for a possible new day for the garden club meetings.* **Photography Club** meets on the 4th Monday of the month at the Library. All levels of photographers are welcome as we share tips with each other on how to get better shots, great places to take pictures right in your own back yard and more! The meeting runs from 7-8 PM.

Senior Moments

The first meeting of the month was held on Monday, August 1 conducted by **President Irene Moehring**. **Chaplain Grace Chiesa** gave an inspirational message, followed by a rousing chorus of "Good Old Summertime" by the members. There were 60 members in attendance. August birthday celebrants were acknowledged and sung to. **2nd Vice President Loretta Lippens** informed everyone that the Senior Tax Freeze has been extended to December 1st. * **Sunshine Lady Dorothy Bowersox** reported that cards of condolence were sent to Madeline McKinnon and Susan Graham * Following the business meeting, we had two speakers, Ray Dondero and Jeffrey Gaies, Elder Attorneys, who gave us some very informative information. Following the meeting, bagels and cream cheese, coffee and tea, were served. * The Food Pantry has had a good response. Thanks to all!

The second meeting of the month was held on August 16, conducted by President Irene Mooring. Chaplain Grace Chiesa read a beautiful poem, entitled "If I Knew", followed by the group singing "God Bless America". There were 53 members in attendance. * Our first meeting in September will be on Tuesday, September 7, instead of Monday, due to Labor Day. * **Sam** and **Joan Adornetto** were thanked with a rousing applause, for coffee making and clean up at every meeting for many years...They would like a break. A new policy was established, where the people assigned to bring cakes to the meeting, will come early and make coffee and also clean up after the meeting. This way everyone will take a turn a clean up and it won't fall on the same people all the time. * A unanimous vote decided that we discontinue the policy of giving flowers or a gift card to members who are hospitalized; instead just a card will be sent. * **Kay Peacock** thanked everyone for their cards, prayers and concerns, while she was ill. Good to see her back again. Keep the Food Pantry in mind when you shop. Thank you. * Following the meeting we had a speaker, Dr. Michelle Gatto, who is a board certified ophthalmologist, and she gave us some very informative information and was very willing to answer questions and speak with people later. Cake and coffee were enjoyed by all. Presented by *Marion Davis*

Congressman Rodney Frelinghuysen will be visiting Monday, September 20 @ 11:45am.

Help redefine possibilities for the spinal cord injury community by participating in Push to Walk's THIRD ANNUAL GOLF OUTING! **Monday, September 27** Registration begins at 11 am shotgun start 1:00
Wild Turkey Golf Course, Crystal Springs Golf Resort, Hamburg, NJ
Cost for 18 holes and dinner is $200, dinner is only $100.

Hundreds attend Wellness Fair at
Push to Walk
On Saturday, August 28

Cynthia and John Templeton and their son, Darren.

RIVERDALE
Public Library

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

Registration is required for all programs.
Call 973-835-5044 or e-mail
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.

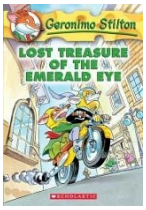
Totally Twos — For two-year-olds with a caregiver. On Mondays, 10:15 – 10:45 a.m.

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

CHILDREN'S PROGRAMS

Puppy Pals Reading Club
Trained dogs will be on hand to listen to children in grades K – 5 read. Sept. 14 (2nd Tuesday of each month) from 4:00 – 5:00 p.m.

Breakfast Book Club



Book discussion for parents and children in grades 2 - 5, with craft and breakfast. Pick up your copy of Geronimo Stilton's *Lost Treasure of the Emerald Eye* at the circulation desk. Saturday, Sept. 18th from 10:15 – 11:30 a.m.

Lego® Lab
Children in grades K – 5th listen to a story and build creations out of Legos. Sept. 28 (4th Tuesday of each month) from 4:00 – 5:00 p.m.

Fancy Nancy Tea Party and Fashion Show

Children in grades K – 3 will enjoy tea, games, and a fashion show based on the *Fancy Nancy* books by Jane O'Connor. Thursday, Sept. 23 from 4:00 – 5:00 p.m.

ADULT BOOK DISCUSSION GROUP

Join us for a lively discussion the last Monday of every month from 6:30 – 8:00 pm! Everybody is always welcome! Even if you haven't had a chance to finish reading the book, the discussion is great!

September 27 - Rebecca by Daphne du Maurier

HOURS

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

TEEN PROGRAMS Grades 6 and up

Teen Book Discussion Group
Join us Sept. 21 from 6:00 – 7:00 p.m. for pizza as we discuss the *Adoration of Jenna Fox* by Mary E. Pearson. Pick up your free book at the circ desk now!

Teen Advisory Board (TAB)
Thurs, September 9, 5:00 – 6:00 p.m. hang out with friends and tell Ms. Rosie how you want *your* library to be.

Garden Club members wanted!

The Library Garden Club, which meets the fourth Tues of every month, is looking for new members. The current head of the Garden Club will be stepping down, and a new leader position is open. Future club meetings will have speakers, gardening tips, and hands on activities.

Job Hunter Workshop Series

We are hosting a Workshop Series to help those seeking employment. The first speaker will be Bernadette Moore in, **"Job Skills People Need to Find Employment," scheduled Thursday, September 23, from 6:45 to 7:45 p.m.** Bernadette is the Job Counselor for the Workforce Development program in the Continuing Education Department at Bergen Community College.

The Series 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:

The first Webinar is **Wednesday, September 29 @ 3:00 Topic: "Find Hidden Job Leads Online"**

More Webinars to come. To register or for further information, please call the library at 973-835-5004.

SUMMER HIGHLIGHTS

This summer children of all ages placed scales on Mermaid Serena's tail for each book they read. Her tail has grown to 15 feet long!

We had 65 children sign up for the summer reading program with a total of 807 books read! We also had 37 teens sign up who read 50 books!

MONTHLY

***Photography Club*—**Mon, Sept 27, 7:00-8:00
All Photographers welcome! Learn! Share!

***Garden Club*—**Tues, Sept 28, 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!

Recreation Department Programs

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

Kid's Dance Class

Class Begins
Wednesday, September 15th
(10 week session)

Tap & Ballet, Wednesday-4:00pm
(Recommended for ages 3 thru 5)
Hip Hop Dance, Wednesday-5:00p
(Recommended for ages 6 thru 14)

Sign Up (973) 706-6471
Community Center Office

Tot's Music Class

Returning this Fall…
Bring your tot's in to partici-pate
in a comprehensive preschool music program.

Friday, 11:00am – 12:00pm
(Class begins Friday, Sept 17th)
Riverdale Community Center
$8.00/Class ($10 Walk-In's)
Recommended for 18 months thru 4 years old

Riverdale Rec Golf Outing

Picatinny Arsenal Golf Club
Thursday, Sept. 23rd
11:00am Tee-Time
$105/Per Person

Includes 18-Hole Golf Game with Cart,
5-Course Dinner @ Portofino's Restaurant,
Berkshire Valley Road, Oak Ridge
(only minutes from Picatinny Arsenal)
plus Prize Raffles @ Dinner

This golf outing is an enjoyable day of golf but it is also an event that is supporting the military. In addition, a portion of your Golf Fee will be donated towards Riverdale Armed Forces. This fund is for local area serviceman who have been or are planned to be deployed overseas.

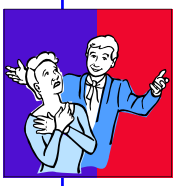
Sign Up & Payment Required by August 30th
Maximum Attendance 60 Golfers!

NYC Broadway Show

The Addams Family
Lunt-Fontanne Theatre, NYC
Tuesday, October 19th / 8:00pm Showtime
(Depart Riverdale 5:00pm) $130/ Ticket
(Includes Orchestra Seating and RT Luxury Bus Transportation)

For tickets, contact Rec Member,
Anne (973) 248-9663 or
Riverdale Rec Dept (973) 706-6471

DEADLINE TO RESERVE: August 13th



Exercise

Boot Camp/Every Monday, 7:45pm, Cost: $6
Class Yoga/Every Thursday, 7:30pm, Cost: $6.00 Class

Show & Shopping Trip

Christmas Spectacular /Radio City Music Hall, NYC
Saturday, Dec 4th / 9:00am Showtime
$77/Ticket (Includes First Mezzanine Seating,
Radio City Music Hall Christmas Ornament & Luxury Bus Transportation) Depart Riverdale 7:45am
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 2:45pm
(Estimated return time to Riverdale - 4:00pm)
(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
DEADLINE TO RESERVE: August 13th
(Seating is limited & NO REFUNDS)

Seniors Art Classes

FREE Art Classes returning next month!
Mark your calendars to attend an enjoyable & creative morning. Painting, collages, drawing & more plus…all supplies included.

Thursday, Sept. 16th, 23rd, and 30th
10:00am - 12:00pm
Riverdale Senior Community Center

Community Center Programs

IMPORTANT NOTICE! Our Fire Department is concerned about their inability to get the fire trucks onto certain streets because of illegal parking. Under state law NO PARKING is permitted 1. Within an intersection 2. On a crosswalk 3. In front of a driveway 4. On a sidewalk 5. **Within 50' of a stop sign** 6. **Within 25' of an intersection** 7. Within 10' of a fire hydrant. Our Police will be enforcing these state laws to ensure that public safety is maintained, especially the accessibility of our fire trucks to the streets in our residential neighborhoods.

Any time, Any day Computer Recycling. Drop off the below listed items anytime at the Municipal Building for recycling. These items are picked up by a non-profit service organization that uses them in training disabled vets and homeless people. There is no cost to the borough and it helps our neighbors. **Items accepted**: Computers/laptops (Monitors are NO LONGER ACCEPTED. They may be placed in regular garbage.), keyboards, mice, modems, external drives, scanners, printers, copy machines, cables, other computer peripherals, VCR's, DVD players, stereos, radios, phones, fax machines, camcorders, electric typewriters, and most media (floppies, CD's, DVD's), cell phones and similar products.

Meet the New Teachers

Riverdale School welcomes **Mr. Gary Grembowiec** as School Business Administrator/Board Secretary. Mr. Grembowiec's background and years of experience in small school districts will certainly benefit our school community.

A veteran teacher, **Mrs. Lisa Heller** brings with her a wide range of teaching experience and will join our faculty as leave replacement teacher in fourth grade this year. Mrs. Heller is currently completing her Masters Degree and certification as Reading Specialist at Montclair University.

Brittany Bogdon joins the district as a leave replacement teacher. A recent graduate of William Paterson University, Ms Bogdon holds a special education degree and professes a deep love of learning.

Having completed a leave replacement position as fourth grade teacher last school year, **Ms. Jessica Shackil** returns to Riverdale School as one of our third grade teachers. Ms Shackil hold dual education degrees, most recently completing her Masters Degree in Special Education. Ms. Shackil hopes to instill a love of learning in her students by integrating dance and movement into her classroom instruction.

Did You Know - September Facts?

♦September begins on the same day of the week as December, every year.
♦First Labor Day celebrated as a legal public holiday on September 3, 1894.
♦On September 13, 2001 (two days after the 9/11 terrorist attacks) the United States National Anthem was played at the changing of the guard at Buckingham Palace in Great Britain by order of Queen Elizabeth II. This was an unprecedented act.
♦The groundbreaking ceremony for the Pentagon took place on September 11, 1941 - exactly 60 years before the terrorist attack in 2001.
♦Did you know that you share your birthday with at least 9 million other people in the world?
♦The average human eats 8 spiders in their lifetime at night.
♦The average ear of corn has eight hundred kernels arranged in sixteen rows.
♦When the University of Nebraska Cornhuskers play football games at home, the stadium becomes the state's third largest city.

The Riverdale Food Pantry - *Shopping List*

We are running low on a number of items. The following are in critically low in need of replenishing.

- Pasta and Past Sauce
- Macaroni and Cheese
- Cookies and Crackers
- Peanut Butter and Jelly
- Cheerios
- Canned Vegetables & Fruits, Boxed Potatoes, Rice
- Soups
- Tuna Fish
- Coffee, Tea
- Paper Products and Detergents

Warning! **Some residents have been called by people presenting themselves as members of the Riverdale Police Department soliciting donations. Neither the Police or Fire Departments or the First Aid Squad solicit over the phone. Their solicitations are by way of mail. Call the police department if you get such at 973-835-0034.**

The Pequannock River Coalition recently completed its third weekend cleanup of the Japanese Knotweed, which has become a major problem in northern New Jersey and many other places, driving out native vegetation, and creating a useless sea of inedible greenery for our wildlife.

Over 200 volunteers came out to remove these dense stands up to 12 feet tall. The first Saturday, alone, cleared out over a half acre of the weed.

Thank You!

Riverdale is extremely fortunate to have a such a dedicated organization as the Pequannock River Coalition offering us assistance and advice enabling Riverdale to protect its valuable resources.

Auxiliary of the Riverdale Volunteer Fire Department

has a few cookbooks for sale.

Our cookbooks are composed of *tried and true* family taste-pleasing recipes. For just $5.00 you can learn how to whip up some tasty treats. Or bring a cookbook as a gift for the hostess of the next barbecue and help support your local Fire Department's Auxiliary.

Call Jean Sheps at **973-835-0137** to order yours today!

We are looking for training vehicles. If you have a vehicle that you would like to donate please call the Fire Dept. at 973-831-1584.

Firemen Needed!

The 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. "Most of newest recruits started out as junior fire fighters," says Chief Dan Sturm. Continues the chief, "We are able to put the younger members through training earlier and retain them as opposed to an older resident who has families and other responsibilities. The increase in hours on the department and increase in the level of required training - Level 1 Firefighter went from 60 hours to 150 - discourages potential volunteers." Chief Sturm adds he 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 PM or call 973-831-1584.

This September marks the 7th annual *National Preparedness Month*. It is that time of year when we are asked how prepared our families are for the inevitable emergencies life will throw our way. It is important for us to think if we really want to be in crisis mode when an emergency occurs, frantic about where our loved ones are, about what to do and where to go. The Community Emergency Response Team (CERT) was established by the Borough for neighbors to help each other in times of an emergency.

CERT is about preparedness, much like the Boy and Girl Scouts; it is people helping people. CERT is a positive and realistic approach to emergency and disaster situations where citizens will be initially on their own and their actions can make a difference. Through training, members will learn to assist with basic first aid, a breakdown in utilities and support emergency services during a prolonged critical incident.

The Riverdale CERT will be hosting an open meeting on Wednesday, September 22 at 7 PM in the Council Chambers. All borough residents are encouraged to attend. Each resident has unique skills and abilities. Please consider sharing them and learning new ones with your neighbors.

Those with questions are invited to contact **Russ Hatzel at 973-714-4160 or email at rwh077@msn.com.**

The Riverdale Police Department in conjunction with the Pompton Lakes Police Department held a **Junior Police Academy** for kids entering 6, 7 and 8th grades. The Academy, in its second year, was a week long.

Each morning the junior recruits have their uniforms inspected by the police officers acting as drill instructors. This portion of the training is designed t teach discipline. The uniforms need to be neat, clean and work in the correct fashion. The recruits are required to show respect and address the offers by rank and gender. They also are required to participate in physical training after inspection.

The week was filled with exposure to different aspects of law enforcement. Some of the highlights of the week were the Passaic County Mounted Unit who explained and demonstrated the requirements and training for a police officer who rides a horse on patrol. The Riverdale K-9 Unit with Patrolman Pat Harden, K-9 Dugan, Passaic County Bomb Squad, Passaic County SWAT Team, Physician's Response Team and a number of other local officers educated the junior recruits on different aspects of police work. The Pompton Lakes Fire Department gave a demonstration about fire department response and the working relationship the police and fire departments have.

New to the program this year was a day at the Riverdale Police Pistol Range. The recruits were instructed in firearms safety and given a demonstration on different firearms that are used in police work. The recruits were offered an opportunity to shoot both a handgun and a rifle. This is a very strict and disciplined training.

The recruits were bussed to Passaic County Police Academy and observed a real Police Recruit Class during their physical training and uniform inspection. In addition they received training from academy instructors on defensive driving by using a computerized driving simulator. The recruits observed a firearms training simulator that teaches law enforcement officers to react to hostile situations. Riverdale resident **Chris Miller**, owner and instructor of a martial arts gym taught self defense and all around physical fitness.

The Pompton Lakes/Fiverdale First Aid Squad was on hand each day checking the kids for any heat related issues and patching up any bumps and bruises that were acquired during training.

The week ended with a helicopter from the National Guard Armory landing at the Pompton Lakes High School. The helicopter is used by law enforcement in drug enforcement. The Army Pilots explained both the aircraft and the role it plays in working with law enforcement.

Piano Instruction

Ruth Pasquariello

43 Hillside Ave.
Riverdale, NJ 07457
973-616-0733

MTNA - NJMTA - MEA - PVMTA

News from School

As the start of our new school year rapidly approaches, the staff and administration of Riverdale School look forward to our September 7 arrival of students. The summer months have been busy ones, as we continue to reflect upon our most recent school year and develop plans to foster continued success for our students.

A major focus of the district will be to strengthen the home school connection, utilizing technology as a communication tool and offering parent seminars to spotlight school initiatives. We have restructured our Back to School night, to provide greater insight into our programs. The Middle School (6-8) Back to School Night will take place on Sept. 28 and the Pre-K - 5 Back to School Night is scheduled for September 30. In response to parent inquiries, we will be introducing a password– protected, parental access to student grades online (grades 6-8). Additionally, student access to "E Suite," a web-based resource to support student review of skills presented in our Everyday Math program has been expanded to include grades K-5. Parents are encouraged to continue to visit the district website www.rpsnj.org for frequent updates of district, school and classroom information. The school event calendar is located as a link off of the principal's page and copies of flyers and correspondence sent home can be found in the "student backpack" on the homepage. We hope that increased parental access of these tools will reduce our us of paper over time.

Our new science textbook adoption (K-5) will provide our students with a variety of non-fiction ready opportunities designed to support and integrate study skills and technology, as students perform hands on experiments to promote conceptual understanding.

During the summer renovations of the 2nd floor restrooms and the nurse's area have occurred. These received the promise of 40% funding from the state, with the balance being supported through the capital reserve line of our budget. All three areas will be ADA compliant. Our nurse will also have quick access to the field behind the school, in case of emergency, as an external door has been installed. *Submitted by Dr. Betty Ann Wyks, Superintendent*

Riverdale Woman's Club

All women are invited to the **Riverdale Woman's Club Annual Welcome Back Breakfast** on Saturday, September 18 at 9:30 AM in the Riverdale Senior Community Center. Please join us to meet our members, learn more about our club and how we make a difference in our community and state. Bring a friend, bring two! RSVP to Nancy at **973-838-0556.**

Cans for a Cure

Alice Gardiner Mickens and her children have been collecting **Cans for a Cure** since the beginning of the summer. They have managed to raise $258.65 for their charity. Alice's mother Pat died from cancer almost 3 years ago. October is *Cancer Awareness Month*. She would like for our residents to help with drop off or pick up of cans, sorting or bringing up to the Suffern area. Bags of cans may be dropped off at her house at 97 Newberry Place or Alice can be called and she will pick them up at your house.

She is awaiting word from the Home Depot to see if they will donate garbage cans, which will be painted pink and placed with local businesses. She is also hoping that Shop Rite will donate $10 gift cards for every hundred dollars raised. These will be donated to our Riverdale food pantry.

The way she sees it, if we can separate the cans into bags (the cans must say *NY 5 cents* on them) we can make a dent in giving to charity while "going green" at the same time.

Anyone interested in this worthwhile project please call Alice Gardiner Mickens at 973-835-1340.

September is "Kid's Month"
at Stewart Family Chiropractic.
Discover the
health benefits of chiropractic care for your children.

A 1986 study done by Ronald Pero, Ph.D. (who was chief of cancer prevention research at New York's Preventive Medicine Institute and professor in Environmental Health at New York University) measured immuno-competence in individuals who regularly saw a chiropractor and those who did not. The **chiropractic patients had a 200 percent greater immune competence** than people who had not received chiropractic care, and a 400 percent greater immune competence than people with cancer or serious diseases.

A stronger immune system = less sick days, better health, reduced need for medication.

We know that this idea may be new to you, yet we are so confident in chiropractic and so excited to help your children be the best they can be. We want you to find out through your own experience just how well chiropractic works. That's why we are willing to provide a chiropractic evaluation of your child at NO COST to you. We have a limited number of no cost appointments available, so call now: 973-835-5773.

Age 17 and under please. Regular initial visit fees range from $100 to $523.

STEWART
FAMILY
CHIROPRACTIC

Gary C. Stewart, D.C.
973-835-5773
43 Newark-Pompton Tpke. • Riverdale, N.J. 07457

ATTENTION RIVERDALE RESIDENTS! ATTENTION RIVERDALE RESIDENTS! ATTENTION RIVERDALE RESIDENTS!

ROUTE 23 AUTOMALL

Ford NISSAN

INTRODUCING FAMILY & FRIENDS PRICING FOR ALL RIVERDALE RESIDENTS!

Route 23 Automall Ford Nissan Makes Special Offer!

If you are a Riverdale resident and in the market for a new Ford, Nissan or Pre-Owned vehicle, Route 23 has a special offer for you! We are extending our special "Friends & Family Members" pricing to all Riverdale residents!

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We'll beat any price advertised by any dealer on same in stock unit with right to purchase other vehicle. 0% on select vehicles with primary lender approval. 20% over subject to inspection and subject to excess mileage, wear, tear or damage to vehicle.

Healthy Living

For a lot of health-minded foodies, cocktails are the undiscovered country….Well, recent research and a new wave of imaginative bartenders and chefs suggest it's time to start filling your highball glass with the same delicious, antioxidant-rich fruits and vegetables you use in your kitchen. Even better, studies show that a little alcohol might make those healthy ingredients healthier and more easily absorbed.

"A 2007 study by Thai and U.S. researchers found that alcohol enhances the antioxidant capacity of fresh fruits, increasing their ability to scavenge free radicals from the bloodstream," says Breea Johnson, M.S., R.D., L.D.N., an integrative nutritionist and registered dietitian in private practice in Chicago. The discovery, which was made accidentally by researchers attempting to preserve strawberries and blackberries by treating them with alcohol, has generated a lot of media buzz.

Some of the healthiest and tastiest cocktail mixers don't come in containers - you find them at the farmers market and spice store….Our experts show you how to do the real thing with their favorite healthy cocktail ingredients.

Beet juice Taste before you cringe. Its distinctive flavor goes well with vodka, and the deep-red glow of the beets come from the antioxidant anthocyanin, which helps rid the body of free radicals that have been linked to cancer and heart disease.

Carrot juice Famously packed with beta-carotene, fresh-pressed carrot juice is also a naturally occurring sweetener that pairs well with sour and bitter flavors. Try mixing with fresh ginger and Campari.

Cinnamon Research suggests the sweet yet slightly bitter spice, which goes nicely with rum, can help regulate blood glucose.

Honey A healthier alternative to traditional simply syrup, honey may help provide relief from seasonal allergies if it's made from the pollen of local flowers. Mixes well with rum, especially when its hot.

Pomegranate juice Antioxidant-rich pomegranate juice is a popular source of color and fresh taste in cosmopolitans and martinis. A 2010 study published in the journal *Cancer Prevention Research* found that the ellagitannins plentiful in pomegranates may help slow or even prevent the growth of breast cancer cells.

Rosemary The pine-like notes of rosemary go well with other botanicals and honey, and the essential oils in this fresh herb help improve digestion and boost immunity.

Numerous studies have identified a correlation between moderate drinking (defined as one to two drinks a day) and a longer, healthier life. But to date, no study suggests what specific role alcohol plays in longevity. "In cultures where moderate drinking is more common than in the U.S., there tends to be a lower incidence of heart disease," notes nutritionist Breea Johnson. "But diets in those countries, such as France and Italy, tend to favor healthier fats and better-quality meat, and people overall appear to be more relaxed - taking long walks and afternoon naps." Most practitioners will not "prescribe" alcohol for any health condition and are careful to note that drinking more than one cocktail a day can do more harm than good to your liver and brain.

In addition, a recent study in California of breast cancer survivors found that drinking more than three alcoholic drinks a week could increase breast cancer survivor's risk of recurrence by 30 percent. "We suggest that women with a history of breast cancer should consider limiting themselves to less than half a drink per day," says lead researcher Marilyn L. Kwan, Ph.D.

Blueberry Lavender Mojito

By Bridget Albert, author of Market-Fresh Mixology

This cocktail calls for lavender syrup: Bring 1 cup water, 1/2 cup super-fine organic sugar and 1/4 cup dried organic lavender to a boil, reduce to a simmer and cook for about 10 minutes, then pour through a fine sieve into a sterilized glass container with a lid and refrigerate.

10-15 mint leaves
1 ounce lavender syrup
Juice of 1/2 lime
15-20 blueberries (3 or 4 garnish)
1 1/2 ounces white rum
Crushed ice
Club soda
Cocktail pick or toothpick

In a tall glass, muddle mint leaves, lavender syrup, lime juice, 15 blueberries and rum. Muddle just enough to combine flavors, being careful not to over-muddle (you can strain if you prefer). Fill glass with crushed ice. Top with club soda. Stir until well-blended. To garnish, place 3-4 blueberries on a cocktail pick. Serve with straw. **Per serving** 176 calories, <1g fat (<1g saturated) <1g protein, 18g carbohydrates, 1g fiber, 8mg sodium

Pear Lime Chile Cocktail

By Maneet Chauhan, chef at Vermillion, NYC

The unusual note of jalapeno peppers in this drink comes from mudding tow jalapeno slices and then garnishing with a sliced whole pepper on the glass.

2 slices of jalapenos (thin sections)
1/2 lime (in 2 quarters)
2 ounces agave nectar
2 ounces pear liqueur
2 ounces vodka
Crushed ice
Club soda
Whole jalapeno (for garnish)

In a shaker, muddle jalapeno slices, lime and agave nectar. Add pear liqueur, vodka and ice. Shake well and strain into a tall cocktail glass. Tope with club soda and garnish with a sliced jalapeno.

Per serving 603 calories, <1g fat (0g saturated), <1g protein, 92g carbohydrates, <1g fiber, 11mg sodium.

Article taken from *Natural Health* by Robert Firpo-Cappiello

Don't Forget our Local Young Men and Women!

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.

FOOD ITEMS	TOILETRIES	PERSONAL ITEMS
Oatmeal Packets	Gold Bond Powder	Sunblock
Power Bars	Disposable Razors/Shaving Cream	Playing cards/Crossword Puzzles
Gatorade	Unscented Soap/Deodorant	Magazines/Books/Used DVD's
Propel Packets	Toothpaste	Paper/Pens
Hard Candies	Tylenol/Advil/Motrin	Hand Sanitizer
Slim Jims/Beef Jerky	Pepto Bismol Tablets	Hand/Feet Warmers/Winter Gloves
Sunflower Seeds	Eye Drops	Chap Stick
Other non-perishable foods	Tissues/Q-tips	Cough Drops
	Unscented Baby Wipes	Flashlights

The special price for mailing a box of supplies to members of the Armed Services anywhere in the world is $10. You can make checks payable to the Borough of Riverdale. *In the memo please indicate Food Pantry-Armed Forces*.

Donations can be dropped off at CIRCLE AUTO PARTS on Route 23, at the SENIOR COMMUNITY CENTER on Loy Avenue or at the RIVERDALE MUNICIPAL BUILDING on the Newark Pompton Turnpike.

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Please Support Our Sponsors! They make this Monthly Newsletter Possible!

The Riverdale Art Center and The Riverdale Land Conservancy

are joining together to host the First Annual Art of Food Festival. This fundraising event will feature an epicurean tasting prepared by local chefs, a wine tasting, an art auction and live music.

Drawing upon the harvest of local farmers, this event will feature a tasting prepared by top local chefs, including Michael Madigan, Executive Chef and owner of Farm 2 Bistro restaurants in Rockaway, Nutley and Norden, NJ; Brook Nicklas and Wendy Farber of Rosemary & Sage in Riverdale and Peter Bernstein of Berta's Chateau in Wanaque.

The New Jersey Society of En Plein Air Artists will participate in a "paint out" on September 13 and 14 at Glenburn Estate (originally founded by 19th century Scottish portrait painter George Linen), and their artwork will be auctioned off during the event with the proceeds going to The RAC and The Riverdale Land Conservancy. Other donated art will also be offered through a silent auction.

Tuesday, September 14, 2010 from 7:00 to 10:00 PM
at the Glenburn Estate in Riverdale, New Jersey
To order tickets @ $50 each please call the RAC at 973-513-9250

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If you like the Summer Concerts in the Park, you will love our $40,000 Raffle! This is the sole funding for the concerts. Please buy as many as you can, you just may win!

50/50 Raffle

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Friends of the Riverdale Summer Concerts, Inc.

This is a 50/50 cash raffle and the winners will receive a combined 50% of the amount received for all tickets sold.

Drawing to be held during the Riverdale Street Fair at
The Concert Booth, Newark Pompton Turnpike, Riverdale, NJ

Monday, September 6, 2010 5:00 PM During the Street Fair

To Support The Riverdale Summer Concerts in the Park

Checks Payable to Friends of Riverdale Summer Concerts, Inc.
c/o Elaine Wetzel, 98 Newark Pompton Turnpike, Riverdale, NJ 07457

Grand Prize $20,000 or 25% of Total Receipts of Tickets Sold
First Prize Winner: $8,000 or 10% of Total Receipts of Tickets Sold
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2 Third Prize Winners: $2,000 each or 2.5% of Total Receipts of Tickets Sold
5 Fourth Prize Winners: $400 each or 0.5% of Total Receipts of Tickets Sold
10 Fifth Prize Winners: $200 each or 0.25% of Total Receipts of Tickets Sold

Ticket Price: **$20.00 each**

Winners must be 18 years of age and need not be present. No substitution of the offered prize may be made.

To get your tickets stop in the Municipal Building , the Library or the Farmers Market.
Or you may mail in your request for tickets with checks made payable to
The Friends of the Riverdale Summer Concerts, Inc.