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Edited by NYU SoM NIEHS Center CEC

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JULY 2021 NEWSLETTER



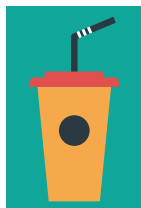
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**Richard "Riggs"
Rigoglioso**
MAYOR



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Garfield Police Department-Community Affairs 06-5306

THIS DAY IN HISTORY

JULY 1, 1979: Sony introduced the Walkman.

JULY 2, 1962: Wal-Mart Discount City opened in Rogers, Arkansas. It was the first Walmart store in the country.

JULY 3, 1922: "Fruit Garden and Home" magazine was introduced but was later renamed "Better Homes and Gardens."

JULY 4, 2004: In New York, the cornerstone of the Freedom Tower (One World Trade Center) was laid on the former World Trade Center site.

JULY 5, 1975: Arthur Ashe became the first black man to win a Wimbledon singles title when he defeated Jimmy Connors.

JULY 6, 1948: Frieda Hennok became the first woman to serve as the commissioner of the Federal Communications Commission.

JULY 7, 1981: Ronald Reagan appointed Sandra Day O'Connor to the U.S. Supreme Court, the first woman to be appointed to the highest court in the U.S.

JULY 8, 2011: Space Shuttle Atlantis was launched for the last time.

JULY 9, 1962: Andy Warhol's iconic Campbell's Soup Cans made their debut at the Ferus Gallery in Los Angeles, California.

JULY 10, 1991: Boris Yeltsin took the oath of office, becoming the first popularly elected president in Russia's thousand-year history.

JULY 11, 1914: Babe Ruth made his MLB debut with the Boston Red Sox.

JULY 12, 1967: Race riots break out in Newark, New Jersey, killing 26 people and injuring several others.

JULY 13, 1985: Held simultaneously in London and

Philadelphia, the Live Aid concert raised millions in benefit of those affected by famine in Ethiopia.

JULY 14, 1789: The fall of the Bastille occurred at the beginning of the French Revolution.

JULY 15, 1973: Nolan Ryan of the California Angels became the first pitcher in two decades to win two no-hitters in a season.

JULY 16, 1935: Oklahoma City became the first city in the U.S. to install parking meters.

JULY 17, 1950: The television show "The Colgate Comedy Hour" debuted featuring Dean Martin and Jerry Lewis.



JULY 18, 1985: At the age of 23, Jack Nicklaus II made his playing debut on the pro golf tour at the Quad Cities Open in Coal Valley, Illinois.

JULY 19, 1946: Marilyn Monroe acted in her first screen test.

JULY 20, 1969: A global audience watched on television as Apollo 11 Astronaut Neil Armstrong took his first step onto the moon.

JULY 21, 1899: Ernest Hemingway was born in Oak Park, Illinois.

JULY 22, 1934: Bank robber John Dillinger was shot and killed by FBI agents in Chicago.

JULY 23, 1952: Egyptian army officers launched a revolution changing Egypt from a monarchy to a republic.

JULY 24, 1956: Dean Martin and Jerry Lewis ended their team after a decade together.

JULY 25, 1943: Mussolini was deposed two weeks after the Allied attack on Sicily.

JULY 26, 1856: Irish playwright George Bernard Shaw was born in Dublin, Ireland.

JULY 27, 1953: The Korean War ended with the signing of an armistice by U.S. and North Korea.

JULY 28, 1998: Monica Lewinsky received immunity from prosecution to testify before a grand jury about her relationship with U.S. President Clinton.

JULY 29, 2005: Astronomers announced that they had discovered a new planet, Xena, in orbit around the sun.

JULY 30, 1956: The phrase "In God We Trust" was adopted as the U.S. national motto.

JULY 31, 1928: MGM's Leo the lion roared for the first time.

HEALTH AND COMMUNITY NEWS

ARTICLE OF THE MONTH

SWEET CHERRIES: YOUR ON-THE-GO, HEALTHY SUMMERTIME SNACK

Summer is peak vacation season. While vacations are fun, traveling can be hectic, making it that much more important to have healthy on-the-go snacks to keep you energized throughout your trip.

Sweet cherries are an ideal grab-and-go summer snack, with high concentrations of nutrients and bioactive components like fiber, polyphenols, carotenoids, vitamin C, and potassium. Long praised for their many health benefits, they can help tackle several chronic health issues, according to a review of nearly 30 published studies. Read on to learn how this snack can help you manage five common health concerns.



Oxidative stress

Oxidative stress occurs when free radicals and antioxidants are out of balance in your body. Under normal conditions, free radicals help the body by fighting off pathogens that can lead to infection or disease. But when antioxidants are far outnumbered, free radicals can go rogue and attack the body's fatty tissue, protein, or even DNA. Once compromised, the body becomes more susceptible to various diseases over time, such as heart disease, diabetes, and hypertension, to name a few.

Sweet cherries are rich in polyphenols and vitamin C, which have powerful antioxidant properties. Studies have shown that eating sweet cherries can increase antioxidant capacity and reduce oxidative stress, bringing the body back into a healthy balance.

Inflammation

If you're among the 54 million Americans who suffer from arthritis or another rheumatic disease, sweet cherries may be able to provide some relief. Research shows that their anti-inflammatory properties can have the same effect as ibuprofen.

Gout

Gout is a form of arthritis, and sufferers tend to experience severe pain, redness, and tenderness in their joints. The condition is associated with elevated levels of uric acid in the blood, levels that have been reduced with a diet incorporating sweet cherries. A recent study with gout patients found a 35% lower risk of gout attacks among those who consumed the fruit over two days. When that was combined with their prescribed medicine, specifically allopurinol, the risk of a gout attack was 75% lower.

Sleep

Vacation and travel can throw off your sleep patterns, and a good night's sleep is essential in a great vacation. With sweet cherries, you have a reliable source of tryptophan, serotonin and melatonin. Tryptophan is necessary to the development of serotonin, which, in turn, plays an important role in regulating sleep, mood, and appetite. Adequate levels of serotonin can contribute to feelings of well-being, while depression has been linked to low measures. Additionally, melatonin helps maintain your body's internal clock, regulating your sleep and wakefulness patterns.

Studies show that along with this enhanced sleep quality and quantity, mood and anxiety also display improvement. Researchers say enjoying the fruit about an hour before bedtime can help stabilize your sleep cycle.

Blood pressure

Finally, studies point to a link between the consumption of sweet cherries and lower blood pressure, both systolic and diastolic measures. Prolonged consumption correlates with a decrease in a potent vasoconstrictor, a compound that narrows blood vessels and restricts blood flow. The fruit is also associated with increased effectiveness of vasodilators, which help widen blood vessels and reduce blood pressure.

The addition of sweet cherries to your diet can reduce common health concerns and minimize the risk for developing illnesses such as cardiovascular disease and diabetes. Best of all, they are delicious! They are only in season for a short time, so grab them while they're at their freshest, then freeze, dry or preserve them to enjoy throughout the year.

(Courtesy of BPT)

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RECIPE OF THE MONTH



(Courtesy of Family Features and NAKANO)

SIZZLING SHRIMP FAJITA STIR-FRY

Prep time: 15 minutes | **Cook time:** 10 minutes | **Servings:** 6

- 1 1/2 pounds large, raw shrimp, peeled and deveined (21-25 shrimp total)
- 2 tablespoons soy sauce, divided
- 4 teaspoons cornstarch, divided
- 1/4 cup NAKANO Roasted Garlic Rice Vinegar
- 3 tablespoons hoisin sauce
- 2 teaspoons grated fresh ginger
- 3 tablespoons vegetable oil, divided
- 1 red onion, cut into thin slivers
- 1 red bell pepper, cut into thin strips
- 1/2 pound shishito peppers, stemmed
- 6 warmed corn or flour tortillas
- 1/2 cup finely shredded red cabbage
- 1/4 cup thinly sliced green onions

In medium bowl, combine shrimp, 2 teaspoons soy sauce and 2 teaspoons cornstarch; let stand 5 minutes to marinate.

In separate bowl, whisk remaining soy sauce, remaining cornstarch, rice vinegar, hoisin sauce and ginger until blended.

In large nonstick skillet over medium-high heat, heat 1 tablespoon oil until shimmering. Add half of shrimp; cook 1 minute on each side. Transfer to clean bowl; repeat with remaining shrimp. Wipe out skillet with paper towel.

In same pan, heat remaining oil until shimmering. Add red onion, bell pepper and shishito peppers. Cook, stirring, 2-4 minutes until peppers begin to blister. Add vinegar mixture; cook, stirring, 1-2 minutes, or until sauce is slightly thickened. Add shrimp to pan. Cook, tossing well until shrimp and vegetables are coated with sauce.

Fill tortillas with shrimp mixture, cabbage and green onions.

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PUZZLES OF THE MONTH

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

	6							
1	4		8		9			5
2			3					1
8						4		2
		2	4					9
	9				5		1	
	5			6	8			4
						8	2	6

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DIFFICULTY: ★★★☆☆

ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "O" = "S"

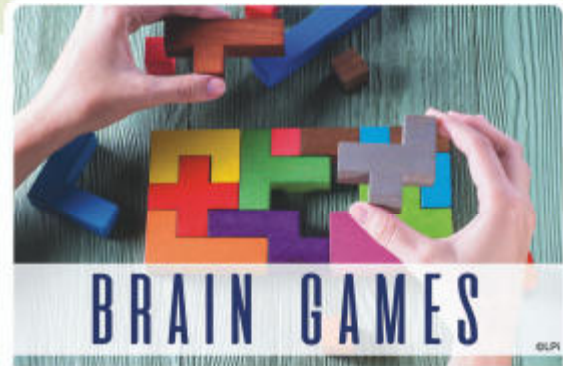
"QCUE OCJECKCO UJIYO; AGK TNZC
URY KEGOK UEC OPCCK VGIJCO."

— SCREX PUEY ACCJSCE

PREVIOUS SOLUTION: "Fear secretes acids; but love and trust are sweet
juices." — Henry Ward Beecher

9	2	8	7	3	5	4	1	6
4	6	1	8	9	2	7	5	3
7	3	5	4	1	6	8	2	9
8	1	3	5	2	7	6	9	4
6	7	9	1	8	4	2	3	5
2	5	4	3	6	9	1	7	8
1	4	7	9	5	3	6	8	2
5	9	2	6	7	8	3	4	1
3	8	6	2	4	1	5	7	9

Answer to Sudoku



CROSSWORD PUZZLE

ACROSS

- 1 Game fish
- 5 Gr. Mars
- 9 Sheep's cry
- 12 Voucher
- 13 Jaguarundi's color phase
- 14 Compass direction
- 15 Otary (2 words)
- 17 Girl Scouts of America (abbr.)
- 18 Handwriting on the wall
- 19 Broad structural basin
- 21 Old Gr. coin
- 24 Baptism font
- 27 Political action committee (abbr.)
- 30 Dayak people
- 32 Cost-of-living adjustment (abbr.)
- 33 Guido's note (2 words)
- 34 River of Rome
- 36 "___ Abner"
- 37 Needle case
- 39 Irish nobleman
- 40 To (Scot.)
- 41 Cubic decimeter
- 43 Moselle tributary
- 45 "Dies ___"
- 47 Stall
- 50 Chief executive officer (abbr.)
- 52 Ramadan (2 words)
- 56 Pointed (pref.)
- 57 Detonator
- 58 Yemen capital
- 59 Public vehicle
- 60 Executive (abbr.)
- 61 Trolley

DOWN

- 1 Before common era (abbr.)
- 2 King of Israel

W	A	T	R	E	C	E	X	E	S	B
N	A	V	S	E	F	U	S	E	A	C
H	N	O	T	M	O	N	T	H	A	C
E	L	O	G	E	L	O	G	E	L	O
E	L	O	G	E	L	O	G	E	L	O
E	L	O	G	E	L	O	G	E	L	O
E	L	O	G	E	L	O	G	E	L	O
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Thank you to everyone who participated in the summer cultural arts classes at the Garfield VFW. It's so good to be back!



Mayor Richard Rigoglioso: Rrigoglioso@garfieldnj.org

Deputy Mayor Joseph Delaney: jdelaney@garfieldnj.org

Councilman Romi Herrera: rherrera@garfieldnj.org

Councilman Pawel Maslag: pmaslag@garfieldnj.org

Councilwoman Alejandrina (Sugar) Banch: abanch@garfieldnj.org

City Manager Erin Delaney: edelaney@garfieldnj.org

Thank you to Mayor Richard Rigoglioso, the entire City Council & City Manager Erin Delaney for their support!