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*Generations for Garfield
Division of Community Affairs
Garfield Police Department
160 Belmont Ave
Garfield, NJ 07026
www.Generations4Garfield.org
Edited by NYU SoM NIEHS Center CEC*

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MARCH 2019 NEWSLETTER

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*Congratulations on Garfield's
Community Newsletter
"Generations for Garfield"*

 **Richard "Riggs"
Rigoglioso** 
MAYOR

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LETTER FROM THE MAYOR

Progress.

We are already two months into the new year and I'd like to point out some great accomplishments of our hard-working city officials. Once again, our budget looks very good and as usual debt is down. Thanks is due to the City Manager, Chief Financial Officer, and City Auditor for all their dedicated efforts to control spending and keeping debt under control. We have also had to endure two minor snow storms this year, although according to the news networks one would think we have had a dozen major storms. Nonetheless, our dedicated workers in the Department of Public works get my deepest appreciations for their around the clock efforts in keeping our streets clear and safe. Hopefully it is the last snow storm of the season, as I can't take "state of emergencies" anymore, but regardless I feel safe and secure knowing we have such a diligent Department of Public Works on the job.

As our city continuously grows and changes, one thing that remains constant is our pride in our community. We are always trying to attract new businesses to take root in our city. The City Council is constantly looking for different approaches to making Garfield even more of an attractive place for folks to come visit, shop, and spend quality time in the many alluring areas our city has to offer. One major item the city is lacking is a sign affably stating: "Welcome to Garfield"; which is a sentiment that has been voiced by many of our residents over the past year. However, before we can acquire this welcoming sign, we need the redevelopment to be completed in Ward 1, specifically the Passaic Street area. Unfortunately, there seems to be a small section of residents who fight against any sort of forward progress to the Passaic Street area. I want to make it known that although their voices are heard, they do not speak for the majority of residents in Ward 1, who are in favor of, and who also deserve to have, these positive changes take place, such as cafes, lounges, retail, etc.



I am proud to say that there will be redevelopment taking place on Passaic Street within the next 6-8 months. Private landowners in the neighborhood are willing to redevelop their own land for the betterment of the Passaic Street area and are hopeful and confident that other landowners will follow suit. Furthermore, in a blighted area on Monroe Street, the development of the "Garfield Gardens" is currently underway. The Gardens will be home to 22 luxury two-bedroom apartments.

Beginning in April, the new residential parking policy will be in effect so be sure to follow the steps in obtaining your new passes online, as well as becoming familiar with the guidelines of the policy. This new system will help manage and resolve parking issues that have been big complaints the residents have brought forward. Unfortunately, at first this may seem to be an inconvenience to many residents as change usually is, however in the long run we are confident that you will understand that as the city moves forward and progresses that this system will not only help us weed out the illegal apartments but also improve the overall overnight parking issues that plague city.

Progress is becoming more and more evident and our community is becoming stronger than ever. We have always been the hidden gem of Bergen County, but it's time to shake off the dust and show the state what Garfield is made of. Thank you for all your understanding and for making your voices heard, because that is a major element of success and progress.

Richard "Riggs" Rigoglioso

MARCH EVENTS

| Sunday | Monday | Tuesday | Wednesday |
|---|--|---|--|
| <p><i>Include your community event on next month's calendar! Email the name, date, location & time of your event to Sgt. Jeff Stewart @ jstewart@garfieldpolice.org.</i></p> | |  | |
| 3 | 4 | 5 | 6 |
| | Monday-Friday: Generations for Garfield Walking Club: Check-in at the Garfield Health Dept, 60 Elizabeth St, 9-3 pm 7:00pm Redevelopment Agency, Garfield City Hall | 9:00-11:00 am Health Counseling/Blood Pressure Screening, Garfield Health Dept, 60 Elizabeth St. 5:30pm Family Story Time, Garfield Library | 9:00-12:00 pm SNAP Outreach, 480 Midland Ave |
| 10 | 11 | 12 | 13 |
| | Monday-Friday: Generations for Garfield Walking Club: Check-in at the Garfield Health Dept, 60 Elizabeth St, 9-3 pm | 9:00-12:00 pm SNAP Outreach, Senior Center, 225 Midland Ave 9:00-11:00 am Health Counseling/Blood Pressure Screening, GHD, 60 Elizabeth St. 6:00pm City Council Meeting, City Hall | |
| 17 | 18 | 19 | 20 |
|  | Monday-Friday: Generations for Garfield Walking Club: Check-in at the Garfield Health Dept, 60 Elizabeth St, 9-3 pm | 9:00-11:00 am Health Counseling/Blood Pressure Screening, GHD, 60 Elizabeth St | National Kicks |
| 24/31 | 25 | 26 | 27 |
| Mar 31st, 9-5 pm Garfield Street Fair, Midland Avenue | Monday-Friday: G4G, Walking Club: Check-in at the GHD, 60 Elizabeth St, 9-3 p.m 7:00pm Zoning Board of Adjustment, City Hall. | 9:00-11:00 am Health Counseling/Blood Pressure Screening, Garfield Health Dept, 60 Elizabeth St 6:00pm City Council Meeting | FREE Produce Garfield Recreation Center Call the Garfield Recreation Center for more info: 973-3 |

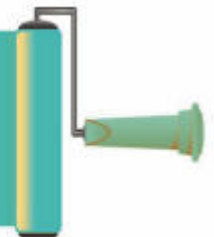
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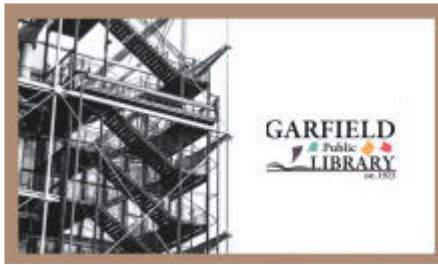
T CALENDAR

| Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|
| | | 1 | 2 |
|  | | | |
| | 7 | 8 | 9 |
| Senior Center, e | 10:00 am Tiny Tots Story Time, Garfield Library | | |
| | 14 | 15 | 16 |
| | 12:00-1:00 pm Garfield Prevention Coalition Mtg, Gar- field YMCA, 33 Outwater Ln. Garfield YMCA Comedy Night, Royal Manor |  <i>Are you or someone you know turning 100 in 2019?</i> We want to celebrate Garfield's Centenarians! Email Sgt Stewart @ jstewart@garfieldpolice.org so we can include your special day in an upcoming newsletter. | |
| k Butts Day | 21 <i>Happy Spring!</i> | 22 | 23 |
| | 28 | 29 | 30 |
| Market ion Center, Health Dept for 40-3340 | 8:00pm Garfield Planning Board, City Hall | |  |

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HEALTH & COMMUNITY NEWS



Pardon our appearance.....

The Library is in the process of getting **NEW** bathrooms on the main level.

The Community Room is also getting upgrades and will not be available until all the construction is complete. The excavation for the elevator has started. That is the reason for most of our closures in the month of January. There will be more closures in the coming weeks, most likely on short notice once again (48 hrs notice at the most). Emergency closures can occur at any moment, so please bear with us as we go through our makeover. The construction deadline is April 1st, so please pray they can finish on time.

In other NEWS at the Library, the Garfield Foundation for the Library has been created. This organization is a major fundraising group that we hope will generate LARGE donations for the addition of a second level over the Children's Room. This space can be used as a large meeting room or divided for quiet study areas.

ALL RESIDENTS are more than welcome to come to the meetings and participate. Don't forget our Friends of the Library who also do the small fundraising and book sales so we can pay for programs at the Library. The Friends of the Library are always looking for new members and ideas.

—Mary Jo Jennings

Director, Garfield Public Library



GARFIELD
PREVENTION
COALITION



March 20th is National Kick Butts Day!
Make the first day of Spring your first smoke-free day!

The good news: the rate of adult smokers in New Jersey is 13.6%, compared with the national average of 17%. The disappointing news: the rate of youth under 21 smoking is 12.8% and rising—mostly with the use of electronic nicotine devices (e-cigarettes or JUULs) which, contrary to popular belief, contain nicotine. Some with much higher levels than leaf tobacco products. Smoking leads to disease and disability & is the leading cause of preventable death.

On March 20th, National Kick Butts Day, smokers are encouraged to remain tobacco/nicotine free **ALL** day. Just as it is the first day of spring, it could also be the first day you are not using tobacco products. *Spring toward a more healthy lifestyle.*

Resources to help you quit:

NJ Quitline: 866-NJSTOPS (866-657-8677) or online at
NJquitline.org, Quit.com & Smokefree.gov.

Risks of Smoking:

- Greater risk for diseases that affect the heart and blood vessels
- Damage to your airways and development of lung disease
- Cancer
- Smoking can make it harder for a woman to become pregnant and can affect her baby's health before and after birth.
- Increased risk of early death.

Why should you quit smoking?

- Quitting can re-wire your brain and help break the cycle of addiction. The large number of nicotine receptors in your brain will return to normal about a month after quitting.
- Smoking is the leading cause of heart attacks and heart disease.
- Quitting will lower your blood pressure and heart rate almost immediately; your risk of heart attack declines within 24 hours.
- Quitting smoking can help keep your hearing sharp; improve your night vision and preserve your overall vision health
- Quitting is better than any anti-aging lotion.
- Quitting can help clear up blemishes and protect your skin from premature aging and wrinkles.
- Quitting can reduce your belly fat and lower your risk of diabetes. If you already have diabetes, quitting can help keep your blood sugar levels in check.
- When you quit smoking, your immune system can regain strength, making you less susceptible to illness.

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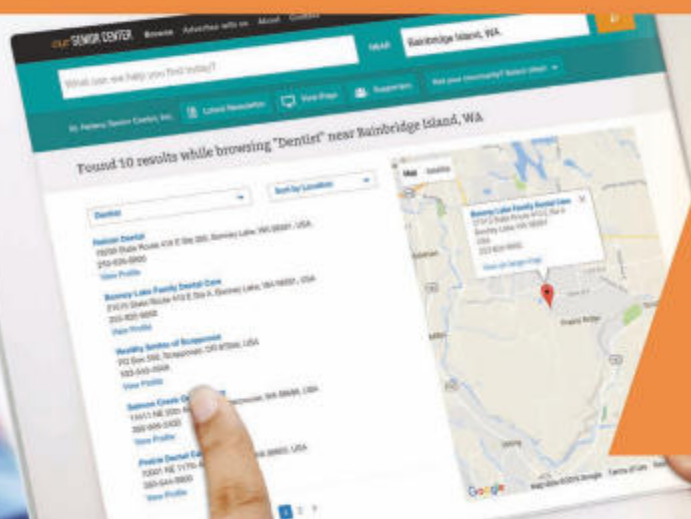
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NEWS & EVENTS

Arts & Crafts at the Garfield Housing Authority



Painting, sculpting or any type of craft is a fun and easy way to exercise the brain and delay memory issues. Stimulating the mind is extremely important, especially for senior citizens. In February, the Housing Authority

Seniors had an instructor come in and show tenants how to make firecrackers for the Chinese New Year, which is celebrated on February 5th, and Valentine's Day themed mugs. Seniors were able to get creative, follow directions and take home nice projects while getting to know their neighbors.

Buying or Selling online?



Use Garfield's new Meetup Spot located @ the Garfield Police Dept, 160 Belmont Ave.

Special Olympics 2019

The Special Olympics Winter Games Snowshoeing Team consisting of athletes from the Garfield community, Garfield High School and Garfield Middle School competed against other teams and schools in New Jersey on Monday, February 4th, 2019, and Tuesday, February 5th, 2019 at Mountain Creek, Vernon, New Jersey. The weather was beautiful and students were able to showcase their amazing athletic skills, competing in snowshoeing at this beautiful statewide event. Teachers, who served as coaches, paraprofessionals, and parents who participated as chaperones for the team stayed overnight at Crystal Springs in Mountain Creek and assisted the athletes when preparing for the competition. A dinner dance sponsored by the Special Olympics Committee in New Jersey was held to honor all participants and athletes who were competing in the events on Monday night. Following the dinner dance, an opening ceremony high on the mountain top displayed bursts of brightly colored fireworks to open up the winter games.

Tucked high up in the mountains, our SONJ Boilermaker athletes competed against other teams in the 100 meter, 200 meter and unified races with their coaches and other team members. Students took home gold, silver and bronze medals in all snowshoeing events. The SONJ Boilermaker athletes will be honored by the Board of Education at the board meeting on Monday, March 25, 2019 to showcase their outstanding accomplishments.

The National Special Olympics, which offers athletic competitions during all seasons has celebrated 50 years of service this year. The national organization was started by the Kennedy family in the late 1960's by Eunice Kennedy Shriver in honor of her sister, Rosemary Kennedy, who was intellectually disabled. Their mission continues to provide Olympic competitive sports for children and adults with intellectual disabilities, giving opportunities to develop physical fitness, demonstrate courage, and experience joy and sharing with others. The Special Olympics are stronger than ever today! So honored that Garfield Boilermakers is an officially registered SONJ team!



Mayor Richard Rigoglioso: Rrigoglioso@garfieldnj.org

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Councilwoman Erin Delaney: Edelaney@garfieldnj.org

Councilman Frank Calandriello: fcalandriello@garfieldnj.org

Councilman Louis Aloia: laloia@garfieldnj.org

City Manager Thomas Duch: tduch@garfieldnj.org

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