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*Edited by NYU SoM NIEHS Center CEC*

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**JUNE 2021 NEWSLETTER**



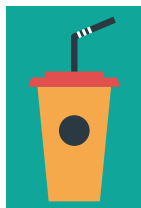
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Garfield Police Department-Community Affairs 06-5306



# THIS DAY IN HISTORY

**JUNE 1, 1892:** The General Electric Company (GE) began operations after the merging of the Edison General Electric and the Thomson-Houston Electric companies.

**JUNE 2, 1979:** Pope John Paul II arrived in his native Poland on the first visit by a pope to a Communist country.

**JUNE 3, 1937:** The Duke of Windsor, who had abdicated the British throne, married Wallis Warfield Simpson.

**JUNE 4, 1984:** Bruce Springsteen released his most successful album, "Born in the U.S.A."

**JUNE 5, 1851:** Harriet Beecher Stow published the first installment of "Uncle Tom's Cabin" in "The National Era."

**JUNE 6, 1944:** The D-Day invasion of Europe took place on the beaches of Normandy, France.

**JUNE 7, 1976:** "The NBC Nightly News" with John Chancellor and David Brinkley aired for the first time.

**JUNE 8, 1949:** George Orwell published his novel, "1984."

**JUNE 9, 1973:** Secretariat won the 105th Belmont Stakes by 31 lengths and ran the fastest 1-1/2 miles on dirt at 2:24.

**JUNE 10, 1935:** Alcoholics Anonymous was founded by William G. Wilson and Dr. Robert Smith.

**JUNE 11, 1937:** The Marx Brothers movie, "A Day at the Races," was released.

**JUNE 12, 1987:** Ronald Reagan challenged Mikhail Gorbachev to "tear down this wall."

**JUNE 13, 1994:** A jury in Anchorage, Alaska, found Exxon Corp. and Captain Joseph Hazelwood to be reckless in the Exxon Valdez oil spill.



**JUNE 14, 1777:** The Continental Congress in Philadelphia adopted the "Stars and Stripes" as the national flag of the United States.

**JUNE 15, 1752:** Benjamin Franklin experimented by flying a kite during a thunderstorm, showing the relationship between lightning and electricity.

**JUNE 16, 1960:** Alfred Hitchcock's horror-thriller "Psycho," starring Anthony Perkins and Janet Leigh, premiered.

**JUNE 17, 1885:** Hundreds of thousands of spectators in New York celebrated the arrival of the Statue of Liberty from France.

**JUNE 18, 1815:** Napoleon suffered a shattering defeat at the Battle of Waterloo.

**JUNE 19, 2002:** American adventurer Steve Fossett took off on his record-breaking solo balloon flight around the world.

**JUNE 20, 1948:** Hosted by Ed Sullivan, "Toast of the Town" debuted on CBS-TV.

**JUNE 21, 1893:** The Ferris Wheel was introduced at the World's Columbian Exposition in Chicago, Illinois.

**JUNE 22, 1990:** Checkpoint Charlie, the crossing point on the sector border between East Berlin and West Berlin, was dismantled.

**JUNE 23, 1894:** The International Olympic Committee (IOC) was founded.

**JUNE 24, 1901:** Eighteen-year-old Spanish artist Pablo Picasso opened his first exhibition in Paris.

**JUNE 25, 1950:** North Korea invaded South Korea, initiating the Korean War.

**JUNE 26, 1844:** John Tyler married Julia Gardiner, becoming the first U.S. President to marry while in office.

**JUNE 27, 1967:** Two hundred people were arrested during a race riot in Buffalo, New York.

**JUNE 28, 1939:** Pan American Airways began the first transatlantic passenger service.

**JUNE 29, 1986:** British businessman Richard Branson broke the record for the fastest Atlantic crossing by boat. It took him three days to cross the ocean in his speedboat.

**JUNE 30, 1936:** Margaret Mitchell's novel, "Gone with the Wind," is published.

# HEALTH AND COMMUNITY NEWS

## 4 EXERCISES TO IMPROVE STRENGTH AND BALANCE

Having a "glass half full" approach to life has long been. As you grow older, being physically active is one of the most important things you can do to stay healthy. Whether you're well into your golden years, a baby boomer, or younger, studies show regular exercise can lower your risk of heart disease, some cancers, diabetes, and dementia. It also helps improve your mood, energy level, and overall well-being.



"The great thing is, no matter what your age, size or fitness level, it's never too late to start exercising," said Jaza Marina, M.D., a Kaiser Permanente physician who specializes in elder care. "We strongly recommend seniors do exercises that maintain strength, balance, and flexibility. Our goal is to reduce their risk of falls and injuries, so they can stay healthy and independent."



Dr. Marina advises that good ways to exercise include low-impact aerobic activity, swimming, tai chi, and yoga if you're physically able. "We have 80-year-olds who run 5k or 10k races. Everyone is different, so pick an exercise that you enjoy."

She believes walking is probably the easiest exercise. All you need is 30 minutes a day, five times a week. If that's too much, you can break that up — 10 minutes in the morning, 10 in the afternoon, and 10 in the evening. Some seniors walk at their local indoor shopping mall.

"The important thing is to get off the recliner, turn off the T.V., and get active," said Dr. Marina. Below are four basic exercises to get you started:

**1. Knee bends.** Holding on to a sturdy chair or counter at your side, keep your back straight, feet on the ground, and gently bend your

knees and lower your body. Then, raise your body back up. It's a slight squat but not a deep one. Repeat 10-15 times.

**2. Heel raises.** Holding on to a chair or counter at your side, raise up on toes slowly and then lower the heels to the ground slowly. Heel raises strengthen the calf muscles. Repeat 10-15 times.

**3. Side leg raises.** Holding on to a chair or counter at your side, raise one leg out to the side and bring it back down. Repeat 10-15 times and switch to other leg.

**4. Sit to stand.** If you're able, sit in a chair and rise to a standing position with arms stretched in front of you. Make sure the chair is in a stable position or against a wall so it won't fall over. Sit back down and repeat 10 times.

(Courtesy of NewsUSA)



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Dr. Michael  
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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.

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

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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: "Q" = "L."

"R BURQB XSU TQH JKOU D NDYB

DQXDHC EDMB D GDI QDKIJKY."

— XJQQ NUYBNC

— Write Rogers  
"People who fly into a rage always make a bad landing."

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

Answer to Sudoku



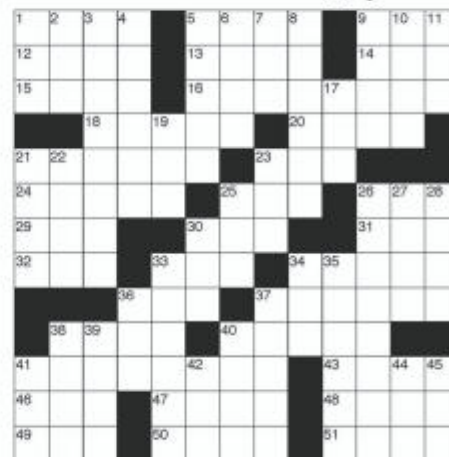
## CROSSWORD PUZZLE

### ACROSS

- 1 Cocoon insect
- 5 Former Korean president
- 9 Genetic letters
- 12 Dunlin bird
- 13 Male noble
- 14 Edible root
- 15 Sayings (suf.)
- 16 Vex
- 18 Having (suf.)
- 20 Shout
- 21 Formula
- 23 Fish with bait on the surface
- 24 Buddhist monk in nirvana
- 25 Held a session
- 26 Offense
- 29 Trouble
- 30 Mortar mixer
- 31 Shoshonean
- 32 River into the North Sea
- 33 Cistern
- 34 Oriental
- 36 Month abbr.
- 37 Jot
- 38 Fetish
- 40 Fundamental
- 41 Incense ingredient
- 43 Rubbish: Brit.
- 46 Anecdotes
- 47 Work (Sp.)
- 48 United States Dept. of Agriculture (abbr.)
- 49 Ten decibels
- 50 Corner
- 51 Wampum

### DOWN

- 1 Greek letter
- 2 Caribbean lizard
- 3 Card game
- 4 Abbey (Sp.)
- 5 Queen (Fr.)
- 6 Stag
- 7 Slip
- 8 Educate
- 9 Old Eng. gold piece
- 10 National (abbr.)
- 11 Soul or spirit (Fr.)
- 17 Flap
- 19 Choose
- 21 Electric catfish
- 22 Great Lake
- 23 Flat fish
- 25 Pouch
- 26 Bag
- 27 Italic (abbr.)
- 28 Haw. goose
- 30 Mortar beater
- 33 Seamount
- 34 S.A. sloths
- 35 Rile (2 words)
- 36 Coniferous tree
- 37 Muslim divorce
- 38 Without (Ger.)
- 39 Semitic deity
- 40 Pressure (pref.)
- 41 Public vehicle
- 42 Or best offer (abbr.)
- 44 Food and Drug Admin. (abbr.)
- 45 Cigarette: Brit. slang



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A11

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A poster for a Garfield Citywide Yard Sale. The background is a faded image of a yard with various items for sale, including a white pot and some tools. The text is overlaid in large, bold, yellow and purple fonts. A purple banner with white text indicates the dates. A handwritten-style note in purple says 'Details to follow'.

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# WELLNESS

## 6 SUMMER SAFETY TIPS FOR ADULTS

### 1. Apply Sunscreen.

As we age, skin usually becomes thinner and more fragile. That puts adults (especially seniors) at higher risk for sunburn. Remember to apply and reapply sunscreen when spending any time outdoors or riding in a car. Sunscreen with an SPF of 30 to 50 should be applied every two to four hours, more frequently when swimming.

### 2. Wear Sunglasses.

Sunglasses are more than just a fashion statement. They are also essential for protecting your eyes from the sun's harmful rays. Research shows that routinely wearing a quality pair of sunglasses aids in preventing cancerous growths and cataracts.

**3. Protect your Feet.** Flip-flops and sandals may not be the best choice if you'll be outside for any length of time. Instead wear shoes that cover the fragile skin on the top of the foot, as well as those that have a sturdy sole to protect against cuts and falls.

### 4. Shield the Face and Neck.

The face and back of the neck are two of the first places on the body where skin cancer develops. Augment your sunscreen by wearing a hat with a brim wide enough to shield both.

### 5. Stay Hydrated.

Taking extra precautions to stay hydrated is vital. Medication side effects and

some health conditions, like chronic obstructive pulmonary disease, diabetes, and heart disease, can increase risk of dehydration.

**6. Invest in Bug Spray.** Insects that make their return during the warmer months are more than just pests. Some carry with them Lyme disease and West Nile virus. Wear bug spray when you are outdoors. Long sleeves and pants offer another layer of protection. Also be sure to check your clothing, skin, and hair for ticks.

We hope these tips help you enjoy a safe summer. Please be sure to share them with loved ones in your life!

JUNE | 2021

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**Upcoming event:** The City of Garfield Events Committee presents Independence Day Fireworks on Thursday, July 1, 2021 at Century Field. Activities start at 7 p.m.; fireworks start at dusk.



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