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*Edited by NYU SoM NIEHS Center CEC*

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



**Richard "Riggs"  
Rigoglioso**  
MAYOR



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Garfield Police Department-Community Affairs

06-5306

# LETTER FROM THE MAYOR

The City of Garfield is unlike anywhere else in New Jersey and it is because of you, our residents! Having the opportunity to serve as your mayor for these past four years have truly been some of the best years. As such, I want to thank each one of you, for the support you have shown me. This has been an amazing experience so far and one that I would not change for the world, largely because I have the privilege of serving in the most amazing City. We have had some memorable (mostly good) experiences together and I know that I am a better person today because of the residents of this community.

This year has been unlike anything I have ever experienced (or wanted to experience), and I am sure many of you probably feel the same way. Although this year has been unprecedented in so many ways, it also provided me a new outlook. This past year there were many things, I believe as a city we did correct, from supporting our business, community and residents that were, and are, struggling to handling the pandemic, all the while, we were committed to moving our city forward for a better future. We are weathering these challenging times... together!

With that said, I would like to extend warm wishes and gratitude to our residents and city employees. I am continually in awe of the many wonderful residents, organization, business, volunteers, and city workers that have lived up to our name "Garfield: City of Champions" we all are working together to strengthen our community during this pandemic. I want to thank each and every one of you, you all have gone above and beyond what was ask. Individually and as a city we have experienced many changes in 2020, and despite the unexpected detours we have faced, there are reasons for optimism. We have endured revenue losses throughout the city, but we are entering into a somewhat solid financial position in 2021, which is largely due to our strong economy, our numerous amounts of grants that were rewarded to the city, and our approach to COVID and conservative decisions.

We asked you to participate in the 2020 Census. An amazing 68.7% of our residents responded, that is higher than the 66.4% self-response rate in 2010. This participation will make a tangible difference for our city and state, as an accurate count helps attract federal dollars to Garfield to support a variety of programs and helps our city get its share of funding and resources for the next 10 years.

This has also been a banner year for capital improvements, road projects were completed throughout the city, significantly improving traffic safety. The anticipated development in our "Opportunity Zones through the city is also ongoing. Meanwhile, several projects are proceeding with completion expected within a year or two. This includes the redevelopment of Pas-saic Street, the removal of the train tracks on Monroe Street, the clean-up and redevelopment of the old Kalama Chemical Plant (Monroe and River Road), the Second Phase of the River Road Park, and a new design for the Columbus Field Park. These represent some of the most noteworthy city projects; however, growth is occurring in nearly every corner of the city with improvements added almost every month.

While unprecedented challenges may linger, I know we will continue to remain strong and resilient. I think about all that has happened in 11 months. Again; I would like to personally thank everyone for their patience, flexibility, understanding, and, respect, we will collectively work through these unprecedented times. We still have things to learn, overcome and accomplish, but I am beyond grateful to serve a city that unites through tough times. Residents can rest assured that your Garfield City Council and City Employees will continue providing the best services possible during this pandemic. Wishing you a new year full of peace, health, and happiness.

Thank You

Garfield Mayor  
Richard "Riggs" Rigoglioso



## EMERGENCY PREPAREDNESS



**MAKE A PLAN**



**BUILD A KIT**



**BE INFORMED**

### ITEMS TO INCLUDE IN YOUR EMERGENCY KIT:

- ✓ Prescription & over-the-counter medications
- ✓ First-Aid Kit
- ✓ Masks
- ✓ Gloves
- ✓ Thermometer
- ✓ Hand sanitizer & soap
- ✓ Disinfecting wipes & sanitizing products
- ✓ Frozen foods & non-perishable food
- ✓ Bottled water
- ✓ Manual can opener
- ✓ Garbage bags
- ✓ List of important phone numbers
- ✓ Cash and important documents
- ✓ Eyeglasses
- ✓ Tool kit: flashlight, wrench, screwdriver, lighter, duct tape
- ✓ Whistle (to signal for help)
- ✓ Ready to use electronics, chargers, radio (crank or battery powered)
- ✓ Extra batteries
- ✓ Fire extinguisher
- ✓ Pet food



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

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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: "J" = "N"

"NLXSSOHA LEEGQ LTGO NHTOJCQFTI,  
WBQS LTGO X RELN LEEGQ LTGO X  
CEZ."

— XBSFEH BJGJERJ

PREVIOUS SOLUTION: "Faltering looks like friendship, just like a wolf looks like dog." — Author Unknown

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

Answer to Sudoku



## CROSSWORD PUZZLE

### ACROSS

- 1 Arabic letter
- 4 Fr. priest
- 8 Barge
- 12 Kimono sash
- 13 Mayan year
- 14 Sayings (suf.)
- 15 E. Indian timber tree
- 16 Calm
- 18 Lop
- 20 Fr. artist
- 21 Month abbr.
- 23 Musical instrument (string)
- 27 Bonga (2 words)
- 32 Counsel
- 33 River (Sp.)
- 34 Of vision
- 36 Sheep disease
- 37 Fraction of a rupee
- 39 Kind of gypsum
- 41 Small anvil
- 43 Licensed practical nurse (abbr.)
- 44 Book of the Apocrypha
- 48 Growl
- 51 Pierides (2 words)
- 55 Amazon tributary
- 56 Polish border river
- 57 Melville's captain
- 58 Cut edge of coin
- 59 Jewish title of honor
- 60 Similar
- 61 Girl Scouts of America (abbr.)

### DOWN

- 1 Tufted plant
- 2 Dayak people
- 3 Steele
- 4 Asian gazelle
- 5 Judges' bench
- 6 Pressure (pref.)
- 7 Ivory (Lat.)
- 8 Sieve
- 9 Rom. first day of the month
- 10 Unity
- 11 Gorb
- 17 Pro
- 19 River into the North Sea
- 22 Palestine



- Liberation Organ. (abbr.)
- 24 Basic
- 25 Revise
- 26 Give up
- 27 Unruly child
- 28 One (Ger.)
- 29 Nat'l Park Service (abbr.)
- 30 Shoshonean
- 31 Sesame
- 35 Celsius (abbr.)
- 38 To the rear
- 40 Negative population growth (abbr.)
- 42 Stowe character
- 45 Golden wine
- 46 Yahi tribe survivor
- 47 Tree
- 49 Galatea's beloved
- 50 Indian music
- 51 Mine roof support
- 52 Mountain on Crete
- 53 Modernist
- 54 Compass direction

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# HEALTH & COMMUNITY NEWS

The YMCA would like to say thank you to the Garfield community and all our volunteers! As a thank you, we are providing this gift of health for the month of January (see below).

TO ALL OUR COMMUNITY


## JOIN OUR PRIVATE FACEBOOK WELLNESS GROUP FOR FREE

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**LOCK** Your Doors

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## SALMON AND ASPARAGUS SHEET PAN

Vitamin D can be especially important in the winter when we can't be outside as much as we would like. Salmon is a great source of vitamin D any-time of the year.

Prep time: 5 minutes  
Cook time: 15 minutes  
Servings: 2



- 1 bunch thin spear asparagus
- 1 tablespoon, plus 1/4 teaspoon, extra-virgin olive oil
- 1/8 teaspoon salt, divided
- 2 salmon fillets (4 ounces each), no more than 3/4-inch thick
- 1 pinch black pepper
- 3 tablespoons olive oil-based mayonnaise
- 1 tablespoon lemon juice
- 1 teaspoon Dijon mustard
- 1/4 teaspoon minced or pressed garlic
- 1 tablespoon grated Parmesan cheese

Heat oven to 425 F.

Wash asparagus and remove woody ends. Place on rimmed baking sheet and toss with 1 tablespoon olive oil and pinch of salt. Arrange in single layer, leaving space for salmon. Place salmon skin-side down on sheet. Brush with remaining olive oil and season with remaining salt and pepper. Place in oven and bake 12 minutes.

In small bowl, combine mayonnaise, lemon juice, mustard and garlic.

Remove sheet pan from oven, sprinkle asparagus spears with cheese and cook 3 minutes, or until fish reaches 145 F and asparagus spears are tender and beginning to brown on tips.

## COVID-19 UPDATE

### COVID-19 Vaccine Info

NYU Langone Health  
Dept Environmental Medicine  
Generations for Garfield  
shannon.doherty@nyulangone.org



#### A tale of 2 (FDA-approved) vaccines: Pfizer vs. Moderna

##### Pfizer

- mRNA technology
- 95% effective
- 2 doses given 21 days apart
- Approved for use in people over the age of 16 years

##### Moderna

- mRNA technology
- 94.5% effective
- 2 doses given 28 days apart
- Approved for use in people over 18 years of age



#### Facts about mRNA vaccines

mRNA teaches our cells how to make proteins

- This protein triggers an immune response inside our bodies that produces antibodies. These antibodies are what protects us from getting infected if the real virus enters our bodies.

They cannot give someone COVID-19

- mRNA vaccines do not use live virus that cause COVID-19

They do not affect or interact with a person's DNA

- mRNA does not enter the area of the cell where the DNA (genetic material) is kept
- The cell breaks down and gets rid of the mRNA after it is finished using the 'message' or instructions for the protein



#### Most commonly reported side effects

- Injection site reaction
- Chills
- Fatigue or tiredness
- Joint pain
- Headache
- Fever
- Muscle Pain

Source: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/mrna.html>

**If you need more information, or want to pre-register to receive the vaccine, visit this web-site: [www.covidvaccine.nj.gov](http://www.covidvaccine.nj.gov)**



Mayor Richard Rigoglioso: [Rrigoglioso@garfieldnj.org](mailto:Rrigoglioso@garfieldnj.org)  
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City Manager Thomas Duch: [tduch@garfieldnj.org](mailto:tduch@garfieldnj.org)

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