

# PATERSON RECREATION



## *Chronicle*

JOSE "JOEY" TORRES  
MAYOR

FALL EDITION 2009

### *Congratulations to the*



This year's delegation continued in the long line of excellence at the US Youth Games. This year's games were held in Coco Beach, Florida.

Director Benjie E. Wimberly can be proud of the effort of each participant as they captured medals in every event.

Medals were won in swimming, bronze medal, flag football, bronze medal, boy's basketball, gold medal and for the first time in US Youth Game history, the girls basketball team captured gold.

Congratulations to everyone. You all are gold medal winners in the City of Paterson.

A Special thank you is extended to Mayor Jose "Joey" Torres and the Paterson City Council for all of your continued support.



# Back-to-School Checklist



## FIRST STEPS

- ☐ Call the school district with questions about your child's school
- ☐ Find out what day classes start and what time your child should arrive
- ☐ Enroll your child (if she is not already registered from the previous year)
- ☐ Fill out emergency contact sheets and any other required forms

## CHECK MEDICAL REQUIREMENTS

- ☐ Make sure your child has all required immunizations
- ☐ Schedule a physical exam for your child if needed to participate in school activities
- ☐ Get your child's vision checked before school starts if he is due for an exam
- ☐ Notify the principal's office, the school nurse, and your child's teachers about any health problems or medications

## STOCK UP ON SCHOOL SUPPLIES

- ☐ Check the school website or call for a list of required supplies
- ☐ Find out whether students will store supplies at school or bring them home each day
- ☐ Buy a backpack or bag to carry daily items
- ☐ Review the school dress code
- ☐ Buy school uniforms and gym clothes, if necessary

## LEARN ABOUT THE SCHOOL

- ☐ Find out whether the teacher prefers to communicate by phone, e-mail, or written note
- ☐ Know what your child is expected to learn in her grade level
- ☐ Familiarize yourself with the information on the school website
- ☐ Note the phone numbers for checking school closures or reporting absences
- ☐ Find out the procedure for taking your child out of school early
- ☐ Read the school handbook and make sure your child understands the rules
- ☐ Review the school's federal "report card"

## PLAN TO BE INVOLVED

- ☐ Mark school events on the family calendar
- ☐ Attend the back-to-school program
- ☐ Schedule and attend parent-teacher conferences
- ☐ Meet leaders of the parent-teacher group



**PLAN HEALTHY MEALS**

- ☐ Have nutritious food on hand for breakfast and after-school snacks
- ☐ Find out how much school breakfasts and lunches cost
- ☐ Find out whether snacks and drinks are available at school or can be brought from home
- ☐ Ask where to obtain weekly school lunch menus
- ☐ Alert school staff if your child has a severe food allergy

**ARRANGE TRANSPORTATION**

- ☐ Practice getting to school with your child
  - BUS: Make sure she knows where and when to be picked up before and after school
  - BICYCLE: Review road safety and make sure he has a helmet
  - ON FOOT: Walk the route together and review pedestrian safety guidelines
- ☐ Arrange a carpool if necessary and introduce your child to the other adults and children
- ☐ Compile contact information of parents who can pick up your child in an emergency

**MAKE AFTER-SCHOOL PLANS**

- ☐ Arrange child care or after-school activities
- ☐ Choose extracurricular activities carefully to avoid overscheduling
- ☐ Make sure your child knows where to go after school each day

**HELP YOUR CHILD PREPARE FOR SCHOOL**

- ☐ Arrange for your child to play with others in his age group before classes start
- ☐ Discuss your child's feelings about starting school and talk over any concerns
- ☐ Talk with your child about her daily school schedule
- ☐ Talk about peer pressure with your child
- ☐ Have your child memorize your home address and home and work phone numbers
- ☐ Tour the school with your child so she can find her classrooms, the restrooms, and the cafeteria
- ☐ Arrange a time for you and your child to meet his new teachers

**LAY THE GROUND RULES**

- ☐ Establish a firm bedtime before school starts
- ☐ Determine where and when your child will do homework
- ☐ Figure out a plan for balancing homework and play time
- ☐ Set rules for the time spent on TV, video games, and computer use for non-school projects





## New Jersey Sharing Network

### Our Mission Statement

Through organ and tissue donation and transplantation, the New Jersey Organ and Tissue Sharing Network (NJ Sharing Network) saves lives, gives hope, and restores physical function.

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NJ Sharing Network is also dedicated to educating the public about the benefits of donation and transplantation and supporting both donor families and transplant recipients.

### Who We Are

NJ Sharing Network is a non-profit, federally-certified, state-approved organ procurement organization responsible for the recovery of organs and tissue for the 4,300 New Jersey residents currently awaiting transplantation, and is part of the national recovery system, which is in place for the nearly 100,000 people on waiting lists.

### Our History

On June 1, 1987, three New Jersey organ procurement organizations merged into one, and NJ Sharing Network was formed. In November of that year, the state and federal governments passed the Required Request/Assured Option legislation, which requires hospitals to offer the donation option to families of potential donors. Since that time, NJ Sharing Network has set out to educate the general public as to the life-saving benefits of transplantation with the goal of increasing the number of organ donors.

### What We Do

Since it was founded, NJ Sharing Network more than quadrupled the total number of organs recovered in New Jersey for transplantation. NJ Sharing Network also recovers tissue for life-enhancing transplants. NJ Sharing Network continues to reach New Jerseyans through educational tools and the media to inform them of the option to donate and of the benefits of transplantation. Having been exposed to this information, New Jerseyans can discuss this issue with their families and make the personal decision to register to be an organ donor.

Additionally, NJ Sharing Network offers a Donor Family Support Division, which provides care during and after a donor family's active hospital experience. The division also addresses unique issues related to seeking consent for organ and tissue donation.



NJ Sharing Network enlists a large base of volunteers through its community outreach program. These volunteers regularly help educate the public about organ donation and transplantation by participating in community events, speaking at houses of worship and civic organizations, and encouraging local organizations and businesses to display donor registry brochures, donor cards and information.

## Who To Call

Organ donor cards, a copy of our donor registry or additional information can be obtained by calling NJ Sharing Network at **1-800-SHARE-NJ**, or e-mail [info@sharenj.org](mailto:info@sharenj.org).

This year with the assistance of the Paterson Division of Recreation the NJ Sharing Network was able to bring to light the role donors play and the importance there of. Campers this year participated in an ingenious way by taking part in **National Minority Organ and Tissue Donor Awareness Day**. In doing so they entered an essay and poster contest on related topics of transplants and organ donation. The winners this year were as follow:

### **1<sup>st</sup> Place \$150.00 Footlocker Gift Certificate**

Niani Williams  
Chandler D. Martin  
Na'jea Tabor

### **2<sup>nd</sup> Place \$100.00 Footlocker Gift Certificate**

Matthew Codling  
Vianca Garcia

### **3<sup>rd</sup> Place \$75.00 Footlocker Gift Certificate**

Emani Richardson  
Joi Jenise Pridgem

### **Honorable Mention \$20.00 Target Gift Certificate**

Marlon Good  
Isaiah McCollum

### ***To become an organ and/or tissue donor you should:***

Make it a license to save lives. Make the donor designation on your New Jersey driver license or ID card. The words "Organ Donor" will appear on the front of your license and will be included in your computer record with the Motor Vehicle Commission.

If you are under the age of 18 or are unable to obtain a New Jersey Driver License or State ID for any reason, you can also sign and carry an **organ donor card**. Please note that while the donor card allows you to legally express your wishes, it must be accessible at the time of your passing as it is not connected to any registry. If you are not a New Jersey resident, please visit [www.donatelifeamerica.net](http://www.donatelifeamerica.net) to find your state registry.





# **Marcel Shipp Football Camp**



***Get Shipp Shape!***

# **PATERSON RECREATION**

## **"GO GREEN"**

### **SUMMER CAMP 2009**

FROM THE DESK OF:  
**Charles Hill**  
 SUMMER CAMP COORDINATOR

The summer program 2009 was by far one of the more memorable ones in the history of Paterson Recreation's summer programming. This summer was a summer with a mixture of the good and the bad, but by far, the positives outweighed the negatives.

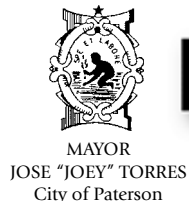
The positives were highlighted by the smiles on the faces of the young people that we serviced throughout the summer. That with the trips to the pool, Bronx Zoo, Seaside Heights, the aquarium and Dorney Park were enough to keep the memories exciting and worth remembering.

At this time a special thanks must be given to the 2009 staff for job well done. Your tireless efforts throughout the summer, is to be commended and does not go unnoticed. *Jose "Joey" Torres, Mayor*

I leave this summer with the thoughts that every camper will return to school in the fall full of vigor; rejuvenated and ready to tackle the challenges ahead of you.

After a summer full of surprises at every turn, I am reminded of a quote. ***"When ever you feel trapped, just open the door. In a world so complex we forget about the simple solutions."***





# **PATERSON DIVISION OF RECREATION**

## **PATERSON PUBLIC SCHOOLS**

### *Evening Centers*



DONNIE W. EVANS, Ed.D  
State District  
Superintendent

- Sports
- Trips
- Tutoring
- Games
- Guest Speakers
- Movies
- Arts
- Crafts
- Dancing
- Swimming
- City Wide Marching Band



**Registration Begins September 14, 2009**

**MONDAY THRU FRIDAY  
3:00 PM - 10:00 PM**

(Check site for days and times)

**OPENING DAY: SEPTEMBER 21, 2009**

**LOCATIONS: PS # 2, 6, 12, 13, 15, 19, 21, 25, 28, MLK(30)**

- Norman S. Weir
- United Presbyterian Church
- St. Luke Baptist Church
- Riverside 5th Avenue Recreation Center
- St. Augustine Presbyterian Church
- Second Baptist Church
- Jump Start Program at Exodus Church
- Lite CDC



**For More Information, Please Call Division of Recreation:**

**(973) 321-1313, Ext. 3312**

**[www.patersonnj.gov/recreation](http://www.patersonnj.gov/recreation)**

**BENJIE E. WIMBERLY, DIRECTOR**

# ***Paterson Recreation St. Augustine Summer Day Camp Family and Friends Festival***



***Thank you to everyone who made it an enjoyable summer.***



2009 Rev. Dr. Frank Napier, Jr.



# 5K RUN/WALK



This year the Rev. Dr. Frank Napier 5k Run/Walk exceeded all expectations.

This year's event sponsored by the Rev. Dr. Frank Napier Scholarship Committee, Paterson Recreation and the Lambda Upsilon Chapter of Omega Psi Phi Fraternity, Inc. was unmatched by previous years.

An estimated 125 participants took part in this years run highlighted by an appearance by the Clifton Road Runner Track Club.

Thank you to every participant who made this year a success and we look forward to being even bigger next year.

## *2009 Winners*

14 & Under Male: Joshua Ford

19 & Under Male: Kataj McNeil

30 & Under Male: Rufino Mendez

40 & Under Male: Freddy Ruiz

50 & Under Male: Rodrigo Cecarez

19 & Under Female: Christin Traub

30 & Under Female: Raquel Foote

40 & Under Female: Cynthia Sanchez

50 & Under Female: Rosa Teixeira

# *the swing of things*



**The Paterson Division of Recreation Golf camp was held on August 11, 2009 at Passaic County Golf Course. Councilman Jeff Jones introduced 60 children from the Paterson Summer Day Camp program to the sport of golf. The program provided each participant with the basic fundamentals of golf.**

**Participants were divided into three sections; putting, chipping and driving. Each section was given one hour of instruction with club pro's and volunteers provided by the Councilman and the Passaic County Golf Course.**

**The children had an exuberant experience at the golf course in which many of them adapting to their teaching quickly. They were eager to learn more about golf.**

**In addition, four participants received a gift certificate in the amount of one hundred dollars redeemable at Foot Locker. Moreover, all of the children received hats from McDonalds Corporation, as well as, gift certificates. The children had a wonderful experience and we, the Division of Recreation look forward to having an annual golf outing for the children of Paterson to gain experience in the sport.**



# Paterson's 2009 High School Football Schedules

(Check with your team for times and directions)



Eastside High School  
Jermaine Johnson, Head Coach  
Mascot: Ghosts  
Colors: Orange and Navy Blue

09-11-09	@Union City
09-18-09	@Bergen Tech
10-02-09	Passaic County Tech
10-10-09	Hackensack
10-17-09	@Ridgewood
10-24-09	Clifton
10-31-09	@Bergen Catholic
11-07-09	@Passaic
11-26-09	@Kennedy

John F. Kennedy High School  
Ronald Jackson, Head Coach  
Mascot: Knights  
Colors: Red and Black

09-11-09	@Fair Lawn
09-19-09	Passaic
10-03-09	Clifton
10-10-09	@Passaic County Tech
10-17-09	Don Bosco Prep
10-24-09	@Ridgewood
10-31-09	@Hackensack
11-07-09	@Bergen Tech
11-26-09	Eastside

Passaic County Tech  
John Iuratto, Head Coach  
Mascot: Bulldogs  
Colors: Royal Blue and White

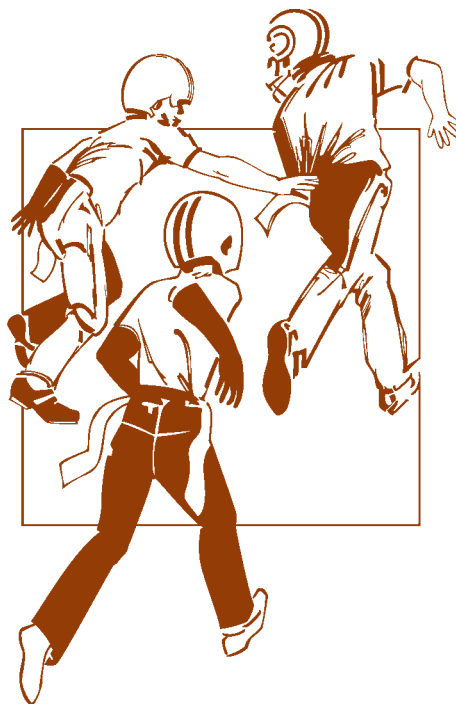
09-11-09	Montclair
09-17-09	Clifton
09-25-09	@Hackensack
10-02-09	@Eastside
10-10-09	Kennedy
10-17-09	@Passaic
10-23-09	Bergen Tech
10-30-09	Don Bosco Prep
11-07-09	@Ridgewood

Paterson Catholic High School  
Benjie E. Wimberly, Head Coach  
Mascot: Cougars  
Colors: Maroon and Vegas Gold

09-12-09	Hawthorne
09-18-09	@Glen Rock
09-26-09	Manchester Regional
10-03-09	@Lodi
10-10-09	Pompton Lakes
10-16-09	@Waldwick
10-24-09	Saddle Brook
10-31-09	Elmwood Park
11-06-09	@Garfield

*Stay current with you favorite team!*

# Paterson Recreation Flag Football Schedule



Date	Time	Home Team	Away Team	Field
Sat 9/12/2009	9:00 AM	Knights	Bulldogs	Eastside Park
Sat 9/12/2009	10:00 AM	Mustangs	Cardinals	Eastside Park
Sat 9/19/2009	9:00 AM	Vipers	Mustangs	Eastside Park
Sat 9/19/2009	10:00 AM	Cardinals	Knights	Eastside Park
Sat 9/26/2009	9:00 AM	Bulldogs	Vipers	Eastside Park
Sat 9/26/2009	10:00 AM	Mustangs	Knights	Eastside Park
Sat 10/3/2009	9:00 AM	Vipers	Cardinals	Eastside Park
Sat 10/3/2009	10:00 AM	Bulldogs	Mustangs	Eastside Park
Sat 10/10/2009	9:00 AM	Knights	Vipers	Eastside Park
Sat 10/10/2009	10:00 AM	Cardinals	Bulldogs	Eastside Park
Sat 10/17/2009	9:00 AM	Bulldogs	Knights	Eastside Park
Sat 10/17/2009	10:00 AM	Cardinals	Mustangs	Eastside Park
Sat 10/24/2009	9:00 AM	Mustangs	Vipers	Eastside Park
Sat 10/24/2009	10:00 AM	Knights	Cardinals	Eastside Park
Sat 10/31/2009	9:00 AM	Vipers	Bulldogs	Eastside Park
Sat 10/31/2009	10:00 AM	Knights	Mustangs	Eastside Park
Sat 11/7/2009	9:00 AM	Cardinals	Vipers	Eastside Park
Sat 11/7/2009	10:00 AM	Mustangs	Bulldogs	Eastside Park
Sat 11/14/2009	9:00 AM	Vipers	Knights	Eastside Park
Sat 11/14/2009	10:00 AM	Bulldogs	Cardinals	Eastside Park

## Paterson Recreation Summer Camps

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go across, up, down and in three diagonals.

T H A N K Y K O U T O E V E R J U M P S T A R T  
 K Y O S N E R W S C H O O L N I N E T E E N H O  
 R M A U P T A D S E T H I S S U M M E R C A M P  
 A S E M E S P A S C O N E N J O Y A B L E T O T  
 P N H M N I E E C H H I S P O R T S C A M P S K  
 E E E E N T D S L D R O E N I N T H E C I T R Y  
 T W V R I P I O C O M M O N S F I E L D F A P A  
 N R I S N A S S T H E R S L E O N R M T P Y M Y  
 E O F K G B T T N G O B L N T S H H H Y X A D G  
 M B Y I T D S L F D V O I B C H M N E J R H N Q  
 E E T L O N E U D T S T L H U W I L Q T F I B D  
 L R N L N O W K D Q S U O T O C G R I J S V F N  
 C T E Z P C P E K U P O M W W I K N T U K X Q E  
 O O W M A E R X G R L G T M R E L L O E G K A P  
 T C T F R S Q U G T V L P W E U N H E K E S T G  
 R L L L K M A R E P O D N W T R E T Z Y T N H N  
 E E O F M . N N J O T L Y H R D S R Y S P K L M  
 B M O Y T W T J H V N X E D I T T L I E C A Y T  
 O E H S C J N C W G Z R Q S P J X D A H I N R B  
 R N C F R V S N F L K J R P R J E L X M G G D K  
 L T S D B Z R M X I K E B Z R P T C H D M L H W  
 R E Q L J C Y X N Y V C M F A T J F B L J J K T  
 K G F R M T J G F I N M L R P W T K P R T B P R  
 M Y K X N D F M R C M R K V Q T N T K M Q N Y T

© Paterson Recreation. [www.WordSearchMaker.com](http://www.WordSearchMaker.com)

Buckley Park	Roberto Clemente Park	Sports Camps
Commons Field	School Nineteen	St. Augustine
Eastside Park	School Ten	St Luke
Jumpstart	School Thirteen	Summer Skillz
Martin Luther King	School Twenty Eight	Summer Slamm
New Roberto Clemente	School Twenty Five	Westside Park
Pennington Park	School Two	Wrigley Park
Riverside Housing	Second Baptist	





## *The City Green Learning Garden in Eastside Park*

This summer at the City Green Learning Garden in Eastside Park, City Green ran a garden program called "Me and My Environment". Over the course of the summer the young gardeners were asked to explore their surrounding Environment and Community through a series of thought provoking questions, hands-on Gardening experiences and Crafting. Youth from the City of Paterson's Eastside Park Day Camp visited the garden weekly for two hours to tend the garden, plant and harvest vegetables, enjoy crafts and learn how they could make their world a better place. Fridays the program was open to the public. City Green hosted over 120 youth gardeners weekly this summer!

Included in the program were lessons on community, ecosystems, cultures and food. One of the highlights of the summer program was the "City Green Salad Bar" activity, in which youth gardeners harvested, washed and prepped the vegetables they grew to make a salad, which they ate together in the Story Grove. We always find that children are very willing to eat vegetables when they've grown and picked them themselves. "I want to eat salad every day", was one comment by an enthusiastic gardener!

Another highlight of our summer was the City Green "Green Market" run by our six high school interns. These students harvested the vegetables, prepared them for the market, created the displays and signs and sold the vegetables to customers. It was a great learning experience for them all, as they gained insight into what it takes to prepare for market, advertise and handle customers.

City Green ran similar satellite garden programs at the YWCA, the Boys and Girls Club, the Paterson Library main branch, and St. Paul's Community Development Center. Each of these locations has their own garden, which City Green grows with the children of the program. All produce is sent home with gardeners to share with their families.

This fall at the Learning Garden, look for our Green Your Block! and Back Yard Gardener Workshops. We will be teaching community members about fall bulb planting, shrub pruning, and fall vegetables to plant. Visit the City Green website at [citygreenonline.org](http://citygreenonline.org), or call us 201-444-7514 for more information. We will also hang flyers at the library and in the recreation office with dates and times of the workshops.



JOSE "JOEY" TORRES  
MAYOR

# **PATERSON DIVISION OF RECREATION**

*Announces*



## **SWIMMING LESSONS**

**SATURDAYS AND SUNDAYS**

**Boys and Girls Club of Paterson**

261 21st Avenue • Paterson, NJ

**Registration begin September 26 & 27**

12 Noon - 4PM

**Classes begin Saturday October 3, 2009**

12 Noon Sharp

**FOR MORE INFORMATION, PLEASE CALL**

**Dept. of Recreation (973) 321-1313 or**

**Felix (973) 818-8377**

**[www.patersonnj.gov/recreation](http://www.patersonnj.gov/recreation)**

**BENJIE E. WIMBERLY, DIRECTOR**

# SILK CITY

## Arts Festival:

A non-profit organization whose purpose is to expose the arts in the inner-city.



## WE THANK YOU ALL...

"Art enables us to find ourselves and lose ourselves at the same time,"-- Thomas Merton

The second annual Silk City Arts Festival was definitely a huge success. Numerous forms of talent came out to help celebrate the arts. Although the event was held in Paterson, New Jersey, there were countless acts from the entire Tri-State area that came to participate in the festival. The different acts ranged from Dance, to Poetry, to all musical tastes in Bands. This year's festival was a combination of talent, dedication, and creativity.

Just like performers contributed artistically, this year the festival would not have been possible if it weren't for the amazing staff. Silk City had a host of directors, interns, and volunteers who were dedicated to keeping the arts alive. Every staffer played their own significant part in the festival, opposed to the previous year when most of the weight was put on the shoulders of the co-founders. In addition to the hard-working staff,

Silk City donors played a big part as well. Most of the festival was produced by donations alone.

The weather wasn't the only thing that worked in the festival's favor. The great weather evidently brought out more of the community as well as its leaders. This year, the honorable Mayor Jose "Joey" Torres and Councilman Andre Sayegh joined the community at the park to see how Silk City was giving a positive light to the city through groundbreaking art.

The Silk City Arts Festival would like to thank everyone once again for coming out and for helping in the process of reviving the arts in the inner-city. The organization hopes that the festival continues to grow and expose more artists as the year progresses. It is only possible to do so if the community continues to gather together to celebrate the arts.



# *Attention Parents*

Dear Friends:

The month of October is Paterson Parent Awareness Month and the MJM Parent Resource Center, Bilingual/ESL Department and the Department of Early Childhood, will hold its first collaborative, PARENT AWARENESS DAY!.

Please save the date for the morning of Saturday October 24, 2009 8:30AM. For your convenience, our event will be held at the centrally located Eastside High School, 150 Park Avenue, Paterson, NJ.

We are planning great workshops and informational opportunities for parents, teachers and community stakeholders. Childcare supervision will be provided for children ages 3-12.

**W. Kemper McDowell**

District-Wide Parent Coordinator  
MJM Parent Resource Center  
90 Delaware Ave 1st Floor  
Paterson, New Jersey



## Brain Quest



**Service.....**

**After School and Summer Sessions Available for Grades 2-8**

We make this an enjoyable experience your child will want to attend:

- Qualified experience tutors
- Prepare your child for the next grade level
- Keep their skills up during the summer
- GAMES GAMES & more GAMES

Call for additional details and to schedule a consultation session, parent(s) and child(ren) must attend the consultation session. Please bring a copy of your child's final report card/test scores. Space is very limited...Hurry, contact us today. **Ms. Shavita Johnson**. (E-mail) N2formation@aol.com (Cell) 973-519-7290

### *School Year Schedule*

2009/2010

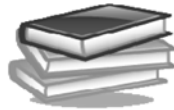
October – June

Plan your own 1-3 day schedule

### **Reading/Language Arts**

5:45p.m. – 8:45p.m.

(Mondays, Wednesdays and Thursdays)



### **Math**

5:45p.m. – 8:45p.m.

(Mondays or Thursdays)



# CONTACT US TODAY!!!!





## **PATERSON RECREATION TEXT ALERT SERVICE**

Sign-up to receive notification on all items as they relate to the Paterson Division of Recreation.

Stay on top of registration dates, special events, skill camps, cancellations, summer job announcements and so much more.

Call (973) 321-1313 and ask for Michael or email him at [msmith@patcity.com](mailto:msmith@patcity.com) and you're on the list. It's that easy. All we require is your **NAME, CELL PHONE NUMBER, AND CELL PHONE PROVIDER**. This service is **FREE**.

FOR MORE INFORMATION CALL PATERSON RECREATION AT 973.321.1313  
BENJIE E. WIMBERLY, DIRECTOR

### **CITY LEAGUE BASKETBALL**

Boys and Girls Ages 8-14

**Practice begins:**

**October 19, 2009**

For more information please call:

**Boys:** Reggie Satchell (973) 766-2571

**Girls:** Jimmy Silva (516) 582-2431

or Lana Frazier (973) 920-0896

### **BIDDY BASKETBALL**

Boys and Girls Ages 5-7

**Registration:**

**January 9, 2010**

**Paterson Catholic HS**

764 11th Ave

**9:00am - 11:00am**

For more information  
contact Paterson Recreation

# Paterson Alumnae Chapter Delta Sigma Theta Sorority, Inc.



*Dr. Betty Shabazz* **FOR GIRLS AGES 11-14**  
**DELTA ACADEMY**  
 "A place for young teens to learn and laugh"



*Catching the dream of tomorrow.  
 Preparing young women for the 21<sup>st</sup> century.*

Paterson Alumnae Chapter  
Delta Sigma Theta Sorority, Inc.

**PO Box 2863  
 Paterson, NJ 07509**

Return response form to above  
address



NAME \_\_\_\_\_

PARENT NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

# SWINE FLU:

## ***DON'T BE SCARED - BE PREPARED***



Worried about H1N1 flu (aka “swine flu”)? At the moment, it’s not a serious threat to most people and symptoms are no different from regular flu. But even regular flu is no fun. Fortunately, with flu, a little preparation — and prevention — can go a long way in protecting your health.

Here are things you can do.

### ***PROTECT YOURSELF — AND OTHERS***

- » Wash your hands with plenty of soap and warm water for 15 to 20 seconds, especially at key times like after being around people who are sick or before eating.
- » Carry an alcohol-based hand sanitizer with you and use it often.
- » Avoid touching your face — especially your eyes, nose, or mouth.
- » Cover your nose and mouth with a tissue when you sneeze or cough, and wash your hands or use a hand sanitizer afterward. Sneeze or cough into your sleeve if you don’t have a tissue handy.
- » Throw tissues away immediately after using them — don’t leave them lying around.
- » Stay home if you’re sick.
- » Stand 6 feet or more away from other people if they’re sick or have been around others who are.
- » On the bus (or in a car), sit near an open window.
- » Get plenty of sleep, exercise, and eat healthy foods to keep your immune system strong — now’s the time to be sure you get your five servings a day!

### ***GET THE SWINE FLU VACCINE***

The swine flu vaccine is different from the regular flu shot. It will be available in the United States this fall — probably mid-October. The swine flu vaccine may be given in two doses. If that’s the case, you’ll need to go back for a follow-up shot 3 weeks after the first. It takes a couple of weeks after the second shot for a person to build up immunity.

Why get vaccinated? Swine flu has affected kids and teens more than seasonal flu does. There’s also a chance the virus could mutate and become stronger this winter. So experts recommend that all teens get the vaccine when it becomes available.



# **Division of Recreation**

## *Mission Statement*

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*The Division of Recreation is committed to providing quality service to the residents of Paterson, to develop an appreciation for the history, culture and contributions of the groups that contribute to the diversity of our city. Our mission is to promote excellence in the lives of each resident in the city academically, athletically and socially by providing programs that offer services for enrichment and social awareness.*

*By adopting imaginative ideas, we will begin the regeneration of our community.*



# **CITY OF PATERSON**

## **Paterson Division of Recreation**

810 Broadway  
White House, Eastside Park  
Paterson, NJ 07514  
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## **Recreation Staff**

BENJIE WIMBERLY.....	Director	EXT. 1303
DANILO INOA.....	Supervisor/Soccer-League/Baseball-Softball Permits	EXT. 3319
LUCY "COOKIE" LOWERY.....	Special Recreational Projects Coordinator/Park Permits	EXT. 3314
CHARLES WILLIAMS.....	Supervisor/Equipment - Program for the Disabled	EXT. 3316
LATRICIA DANIELS.....	Payroll Clerk/H.R. Department	EXT. 3318
JIMMY SALMON.....	Supervisor/Basketball/Gym Assigner	EXT. 3315
HELEN KENNEDY.....	Arts and Crafts	EXT. 3320
CHARLES HILL.....	Director/Summer Camps	EXT. 3389
TAMIKA WIGGINS.....	Recreation Assistant	EXT. 3305
TAKEEMA RUTHERFORD.....	Recreation Assistant	EXT. 3312



## **WE ARE NOW ON THE WEB**

**Check our upcoming  
events, view our photo  
galleries and stay on top  
of what is happening at  
the Paterson Division of  
Recreation.**

**Log onto**

**[www.patersonnj.gov/recreation](http://www.patersonnj.gov/recreation)**