

# PATERSON RECREATION



JEFFERY JONES  
MAYOR

## Chronicle

SUMMER EDITION 2010

### *Paterson Recreation Spotlight* **RUTH P. JAMES**

Born: June 4, 1935 - Died: December 12, 2008 • Birthplace: Savannah, Georgia

In her early years Ruth attended Elementary, High School, and College in Savannah GA. Ruth was an exceptional athlete, Ruth played basketball & was on the track teams in both high school & college. She attended Woodville High School (now Tompkins High School) & Savannah State College. Ruth left Savannah and moved to Ridgewood, New Jersey in 1956 and settled in Paterson in the early 60's. There is where she settled and her life changed when she developed a love for the Paterson youth. She was a physical education teacher for St. Agnes Catholic School; she then began to work for the Paterson Recreation Department. Ruth had a genuine love for the youth in Paterson, NJ. It started in the mid 60's when she got involved with INCCA at the St. Agnes School. During her time at the school she later introduced the children to basketball, and track & field. In the late 60's Ruth heard about the United States Youth Games and accompanied a neighbor's child to the try outs. In the early 70's she took her own daughters to try out for the United States Youth games and accompanied them to Boston, MA. This was the start of her coaching career in Paterson. She then along with her husband Louis founded the AAU New Birth Track Club. She not only took up time with the Paterson athletes she also took an interest in the neighbor children handing out lunches daily to children in need. She traveled along with her team to many cities throughout the United States competing. She also opened

her home to hundreds of children daily. She took early retirement from the Recreation Department in the mid 80's and moved to the State of Missouri. She never stopped working with the youth. She was the number one fan of her grandchildren as they competed in basketball, track, baseball, soccer, softball, and football. Ruth was the same in Excelsior Springs as she was in Paterson, NJ, she was the Grand Marshall in the homecoming parade and everyone called her Grandma Ruth.

She was also recently inducted the Woodville High School Hall of fame in 2008 for her athletic accomplishments.

Ruth Patterson James was born Ruth Ellen Patterson in Savannah, GA on June 4, 1935. She left Savannah and moved to Ridgewood, New Jersey in 1956 and married her childhood sweetheart Louis James on July 5, 1958, and to this union four daughters were born Marsha, Janet, Jackie and Terri.

Ruth was the matriarch of her family and enjoyed spending all of her time with them. She was also a member of the Main Street Baptist Church. Sports was her life, she devoted all her time to helping numerous inner city children everywhere she went.

# Bicycle Safety Tips

We can make bicycling safer for all by observing the following safety tips:

- Always wear a helmet
- Obey all traffic controls
- Ride your bicycle near the right-hand edge of the road
- Never carry another person on your bicycle
- Always use hand signals when turning or stopping
- Look out for cars at cross street, driveways, and parking places
- Be careful when checking traffic and don't swerve when looking over your shoulder
- Give pedestrians the right-of-way
- Keep your bicycle in good condition
- Always ride carefully

Remember, a bicycle is a vehicle. Bicyclists share a complex traffic environment with other larger forms of transportation. Youngsters under age nine lack the physical and mental development to interact safely in that environment.



# How to Keep An Allergy Checklist

Runny nose, sneezing and itchy eyes, are all the symptoms of allergies and can effect the activities you like to do. To deal with this situation it is a good idea to keep an allergy symptoms checklist so that you will have all the information needed if a doctor visit is required.

## STEP 1

Suffering pains of allergies, Include the following information in your checklist:  
Runny nose, stuffy nose, sneezing, itchy nose, red itchy water eyes.  
All of these symptoms should be charted.

## STEP 2

Chart the following information.  
Severity: Severe, moderate, mild  
Frequency: Daily, weekly, occasionally, seasonally

## STEP 3

What seasons you get your worse allergy?  
Keep a check of the time, place and season you usually get the symptoms:  
Example, Winter, Spring, Summer, Fall.  
At Home, work, school or outdoors.

## STEP 4

Keep check of the things that trigger the symptoms:  
Example: pollen, mold, animals.

## STEP 5

What medications you have tried, over the counter antihistamines, decongestants, nasal sprays, etc.  
Example, Benadryl,

## STEP 6

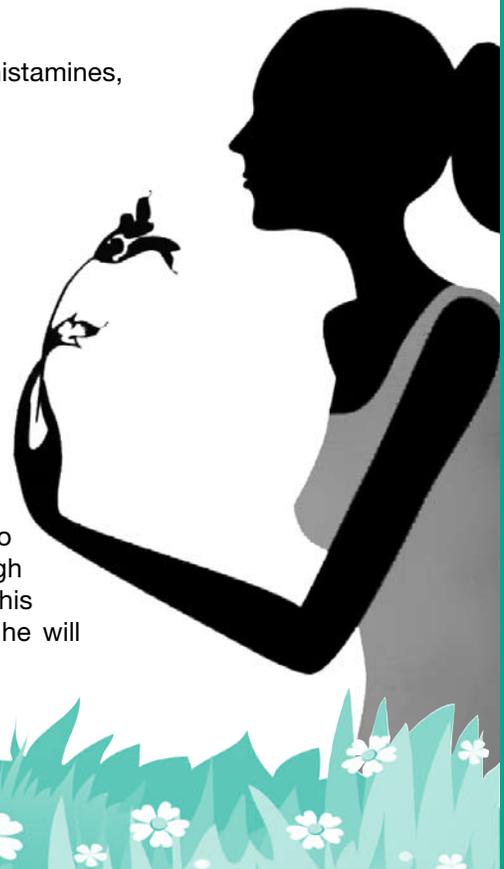
Pets & Allergies  
Do you have pets? If so what kind? Cats, dogs, etc.

## STEP 7

Your doctor may recommend allergy testing to find out what you are allergic to. If you have determined what your allergy triggers are try to avoid the ones that give you trouble.

## STEP 8

Staying away from your allergy symptoms may be enough to lessen your symptoms, and sometimes avoiding isn't enough and you will need to take a prescription medicine. Having this checklist will give the doctor most of the information that he will need to help with the diagnosis.



# **CONGRATULATIONS**

**TO THE 2009 TAUB-DOBY  
BASKETBALL CHAMPIONS**



**Dr. Frank Napier School  
of Technology**



# **CONGRATULATIONS**

**N.I.T. CHAMPION PS# 12**



# CONGRATULATIONS TO THE 2009 TAUB-DOBY CHEERLEADING CHAMPIONS



**Public School #26**



# CONGRATULATIONS PS# 18 - 2ND PLACE AND MLK SCHOOL - 3RD PLACE





3RD ANNUAL

# Marcel Shipp Football Camp



*Get Shipp Shape!*



# SUDOKU

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

Sudoku (pronunciation: soo-DOH-koo) is a logic-based, combinatorial number-placement puzzle. The objective is to fill a  $9 \times 9$  grid with digits so that each column, each row, and each of the nine  $3 \times 3$  sub-grids that compose the grid (also called “boxes”, “blocks”, “regions”, or “sub-squares”) contains all of the digits from 1 to 9. The puzzle setter provides a partially completed grid, which typically has a unique solution.



JEFFERY JONES  
MAYOR

**CITY OF PATERSON  
DIVISION OF RECREATION  
& PATERSON PUBLIC SCHOOLS**



DONNIE W. EVANS, Ed.D  
State District  
Superintendent

**SUMMER CAMP  
PROGRAM 2010**  
*Camps 'R Us!*



DAY CAMPS: 5 TO 14 YEARS OLD  
SPORTS CAMPS: 5 TO 18 YEARS OLD



**July 6<sup>th</sup> - August 27<sup>th</sup> • 8:30 am - 3:30 pm**

- ST. LUKES BAPTIST CHURCH - *Carroll St. (ages 5-12)*
- BOOKS & BALLS - *New Roberto Celemente (Ages 8-10) (Limited Enrollment)*
- BOOKS & BALLS - *PS #24 (Ages 5-10) (Limited Enrollment)*
- BOOKS & BALLS - *PS #28 (Ages 5-10) (Limited Enrollment)*
- BOOKS & BALLS - *PS #19 (Ages 5-12) (Limited Enrollment)*
- BOOKS & BALLS - *PS #10 (Ages 5-10) (Limited Enrollment)*
- BOOKS & BALLS - *PS #2 Autistic & Handicapped Children, (Limited Enrollment)*
- BOOKS & BALLS - *PS #13 Autistic Children, (Limited Enrollment)*
- BUCKLEY PARK - *Chamberlain Avenue*
- COMMONS PARK - *Oxford Street & N. 8th St*
- EASTSIDE PARK - *Upper Level (Ages 5-6) Lower Level (Ages 9-13)*
- PENNINGTON PARK - *McBride Avenue Lower Level*
- RIVERSIDE HOUSING DEVELOPMENT - *5th Ave. Housing Dev.*
- ROBERTO CLEMENTE PARK - *Market Street*
- SCHOOL #25 - *Trenton Avenue*
- SECOND BAPTIST CHURCH - *Carroll Street*
- SUMMER SLAMM - *International HS, 200 Grand St. (Grades 7 & 8) (Limited Enrollment)*
- ST. AUGUSTINE - *159 Governor St.*
- TOTOWA OVAL - *Totowa Avenue*
- WRIGLEY PARK - *Montgomery Park*
- JUMP START PERFORMING ARTS PROGRAM - *Exodus Church, 176 12th Ave (Ages 5-14)*
- SUMMER SKILLZ CAMP - *PS #13 (Ages 9-13)*
- SEMINARY BAPTIST CHURCH - *193 Haledon Ave. Ages (Ages 11-14)(Limited Enrollment)*

**Registration  
Begins:  
May 3<sup>rd</sup>, 2010  
8:30 am**



BENJIE E. WIMBERLY, Director of Recreation  
133 Ellison Street • Paterson, NJ 07505 • Phone: (973) 321-1313 • Fax (973) 321-1314 • [bwimberly@patersonnj.gov](mailto:bwimberly@patersonnj.gov)  
**[www.patersonnj.gov/recreation](http://www.patersonnj.gov/recreation)**



MAYOR  
JOSE "JOEY" TORRES  
CITY OF PATERSON

# PATERSON DIVISION OF RECREATION

presents our

## SUMMER SWIMMING PROGRAM

*Castello Pool & Riverside Vets  
Recreation Center Pool*

**COSTELLO POOL • 157 GRAND STREET • PATERSON, NJ  
RIVERSIDE VETS POOL • 165 5TH AVENUE • PATERSON, NJ**

### MONDAY - FRIDAY

9 am - 11 am

**SUMMER CAMPS**

*\* Camps must be registered*

1 pm - Sunset

**FAMILY SWIM (Gen'l Public)**

*\* Any person under 13 years old*

*Must be accompanied by an*

*Adult 17 years old or older*

### SATURDAY - SUNDAY

9 am - 11 am

**SWIM LESSONS**

1 pm - Sunset

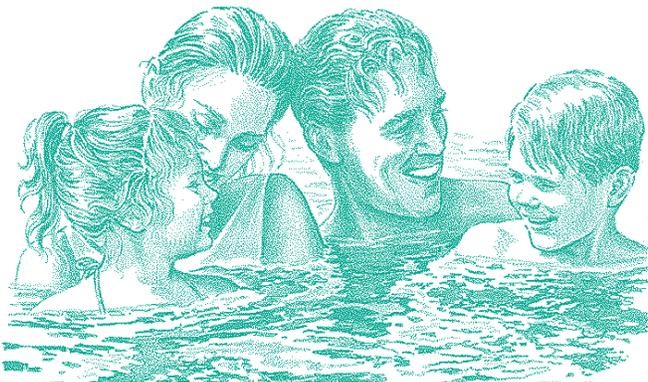
**FAMILY SWIM (Gen'l Public)**

*\* Any person under 13 years old*

*Must be accompanied by an*

*Adult 17 years old or older*

**PATERSON RESIDENTS ONLY! EVERYONE MUST REGISTER!**



*Registration Begins 8:30am*

*May 3, 2010*

*at address below*

*Pools Open*

*June 26, 2010*

*For More Information, Contact*

**Benjie E. Wimberly**

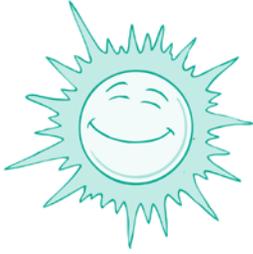
BENJIE E. WIMBERLY, DIRECTOR - PATERSON DIVISION OF RECREATION

133 Ellison Street • Paterson, NJ 07505

Phone: (973) 321-1313 • Fax (973) 321-1314

**(973) 321-1313**

**ANYONE 18YRS OR OLDER MUST SHOW PICTURE IDENTIFICATION AT THE TIME OF REGISTRATION.**



## **SUMMER TIME IS NOW HERE**

For most children, this means more outdoor activities (swimming, camping, bike riding, etc...) and with the 4th of July celebration, fireworks. For all parents, this means being extra vigilant to keep your child safe and healthy. Here are some tips to keep your child safe this summer.

### **SWIMMING SAFETY**

Healthy Swimming behaviors are needed to protect you and your kids from recreational water illnesses, like diarrhea, and will help stop germs from getting in the pool in the first place.

### **SURVIVING SUMMER BOREDOM**

Learn 5 easy tips to help parents' combat summer boredom and help kids develop the internal resources that are important for developing creative, resource and time management skills.

### **LIFE JACKETS**

Learn why you should use a U.S. Coast Guard approved life jacket or personal flotation device, instead of a simple swim suit or arm floaties, to keep your kids safe when swimming.

### **ECZEMA IN THE SUMMER**

Eczema or atopic dermatitis is sometimes worse in the summer, when kids are swimming and sweating. Learn to keep your child's eczema under control during the summertime.

### **WATER SAFETY**

Water Safety tips to prevent drownings in your children and promote water safety when swimming around pools and spas.

### **SUN BLOCK MISTAKES**

Learn to avoid common mistakes that parents make when using sun block to help you avoid painful sunburns.

### **INSECT REPELLENTS**

Insect repellents can protect your children from insects that commonly bite children, including mosquitoes, gnats, chiggers, etc. Safe and effective insect repellents include those with deet, citronella and soybean oil. Learn to keep your children safe from insect bites.

### **CHIGGERS**

In addition to not always recognizing chigger bites, parents sometimes have misconceptions about the best way to treat them. Learn how to avoid and treat chigger bites on your kids.

### **SUMMER CAMPS AND SUMMER VACATION**

A summer camp, whether it is a local day camp or an overnight sleep away camp, can be a great way to keep your kids occupied over the summer. But instead of overscheduling your kids with camps all summer, be sure to allow some time for free play.



**BACKYARD POOL SAFETY**

Backyard Pool Safety tips to prevent drownings in your children and promote water safety when swimming around pools and spas, plus info on diving safety.

**SUN SCREENS TO PREVENT SUN DAMAGE**

Sun screens can help to protect your child from damage from sun exposure and reduce the risk of skin cancer. Learn to pick a sunscreen with an SPF of 15 or higher and which offers UVA and UVB protection, plus other tips to keep your kids safe in the sun.

**SUMMERTIME FOOD SAFETY**

Foodborne illness and food poisoning do increase in the summer months, when the weather is warmer, allowing bacteria to grow faster, and more people are having picnics, barbecues and camping trips. Learn food safety tips to keep your children safe this summertime.

**CHOOSING SUNGLASSES**

As you slather on sunscreen to protect your skin this summer, don't forget sunglasses to protect your eyes. The same harmful rays that damage skin can also increase your risk of developing eye problems, such as cataracts--a clouding of the eye's lens that develops over years.

**CITY OF PATERSON**  
*Paterson Division of Recreation*

810 Broadway  
 White House, Eastside Park  
 Paterson, NJ 07514  
 Tel: (973) 321-1313 • Fax: (973) 321-1314



**Recreation Staff**

- BENJIE E. WIMBERLY.....Coordinator 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. 3311
- TAMIKA WIGGINS.....Clerk EXT. 3305
- ALFREDO SERRANO ..... Recreation Assistant EXT. 3311





# **2010 Instructional FOOTBALL**

**FOR MORE INFORMATION ON REGISTRATION DATES, TIMES,  
LOCATIONS AND FEES PLEASE CALL:**

## **City Flag League (Ages 5-7)**

Jr. State Colts .....	(973) 230-4232
Paterson Bulldogs .....	(973) 538-6143
Paterson Knights .....	(973) 356-2484
Paterson Mustangs .....	(862) 823-2447
Paterson Vipers .....	(973) 955-9483
Silk City Cardinals .....	(862) 823-9991

## **Tackle Football Programs (Ages 8-13)**

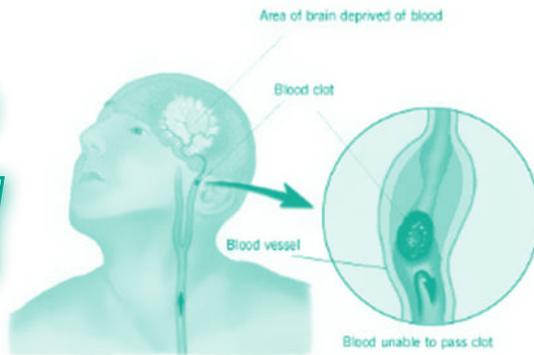
**Jr. State Colts .....	(973) 230-4232
**Paterson Bulldogs .....	(609) 227-8880
Paterson Mustangs .....	(862) 823-2447
Silk City Cardinals .....	(862) 823-9991

*\*\*older but lighter*

***“Football Builds Character”***

# RECOGNIZING A STROKE

**3 STEPS, S-T-R. READ AND LEARN**



Sometimes, symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Doctors say a bystander can recognize a stroke by asking three simple questions:

- S** Ask the individual to SMILE.
- T** Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently) (i.e. It is sunny out today.)
- R** Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call 911 immediately and describe the symptoms to the dispatcher.

New Sign of a Stroke: Stick out Your Tongue!

Another sign of a stroke is this: Ask the person to stick out his/her tongue. If the tongue is crooked or if it goes to one side or the other, that is also an indication of a stroke.

For more information contact you physician.



# **VISIT US ON THE WEB**

**Log onto**



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

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



# **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.*



*Congratulations*

MAYOR JEFFERY JONES



*"Change That Matters"*

THE 45TH MAYOR  
OF THE CITY PATERSON

