

RAMSEY SUBURBAN NEWS

WEDNESDAY, MAY 30, 2007



PHOTOS/BRETT FREEMAN

Family and friends gathered at Dater Elementary School for the dedication of the Gretchen Dater Art Room, named for the great-granddaughter of the school's namesake, John Y. Dater, who died in Pan Am Flight 103 over Lockerbie, Scotland, in 1988. In celebration of the event, potter Cliff Mendelson demonstrated use of his wheel with student Sarah Stacey.



Art room dedicated to Gretchen's dream



Walk at Work Day June 5

BY BRETT FREEMAN
For Suburban News

RAMSEY – If you've ever lived in a city, you know that people generally walk everywhere they have to go. In the suburbs, however, folks are more likely to walk...to their car.

The Ramsey Board of Health hopes to make a dent in such a routine – declaring June 5 “Walk at Work Day.”

“We're just trying to get people to walk 30 minutes a day for all the health benefits,” Borough Councilwoman Deirdre Dillon, liaison to the Board of Health, said during the public portion of the Board of Education meeting last week.

Board of Health member Joan Waring said walking can reduce the risks of heart disease, diabetes

and osteoporosis.

“The health benefits of walking are legion,” Waring said.

Dillon and Waring were at the meeting to ask the school board to endorse the event.

“I think it's a great idea and I hope we all get an opportunity to walk that day,” Superintendent Dr. Roy Montesano said.

After the meeting, Waring said the Board of Health started the event because they want to promote health and fitness in response to the obesity epidemic and because too many people lack exercise and have unhealthy eating habits.

Last week, Montesano said he distributed a pamphlet explaining the event and has encouraged his employees to participate.

In a release, health officials are

encouraging everyone who works in Ramsey's municipal government, telecommuters and employees in businesses and non-profits in the borough to use their lunch time or some other time to take a 30-minute walk that day.

“Employers benefit from healthy and fit employees with lower absenteeism rates and lower health costs,” the release states.

The walk could be split up in two 15-minute segments or three 10-minute ones.

“To me, that's not different from any other day,” said board trustee Richard Snyder, who works at home as a doors and hardware wholesaler and also works on behalf of his education grass-roots organization, Dollar\$ & Sense. “I walk a great deal.”



PHOTO/BRETT FREEMAN

Board of Health President James Rogers discusses event with Ramsey Councilwoman Deirdre Dillon.

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INDEX

CLASSIFIEDS	71	OPINION	10
CROSSWORD	61	REAL ESTATE	65
DINING	58	SOCIALS	34
LIFESTYLE	38	SPORTS	62
OBITUARIES	52		

Vol. 52 No. 22

Betrothed

Who's planning to say "I do!"
Page 34



Control streak

Green Raiders had it early and often in championship rout.
Page 62

