

# Bulletin

Volume 35 Number 7

May 2012

## BOROUGH COUNCIL NEWS

By Michael Ticktin

### Land Exchange Ordinance Approved; Partial Clearance Given for Gas Station Site

At its April 9 meeting, the Council gave final approval to an ordinance authorizing an exchange of two small parcels of land of equal size between the Borough and the Estate of Bernarda Shahn. This exchange is necessary because, as a result of an error made over 60 years ago in the location of the studio in the rear of the property, that building encroaches onto land owned by the Borough, and the owners cannot sell the property without the entire building being on land that they own. The re-subdivision of the property in accordance with the property exchange authorized by the ordinance must be approved by the Planning Board before any sale can take place.

Municipal attorney Richard Shaklee informed the Council that Karen Lacey, the Licensed Site Remediation Professional who is overseeing the remediation of the gas station site and has authority to issue approvals on behalf of the New Jersey Department of Environmental Protection (DEP), had located missing data concerning soil that was removed from the site and, based on that data, had given clearance with regard to soil issues. What remains to be done is just under \$15,000 of additional well drilling, well sealing and testing in order to resolve the remaining water

quality issues. Once these issues are satisfactorily resolved, no further corrective action will be required and the Borough will have DEP approval to use or sell the property. On a separate matter, Mr. Shaklee told the Council that the State background check for the purchaser of the liquor license had been completed and that the Borough could now publish notices of intent to issue the license. If any objections are received, a public hearing will have to be held. Once the process is complete and the license is issued, the purchaser will be able to re-open the store and sell alcoholic beverages, and hopefully other items as well.

Councilman Tom Curry, chairman of the Public Works committee, reported that he was in contact with an owner of horses that could be used to remove fallen logs that are blocking portions of Empty Box Brook and causing swamp formation. Empty Box Brook flows through Borough-owned woodlands from Valley Road to Tamara Drive. East of Valley Road and west of Tamara Drive, it flows through the Assunpink Wildlife Management Area and its maintenance is the responsibility of the DEP. Later in the meeting, commenting on Mr. Curry's report, Michael Ticktin told the Council that he had walked to the west

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## ANNOUNCEMENTS

Welcome to the 35th edition of the *Roosevelt Borough Bulletin*.

As usual, there will be nine issues starting with October 2011 through July, 2012, leaving out January 2012.

We will do our best to make the *Bulletin* both informative and interesting with the help of our devoted writers and production people.

If you want to **CONTACT THE BULLETIN**, please look at our masthead to the right with our address and telephone numbers as shown.



Please report any bear sightings to:  
State Bureau of Wildlife Management  
Kim Tinnes, Wildlife Control  
609-259-7955

The **MEALS ON WHEELS** program delivers prepared meals to Roosevelt seniors who need this assistance. Though meals are provided free of charge to recipients, the cost to the program is \$2.50 per meal. Donations to help cover these costs may be sent to Interfaith Neighbors, 810 Fourth Avenue, Asbury Park, NJ 07712.

**SENIOR CITIZENS:** There is a S.C.A.T. bus provided by Monmouth County Division of Transportation that comes to Roosevelt on Wednesday mornings at 9:00 a.m. and will take you shopping to ShopRite in East Windsor. The bus will pick you up at your home, you spend 1 ½ hours shopping, and the bus will take you home and leave your groceries at your door. There is no charge to you for this service.

If you wish to go, you must call the SCAT bus Tuesday no later than 3:00 p.m. at 732-431-6485 and press 1. Give them your name, address, and the town you are from, and your interest in going on Wednesday, the next day.

### Roosevelt Open Studio

Roosevelt School Art Room

Tuesdays 7 p.m. - 10 p.m.

Open for Roosevelt Residents over 15

Contact: Ellen Silverman, Home phone 609 490 0557

Cell phone: 609 865 7396

An **ARCHIVE** of all past issues of the *Bulletin* can be found online at [www.mazicmusic.com/rbb.htm](http://www.mazicmusic.com/rbb.htm), courtesy of Mark Zuckerman. Current and recent issues can also be found online at [www.web2sons.org](http://www.web2sons.org), the unofficial Roosevelt website that is maintained by Bob Francis.

**Please register your dog at Borough Hall.  
It's the law.**

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Breaking Bread and Calendar Art  
by Shan Ellentuck

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# From the Mayor

By Elsbeth Battel

Dear Neighbors,

Happy Anniversary to Roosevelt!

2012 marks the 75th year of New Jersey Homesteads/Roosevelt, so we are planning celebrations throughout the town. Everyone is encouraged to please participate by beautifying their yards and neighborhoods. It really is rewarding to work together as a family and make a spring project of removing the debris that gathers over time in yards and around foundations, and planting a few flowers and environmentally friendly shrubs. (By environmentally friendly, I'm suggesting non-invasive species that will enhance the area, provide shelter and food for desirable wildlife, not compete with indigenous

species and generally thrive year after year). The results of your efforts will increase your enjoyment of your property and benefit your whole neighborhood for years to come, not to mention increase your property value.

RAP and members of the Council are planning events for the 22nd of September as an Anniversary Day. If you would like to know more, or would care to participate, please speak to a member of RAP or Council Members Malkin and Hamilton.

Thank you,

Beth ■

## BOROUGH COUNCIL NEWS (CONT'D.)

*Continued from Page 1*

side of the sewage disposal plant, where the stream designated on old maps as the North Branch of Empty Box Brook meets Assunpink Brook. (The main stream of Empty Box Brook flows into Assunpink Brook on the east side of the sewage disposal plant.) The passage of water between the North Branch and Assunpink Brook is partially obstructed by a beaver dam, but such flow as is apparent is going from Assunpink Brook into the North Branch, instead of the other way around. This may be due either to stream blockage further downstream outside of Roosevelt or to the level of

Assunpink Lake being too high. Either way, it would appear that something must be done by the DEP if water is once again going to flow out of the North Branch instead of raising the water table in Roosevelt.

Councilman Michael Hamilton told the Council that he would be unable to continue as the Council's representative on the Planning Board (Class III member) because of a scheduling conflict with a new job that he has taken. The Council will have to elect a new Class III member from among its members. ■

**THE ROOSEVELT BOROUGH BULLETIN**  
**is distributed free-of-charge to Roosevelt residents.**  
**We look forward to and appreciate contributions**  
**which are very much needed to keep our publication going.**  
**Contributions are tax deductible**

**PLEASE NOTE: Due to postal regulations we can only ask for "donations" rather than "subscriptions" from out-of-towners who wish to receive the BULLETIN.**

**We will be pleased to continue sending them the BULLETIN when we receive their contributions which, of course, can be for the same amount (or more) as in the past.**

**PLEASE SEND IN A CONTRIBUTION TODAY. WE NEED YOUR SUPPORT.**

# From the Office of CSA/Principal

It's that time of year when we look back and realize just how fast the school year goes. I am approaching the completion of my first year as the RPS Superintendent/Principal and it has been a most exciting and enjoyable year for me.

In early April, the 6th grade students presented the annual RPS talent show. It was an excellent event and enjoyed by all who participated and attended.

We had our Spring Break as well; hopefully everyone got some rest as we move into the end of the year activities as the school year culminates.

Our PTA has been hard at work as well. On April 20 the PTA sponsored a "Book Swap." Then on April 2 the PTA held another successful and enjoyable movie night. On April 24 the PTA presented a school-wide Earth Day Celebration that included "snakes, scales, and turtle tales."

Respectfully,

Dr. Joseph S. Campisi  
CSA, Roosevelt Public School ■



## UPCOMING EVENTS MAY/JUNE

### MAY

- April 30 – May 3 - NJ ASK Testing Grades 5 & 6
- May 4 - Pizza Day
- May 7–11 - NJ ASK Testing Grades 3 & 4
- May 14 – 17 - PASS Testing 2ND Grade
- May 15 - PTA Meeting 7:00 p.m.
- May 17 - PreK & Kindergarten Orientation 10:00 a.m.
- May 18 - Safety Patrol Great Adventure Trip 9:30 a.m. – 2:45 p.m.
- May 18 - Pizza Day
- May 19 - PTA Movie Night 7:00 p.m.
- May 21 – 25 PTA Book Fair
- May 22 - 3rd Grade Field Trip 8:30 a.m. – 2:55 p.m.
- May 22 - K & 1st Field Trip 9:30 a.m. – 1:15 p.m.
- May 23 - Spelling Bee 10:00 a.m.
- May 24 - Spring Concert 7:00 p.m.
- May 28 - SCHOOL CLOSED Memorial Day
- May 29 – June 1 - SCHOOL SPIRIT WEEK
- May 30 - 4th Grade Field Trip 8:30 a.m. – 2:55 p.m.
- May 30 - Annual Art Show – 7:00 p.m.
- May 31 - 6th Graders visit KREPS for day

### JUNE

- June 1 - 6th Grade Class Trip – 8:00 a.m. - ?
- June 1 - Pizza Day
- June 5 - Field Day/Early Dismissal
- June 6 - Rain Date for Field Day/Early Dismissal
- June 7 - Early Dismissal
- June 8 - Early Dismissal
- June 9 - 6th Grade GRADUATION 4:00 p.m.
- June 11 - Last Day for Students/Early Dismissal
- June 12 - Last Day for Staff

## Making the Right to a Free Burial Plot in the Municipal Cemetery a Matter of Record

by Michael Ticktin

While living in Roosevelt does entail certain costs, there are two free benefits that are available to all residents--a free post office box (except for those on Nurko Road who have home delivery) and a free burial plot. Free burial plots in the municipal cemetery are available not only to those who are residents at the time of their death, but also to those who have lived here for at least 20 years (or who held elected public office for at least three years) and their spouses and children under 21. Former residents, as well as their unmarried children of any age, are eligible if a member of their immediate family is already buried in the cemetery. Finally, under the most recent amendment to the cemetery ordinance, any person who has been a full-time employee (as defined in the ordinance) of either the municipality or the school district for at least 25 years is eligible, as is any such person's spouse and unmarried child under 21.

Any person who has established eligibility for a free burial plot under the terms of the cemetery ordinance, as indicated above, can establish a public record of such eligibility by filing a notarized application with the municipal clerk, on a form that she will provide. Once approved by the mayor and the chairman of the council committee having jurisdiction over the cemetery, the form will remain on file to document eligibility, with a copy being given to the applicant for his or her records.

## Two Democrats File for Nomination for Council in the June 5 Primary

by Michael Ticktin

Incumbent Councilman Tom Curry and Ben Johnson have filed as candidates for in the June 5 primary for the Democratic nomination for the two Council seats that are to be filled this November. Mr. Johnson will be seeking the seat currently occupied by Arlene Stinson.

Though no Republicans filed for nomination to Council, nominations can still be made by write-in vote. Independent candidates can file petitions at any time until the end of the day on June 5. ■

## Notice of Annual Meeting of the Roosevelt Senior Citizens Housing Corporation

The annual membership meeting of the Roosevelt Senior Citizens Housing Corporation will be held on Thursday, May 3rd at 8:00 p.m. at the Solar Village community room. All members of the corporation, and all residents interested in becoming members, are invited to attend the meeting and participate in the election of officers and trustees for the coming year, as well as in the official designation of the community room as the Mayor Leon Barth Senior Center.

## HELP US CELEBRATE!

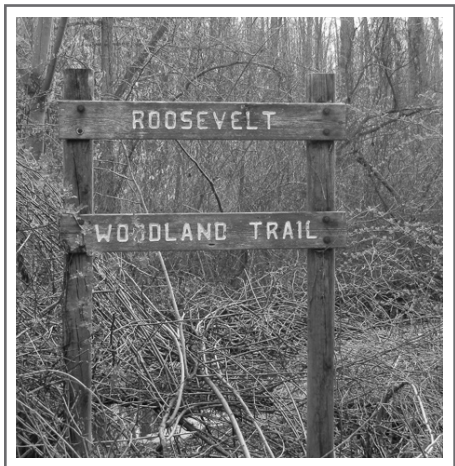
A celebration of the Borough's 75th anniversary is being planned for September 22 by the Roosevelt Arts Project, hopefully with the assistance of other community organizations, as well as that of the municipality and school district. Participation of all residents, former residents and other friends of Roosevelt in this celebration will be most welcome.

*See article on page 7 and our Mayor's letter on page 3.*

## Talking Heads

Sunday, June 24, 2012 • 1:00–5:00 p.m.  
Assifa Space • 40 Tamara Drive • Roosevelt, NJ

A show of portraits by Roosevelt Artists and special guest artists with live music on the patio. Come enjoy the day for a pot luck picnic, art, music, and good company. Artwork should be submitted by June 17th. Portraits can be representational or abstract, and don't have to be human! Call Sheila for details at 609-462-7311



**LOTS OF  
ROOSEVELT  
MEMORIES  
CAN BE FOUND  
IN THE  
ONLINE ARCHIVES  
OF THE  
*BULLETIN***

(See Page 2  
for more  
information.)



**Please  
obey  
the posted  
speed limits  
in town.**

**Walk the  
Roosevelt  
Woodland  
Trail.**



## CHAPTER 106, Laws of 1937

AN ACT to incorporate the borough of Jersey Homesteads, in the county of Monmouth.

Be it enacted by the Senate and General Assembly of the State of New Jersey:

1. The inhabitants of that portion of the township of Millstone, in the county of Monmouth, contained within the territorial limits hereinafter set forth, are hereby constituted and declared to be a body politic and corporate, in fact and in law, by the name of Borough of Jersey Homesteads and shall be governed by the general laws of this State relating to boroughs.

2. The territorial limits of said borough shall be as follows:  
(This section sets forth the metes and bounds description of the land separated from Millstone Township to create the borough.)

3. (a) Immediately upon passage of this act, the Governor shall appoint, from the inhabitants of said borough of Jersey Homesteads, a mayor and six councilmen who shall hold office until other officers shall have been duly elected by the voters of said borough at the first regular general election held following the enactment hereof and shall have qualified as required by law.

(b) Following the appointment and qualification of such officers by the Governor, the said officers shall have and perform all of the powers, functions and duties vested in such officers by the laws of this State relating to boroughs.

(c) The mayor shall nominate, and with the advice and consent of the Council, shall appoint all such other officers as may be required for the due administration of the affairs of said borough until the election, appointment and qualification of borough officers at the next general election; such officers so appointed to hold office until the first day of January, one thousand nine hundred and thirty-eight, and until their successors shall be chosen and qualified as required by law.

4. This act shall take effect immediately

Approved May 29, 1937

## Borough to Turn 75 on May 29th

by Michael Ticktin,  
Borough Historian

May 29, 2012 will be the 75th anniversary of the incorporation of the Borough of Jersey Homesteads, which was renamed Roosevelt in 1945. By enacting Chapter 106 of the Laws of 1937—a copy of which, minus the metes and bounds description, accompanies this article--the Legislature, with the approval of Governor Harold G. Hoffman, conferred upon the community, which had been in existence since the first “homesteaders” moved in the previous July, the authority to govern itself, both as a municipality and as a school district.

The separation from Millstone was typical of the way many other boroughs in New Jersey were created in that there was a built-up area requiring services that the farmers in the surrounding township neither desired nor wished to pay for. In this case, the difference was even more pronounced because the built-up area had been unilaterally created by the Roosevelt administration less than a year earlier and had a population of immigrant Jewish garment workers --overwhelmingly enthusiastic supporters of the labor movement, President Roosevelt and the New Deal--whose sudden presence in their midst was, at the very least, somewhat disconcerting to the yeoman farmers of Millstone. Thus, it is hardly surprising that there is no record of any objection from Millstone to the detachment of nearly two square miles of its territory.

A celebration of the Borough's 75th anniversary is being planned for September 22 by the Roosevelt Arts Project, hopefully with the assistance of other community organizations, as well as that of the municipality and school district. Participation of all residents, former residents and other friends of Roosevelt in this celebration will be most welcome. ■

### LOTS OF ROOSEVELT MEMORIES CAN BE FOUND IN THE ONLINE ARCHIVES OF THE *BULLETIN*

A tribute to a caring soul who loathed violence (Nov. 1986, pg. 14)  
Find out what “extra seating” meant at a String Band concert back in 1987  
(Jan. 1987, pg. 16)

*(See Page 2 for more information on how to get these articles and more.)*

The First Aid Squad has responded to 55 emergency calls from January 1 to March 31, 2012. 23 emergency calls for the month of March. In Roosevelt: cardiac emergency, knee injury, fire call and falls. In Millstone: Emergency transports, unresponsive, diabetic emergency, cardiac, MVA's, over dose, crisis, burns, and respiratory emergency. In Upper Freehold: a head injury and in Manalapan Twp.: broken hip.

The training for March was recertification in the operation and use of Eip-Pen.

The Eip-Pen is used for a patient who goes into anaphylactic shock. Anaphylactic shock is an extreme, life-threatening systemic allergic reaction that may include shock and respiratory failure. Both ambulances are equipped with 2 adult and 2 children Eip-Pens. All Squad members received a total 3 continues education units (ceu's) for their EMT certification.

The Squad received a grant for \$1,100.00 from Provident Bank Foundation to start up-grading the on-board oxygen system on both ambulances. With the newer and larger oxygen cylinders this will double our on-board oxygen system. The Squad is hoping to receive two more grants to purchase four more new oxygen cylinders for a total of six.

We would like to thank all the residents of Roosevelt for their generous donations to the Squad. Without your support we could not operate. Thank You!!!

Anyone who wishes to make a donation can send it to the Roosevelt First Aid Squad at P.O. Box 274, Roosevelt, NJ 08555. Remember, all donations are tax-deductible and greatly appreciated.

We are always looking for new members. We will pay for the basic training that is needed. If anyone is interested please contact any Squad member or stop in during our training for an application. The next EMT class will be starting on May 14, 2012 at the Marlboro First Aid building. If you

would like to join or receive information about becoming an EMT please e-mail FMFD7568@verizon.net.

FIRST AID SQUAD HISTORY: In February 1980 Squad members attended a Sport Injury clinic at Freehold Area Hospital. Jack Yudin wanted to have a "Card Night" as a fund raiser. The Squad started to sell 50/50's and the drawing would be held on Sunday May 4th. In April, 1980 the P.T.A. was having a dinner for 100 people on June 3rd and they ask the Squad to run the cash bar. May 1980 a new ambulance committee was formed.



**Health Notes:**

**• Cardiovascular disease**

Cardiovascular disease or heart disease is a class of diseases that involve the heart or blood vessels (arteries and veins). While the term technically refers to any disease that affects the cardiovascular system, it is often used to refer to those related to atherosclerosis and/or hypertension. The causes, mechanisms, and treatments of these conditions often overlap.

Cardiovascular diseases remain the biggest cause of deaths worldwide, though over the last two decades, cardiovascular mortality rates have declined in many high-income countries. At the same time cardiovascular deaths and disease have increased at an astonishingly fast rate in low- and middle-income countries. The percentage of premature deaths from cardiovascular disease range from 4% in high-income countries to 42% in low-income countries. More than seventeen million people died from cardiovascular diseases in 2008. Each year, heart disease kills more Americans than cancer. In recent years, cardiovascular risk in women has been increasing and has killed more women than breast cancer. Studies in young people such as the Pathobiological Determinants of Atherosclerosis in

Youth (PDAY) study showed early atherosclerosis is evident in adolescence, making primary prevention efforts necessary from childhood.

By the time that heart problems are detected, the underlying cause atherosclerosis is usually quite advanced, having progressed for decades. There is therefore increased emphasis on preventing atherosclerosis by modifying risk factors, such as healthy eating, exercise, and avoidance of smoking.

– AGE

Age is an important risk factor in developing cardiovascular diseases. It is estimated that 87 percent of people who die of coronary heart disease are 60 and older. At the same time, the risk of stroke doubles every decade after age 55.

Multiple explanations have been proposed to explain why age increases the risk of cardiovascular diseases. One of them is related to serum cholesterol level. In most populations, the serum total cholesterol level increases as age increases. In men, this increase levels off around age 45 to 50 years. In women, the increase continues sharply until age 60 to 65 years.

Aging is also associated with changes in the mechanical and structural properties of the vascular wall, which leads to the loss of arterial elasticity and reduced arterial compliance and may subsequently lead to coronary artery disease.

– GENDER

Men are at greater risk of heart disease than pre-menopausal women. However, once past menopause, a woman's risk is similar to a man's.

Among middle-aged people, coronary heart disease is 2 to 5 times more common in men than in women. In a study done by the World Health Organization, gender contributes to approximately 40% of the variation in the sex ratios of coronary heart disease mortality. Another study reports simi-

*Continued on Page 11*



May! Queen of blossoms,  
 And fulfilling flowers.  
 With what pretty music  
 Shall we charm the hours?  
 Wilt thou have pipe and reed,  
 Blown in the open mead?  
 Or to the lute give heed  
 In the green bowers?

~ from "May" by Edward Thurlow,  
 Lord Thurlow 1781-1829

**March 2012**

It was another warm and dry month in Roosevelt. The average temperature for the month topped out at 9.8 degrees above normal. So far for the year through March, the average temperature is 8.03 degrees above normal.

March and the year through March were also drier than normal. Typically, we get about 3.95 inches of precipitation in March. This year we had only 1.53 inches. None of it was in the form of snow. We are short about 4.81 inches of precipitation for the year through March. Normally we would have gotten about 10.5 inches of precipitation through March. This year we've had only 5.64 inches.

Warm conditions were not unique to our little corner of the world in March. The average temperature across the 48 contiguous states was a high temperature record setter. The National Oceanic and Atmospheric Administration reported that over 15,000 records for high temperatures were set in March 2012.

Globally, March 2012 has gone down as the coolest March since 1999. However, that still makes for a warmer than average March. March 2012 was the 16th warmest March since record keeping began in 1880.

**May 2012**

NOAA's Climate Prediction Center expects warm conditions to continue in our area for May. They also forecast equal chances for above, normal or below normal precipitation for the month. Meanwhile, the *Old Farmer's Almanac* is calling for cooler than normal conditions and average rainfall. Finally, LongRangeWeather.com thinks May will be cooler and a little bit wetter than normal.

**Weather Quotes**

"A bank is a place where they lend you an umbrella in fair weather and ask for it back when it begins to rain."  
 ~ Robert Frost

"Bad weather always looks worse through a window."  
 ~ Tom Lehrer

**Weather Words**

**TELECONNECTIONS -**

Information used by forecasters to determine what the weather might be elsewhere when compared with past weather conditions at the same degree of longitude.

**MARE'S TAIL -**

The name given to thin, wispy cirrus clouds composed of ice crystals that appear as veil patches or strands, often resembling a horse's tail. ■

**Recycling Dates:**

May 9            May 23  
 June 6           June 20

**March 2012**

Day	High	Low	Avg	Precip	Heat'g Degree Days
1	49.1	37.0	43.1	0.32	22.0
2	47.3	33.8	40.6	0.06	24.5
3	56.7	42.3	49.5	0.13	15.5
4	49.6	34.7	42.2	0.00	22.9
5	47.5	30.6	39.1	0.00	26.0
6	43.7	23.4	33.6	0.00	31.5
7	61.2	32.9	47.1	0.00	18.0
8	70.2	47.1	58.7	0.00	6.3
9	62.1	37.8	50.0	0.02	15.1
10	45.0	29.8	37.4	0.00	27.6
11	57.6	29.5	43.6	0.00	21.5
12	69.8	36.7	53.3	0.00	11.8
13	72.9	52.2	62.6	0.11	2.5
14	70.5	46.8	58.7	0.00	6.4
15	54.9	44.4	49.7	0.00	15.4
16	54.7	43.9	49.3	0.00	15.7
17	65.1	39.6	52.4	0.00	12.7
18	65.8	45.0	55.4	0.00	9.6
19	74.1	44.6	59.4	0.00	5.7
20	75.7	52.3	64.0	0.00	1.0
21	70.7	56.5	63.6	0.00	1.4
22	75.9	56.3	66.1	0.00	0.0
23	75.6	51.8	63.7	0.00	1.3
24	57.0	47.7	52.4	0.00	12.7
25	55.8	45.3	50.6	0.30	14.5
26	56.5	37.4	47.0	0.00	18.1
27	52.5	30.2	41.4	0.00	23.7
28	65.3	35.2	50.3	0.00	14.8
29	61.7	44.4	53.1	0.00	12.0
30	55.9	33.8	44.9	0.00	20.2
31	45.9	40.3	43.1	0.59	21.9
<b>Totals</b>				<b>1.53</b>	<b>451.3</b>



**Roosevelt**

**First Aid Squad**



The Roosevelt First Aid Squad needs you as a member.

VOLUNTEER TUITION CREDIT PROGRAM  
FOR COMMUNITY COLLEGE  
TRAINING TO BECOME AN  
EMERGENCY MEDICALTECHNICIAN  
POSSIBLE NEW CAREER AS AN EMT  
RECEIVE A UNIFORM ONCE YOU COMPLETE AND PASS  
THE STATE EMT EXAM  
2 YEARS LATER YOU COULD START PARAMEDIC TRAINING  
HELPING YOUR COMMUNITY AND  
OTHER COMMUNITIES AROUND THE STATE

Emergency medical services have depended on volunteer support for many years. The importance of volunteers to the delivery of emergency medical services cannot be overstated. Rural America relies almost totally on the volunteer system to provide EMS services in a timely manner.

## RESCUE SQUAD (CONT'D.)

*Continued from Page 8*

lar results that gender difference explains nearly half of the risk associated with cardiovascular diseases. One of the proposed explanations for the gender difference in cardiovascular disease is hormonal difference. Among women, estrogen is the predominant sex hormone. Estrogen may have protective effects through glucose metabolism and hemostatic system, and it may have a direct effect on improving endothelial cell function. The production of estrogen decreases after menopause, and may change the female lipid metabolism toward a more atherogenic form by decreasing

the HDL cholesterol level and by increasing LDL and total cholesterol levels. Women who have experienced early menopause, either naturally or because they have had a hysterectomy, are twice as likely to develop heart disease as women of the same age group who have not yet gone through menopause.


Among men and women, there are differences in body weight, height, body fat distribution, heart rate, stroke volume, and arterial compliance. In the very elderly, age related large artery pulsatility and stiffness is more pronounced in women. This may be caused by the smaller body size and arterial dimensions independent of menopause.

There are still houses in town that do not have house numbers or the numbers are too small to see from the street. Please check the numbers posted on your house to ensure that they are large and colorfully enough so Emergency Services and State Police can see it from the road. There are many houses in town that do not have numbers or cannot be seen from the road especially at night.

Jack Rindt, EMT-D  
Captain  
Roosevelt First Aid Squad  
FMFD7568@verizon.net ■

**Remember, if you need help,  
Dial 911.**

• • • • •



**The Roosevelt  
First Aid Squad is a  
totally volunteer  
organization.  
We do not charge  
for our services,  
we rely on  
donations to operate.**

**When Paramedics arrive and  
treat the patient then you will  
receive  
a bill from the  
Paramedic company.**

## *“And Yet Still I Volunteer”*

By Eric Levdahl

I try to save this child but he's met his fate.  
His innocent eyes are void of hate.  
He and his father weren't walking far  
when they were both struck down by a drunkard's car.  
This night I know I will not sleep.  
These terrible images my mind will keep.  
I know these nightmares linger near.  
And yet still I volunteer.

Her eyes well up – compress the chest.  
Say a silent prayer – then two quick breaths.  
She's done this many times before.  
This fight for life kneeling on the floor.  
But this time it's her best friend's mom  
whose lifeless body she is working on.  
This call like others will end in tears.  
And yet still she volunteers.

From slumber woke by a siren's wail he rushes out in the bitter gale.  
While others sleep this stormy night, a raging blaze this man will fight.  
He bravely puts himself in danger to save the home of a total stranger.  
Body cold and tired, he feels his years.  
And yet still he volunteers.

We train, we test, we do our best.  
We give an awful lot of time and don't get paid a single dime.  
Thanks is a word we seldom hear.  
And yet still we volunteer.

---

# Contributors to the Bulletin 2011/2012

Contributions received after the 15th of the month will appear in the next *Bulletin*.

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Robin & Robert Axel  
Helen Barth  
Elsbeth Battel  
Janet & Rich Bernardin  
Irene & Bruce Block  
Karen & Marvin Block  
Charlotte Bondy  
Bondy/Vuolle family  
Alexandra Bonfante-Warren  
Susan & Robert Cayne  
Maureen & Bob Clark  
Dina Coe & Greg McGrath  
Elise & Paul Cousineau  
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Virginia North Edwards  
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Claudia Luongo & Ken Maffeo  
Mary & Steve Macher  
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Mendies Farm CSA  
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William Presutti  
Merle & Irv Rose  
MaryAnn Rossi  
Margaret Schlinski  
Susan Schwartz & Jim Alt  
Helen Seitz  
Jeb & Jonathan Shahn  
Elinor Sochowitzky  
Shirley Sokolow  
Michael Szewczyk  
Emily & Stephan Taylor  
Marilyn & Michael Ticktin  
Bess Tremper  
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Natalie & Michael Warner  
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■

**Help us to fill up this page.  
Thank you for your generosity!  
Send in a contribution today.**

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# ROOSEVELT ARTS PROJECT 2011 - 2012 Season

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Friday and Saturday, May 4 & 5, 8:00 p.m., Borough Hall

## THE ROOSEVELT STRING BAND

**The String Band (as it is known in Roosevelt) returns for its annual concert featuring mostly contemporary singer/songwriter hits, traditional folk, blues and bluegrass. Band members include David Brahinsky on vocals and guitar, Paul Prestopino on a variety of string instruments (and at least one vocal), Ed Cedar on bass and guitar, Sam Cedar on vocals and Joe Pepitone and Sarah Houtz (Kai Altair) promise to show up as well. This year's program promises to feature (as usual!) songs with deep metaphysical insights, social and political commentary, gut wrenching humor and plain fun.**

---

Sunday, June 24, 1-5:00 p.m., Assifa Space, 40 Tamara Drive

## "TALKING HEADS"

**A show of portraits by Roosevelt Artists and special guest artists with live music on the patio. Come enjoy the day for a pot luck picnic, art, music, and good company!**

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Voluntary Contribution:

For most events \$5 per adult, for the String Band \$10 per adult, \$5 for seniors and children.

Visit RAP's webpage at <http://music.columbia.edu/roosevelt>. Use the link at the top of the page to sign up for our e-mail list. For further information call Robin Gould at (609) 448-4616. ■

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### LOTS OF ROOSEVELT MEMORIES CAN BE FOUND IN THE ONLINE ARCHIVES OF THE *BULLETIN*

Memories of "The Rock" (Dec. 1999, pg. 11)  
The bus trip to Jersey Homesteads by the first seven families  
(Mar. 1999, pg. 12 and April 1999, pg. 12)  
An interesting cabbie in Columbia, S.A. (Jan. 1990, pg. 14)

*(See page 2 for more information  
on how to get these articles and more.)*

## *Slow-Cooker Pineapple Chicken and Sweet Potatoes*

Makes 6 servings

½ C plus 3 T all purpose flour  
1 tsp salt  
½ tsp ground nutmeg  
1 tsp ground cinnamon  
¼ tsp onion powder  
1 tsp black pepper  
3 boneless skinless chicken breasts, halved  
3 sweet potatoes, peeled and sliced  
1 (8 oz.) can pineapple chunks  
1 (10 ¾ oz.) can condensed cream of chicken soup, undiluted  
6 oz. pineapple juice  
¼ lb. mushrooms, sliced  
2 tsp. packed light brown sugar  
1 tsp. freshly grated orange peel

Combine ½ C flour, salt, nutmeg, cinnamon, onion powder, and black pepper in a bowl. Thoroughly coat chicken pieces with flour mixture. Place sweet potatoes on the bottom of a slow cooker, then pour pineapple chunks with juice over the potatoes. Top with the floured chicken pieces.

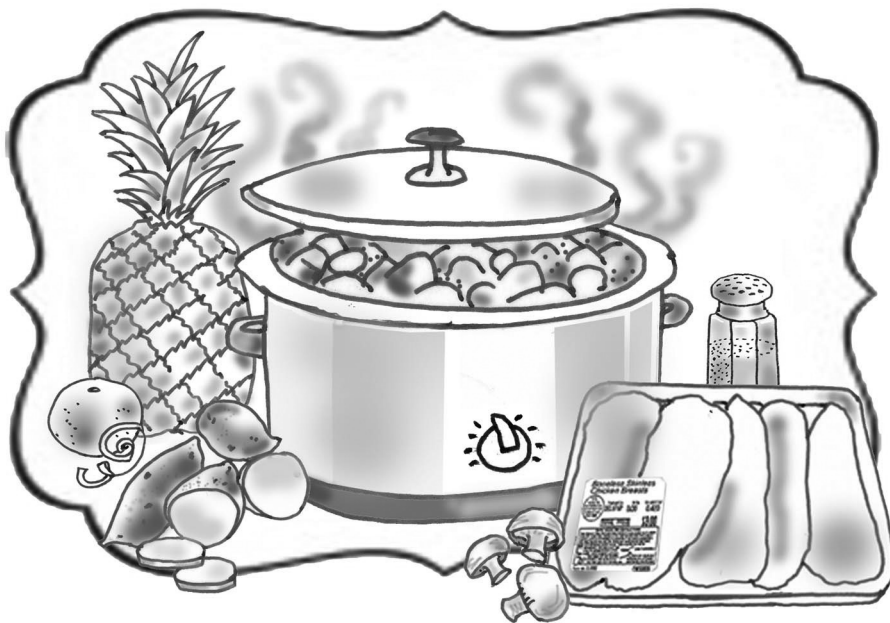
Combine soup, pineapple juice, and remaining 3 T of flour, brown sugar, and orange peel in a medium bowl. Stir well. Pour soup mixture over chicken and then top with the sliced mushrooms. Cover; cook on low setting 8 to 10 hours or on high setting for 3 to 4 hours.

Enjoy. ■

T = tablespoon

tsp = teaspoon

C = cup



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**BUSINESS SPONSORS**

The *Bulletin* publishes free-of-charge public information listings from Roosevelt residents and business, and from those in the immediate vicinity with ties to Roosevelt. Write: Roosevelt Borough Bulletin, Box 221, Roosevelt, NJ 08555. Contributions are appreciated and are tax-deductible (suggested: \$50.00/year, \$60.00 if over 5 lines.) Deadline is the 15<sup>th</sup> of each month.

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## MAY

1 Tues.	12:30 p.m. Blood pressure check, Borough Hall 1:00 p.m. Seniors Meeting, Borough Hall Pat Moser, President, 448-4865 7:30 p.m. Planning Board, Borough Hall, Jane Rothfuss, Chair. 448-3713
3 Thurs.	8:00 p.m. Annual Meeting, Roosevelt Senior Citizens Housing Corporation, Solar Village Community Room
4 Fri.	RPS PIZZA DAY
4-5 Fri., Sat.	8:00 p.m. Roosevelt Arts Project (RAP), The Roosevelt String Band, Boro Hall (see p. 13 for details)
5 Sat.	Plant Sale, PTA, Stacy O'Donnell, President. 609-423-8105
6 Sun.	10:00 a.m. First Aid Squad, Training, Jack Rindt, Captain, 448-9475
May 7 - 11	RPS Teacher Appreciation Week
8 Tues.	Last day to register to vote for June 5 primary; contact BoroHall, 448-0539 or Ann Baker, 448-5215
9 Wed.	RECYCLE 
12 Sat.	PTA Mothers Day Plant and Bake Sale at the Post Office, pre-orders due 5/4
14 Mon.	7:00 p.m. Council Action Meeting, Boro Hall, Beth Battel, Mayor, 448-7701
15 Tues.	7:00 p.m. PTA Meeting, RPS Lobby
16 Wed.	7:30 p.m. Environmental Commission, Boro Hall, Stu Kaufman, Chair, 443-4921
18 Fri.	RPS PIZZA DAY
19 Sat.	6:30 p.m. MOVIE NIGHT, Movies begin at 7 p.m.
21 - 25	Spring BOGO Book Fair, Buy One, Get One Free
22 Tues.	8:00 p.m. Roosevelt First Aid Squad Meeting, Boro Hall, Jeff Klein, Pres., 448-0509

23 Wed.	RECYCLE 
25 Thurs.	7:30 p.m. Board of Education, RPS Library, Natalie Warner, President, 448-2913
28 Mon.	RPS, School Closed, Memorial Day
29 Tues.	 <b>HAPPY ANNIVERSARY, ROOSEVELT!</b> (see p. 7 for details) 7:00 p.m. Council Action Meeting, Boro Hall, Beth Battel, Mayor, 448-7701

## JUNE

4 Mon.	12:30 p.m. Blood pressure check, Borough Hall 1:00 p.m. Seniors Meeting, Borough Hall Pat Moser, President, 448-4865
5 Tues.	6 a.m. - 8 p.m. Primary Election Polls open RPS, Early Dismissal, Field Day
6 Wed.	RPS, Early Dismissal, Professional Development RECYCLE 
9 Sat.	RPS, Graduation
10 Sun.	10:00 a.m. First Aid Squad, Training, Jack Rindt, Training Officer, 448-9475
11 Mon.	7:00 p.m. Council Action Meeting, Boro Hall, Beth Battel, Mayor, 448-7701
12, 13, 14	RPS, Early Dismissal
14 Thurs.	RPS, Last Day for Students
19 Tues.	8:00 p.m. Roosevelt First Aid Squad Meeting, Boro Hall, Jeff Klein, Pres., 448-0509
19 Tues.	7:30 p.m. Planning Board, Borough Hall, Jane Rothfuss, Chair. 448-3713
20 Wed.	7:30 p.m. Environmental Commission, Boro Hall, Stu Kaufman, Chair, 443-4921 RECYCLE 
24 Sun.	RAP: "Talking Heads" A show of portraits by Roosevelt artists. Assifa Space, 40 Tamara Dr. (see p. 13 for details)
25 Mon.	7:00 p.m. Council Action Meeting, Boro Hall, Beth Battel, Mayor, 448-7701
28 Thurs.	7:30 p.m. Board of Education, RPS Library, Natalie Warner, President, 448-2913

Please send notice of your events to Ann Baker at P.O. Box 308  
or e-mail to abncpcm@comcast.net or call 609-529-4829