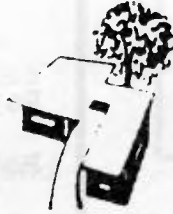


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ROOSEVELT BOROUGH



BULLETIN

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VI
Vol. (V), No. 7

Roosevelt, New Jersey

April 1983

Council news

The gypsy moth question: Council votes not to spray with B.T. or Sevin

by A. Weiner

At its April meeting, the Roosevelt Borough Council voted to forego for another year a request to the Monmouth County Shade Tree Commission to conduct a spraying program for control of the gypsy moth infestation predicted this spring. The motion was introduced by council member Counterman and supported by members Terry and Datz, with Chasan, Esakoff and Nahmias opposed and with Mayor Barth breaking the tie vote.

PETITION - LETTERS

Earlier, Becky Russell reported that a petition had been signed by 276 adult residents requesting that BT, a non-toxic agent, be requisitioned from the County. Many letters had been received addressing the issue including one from Marilyn Magnes suggesting that Gypsy Moth Coordinator John Soloway had failed to inform the council in time to obtain BT spraying funds without cost. This was later challenged by council

members who felt that Soloway's position should also be heard. The Mayor reported that the Shade Tree Commission chief had indicated that funds for the use of BT were unlikely to be available at this time.

TO BE DEALT WITH INDIVIDUALLY

Mr. Datz asked Mr. Counterman to accept an amendment stating that if the County could still be persuaded to provide the funds, that a program of BT spraying be accepted. Mr. Counterman rejected the amendment on the grounds that he favored no spraying at all by the County, thus allowing residents to deal with the problem individually. Mr. Esakoff stated that in the absence of County action, a majority of residents will spray with the harmful compound Sevin and therefore, if BT can be obtained by the borough, private spraying with Sevin will be discouraged. Mr. Datz

(Cont'd. on next page)

Council

(Cont'd. from previous page)
 further expressed his belief that no spraying was most desirable, that BT, as a second option, was the preferred insecticide, and that Sevin should be forbidden. He suggested that the Council therefore put some type of restriction on private spraying. There was general agreement that this would require a new ordinance which it was thought would be difficult to enforce.

PUBLIC APPEAL?

Mr. Nahmias suggested a public appeal be made in the press that private spraying be contained in ways which would not spread to neighbors' yards where foliage, pets and children could be adversely affected. Mr. Barth thought that such an appeal would be ineffective since many people hire commercial companies to handle the job.

After the vote was taken, Mr. Chasan suggested that the Council seriously undertake the responsibility of preventing damage to shrubs and trees. "After all, living in the woods is what Roosevelt is all about, and for that you have to have woods," he said. He urged that the expense of spraying with a safe insecticide be regarded as a necessity. No further action was proposed.

Other business conducted at the meeting included the following:

* The Council agreed to inform the County Tax Administrator that an upcoming reassessment of properties will be made by the borough's Tax Assessor Michael Ticktin, rather than request a reevaluation by a private company. Mr. Ticktin

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commented in a later conversation that the added necessary expense of a part-time field worker would still afford the borough a considerable saving over a private contractor. He anticipated little change in actual tax dollars per homeowner as a result of the new reassessment, the first since 1974.

* The Council rejected current bids for combined landscaping and construction work at the Senior Citizens Housing Project. New bids for separate contracts will be sought through advertising - one for land-

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scaping and one for construction of sidewalks and an entry shelter.

* Mr. Nahmias, chair of the finance committee reported a decision to conduct a time-study under Aaron Datz on the collection and processing of water/sewer bills, prior to engaging a new collector.

The finance committee agreed to reject as too costly a system of payment by lock-box whereby residents could pay monthly water/sewer bills directly to a local bank. Mr. Esakoff expressed disagreement stating that since a lock-box system would decrease the work and responsibility of the collector, enough expense could be saved that would in the long term make the system cost-beneficial. Committee chair Nahmias agreed to include the lock-box method of collection as an option in the time-study.

* A petition signed by thirty people was submitted by Bruce and Lorraine Reinbold of Farm Lane. They requested that the planned widening of Valley Road be reconsidered inasmuch as such a change would cause the Senior Citizen's Housing units on Valley Road to have only a 10 foot set-back from the street. Mayor Barth agreed to meet with all interested parties on April 20th to resolve the issue and insure that there would be no undue threat to traffic safety at that site.

* The Postal Service notified the Council that a new location for the Roosevelt Post Office has been selected, namely, the vacant food store adjacent to the present Post Office.

* Cemetery Ordinance #52-3 requiring the use of a coffin-lowering machine at burials was adopted by a vote of 4 to 2 (Counterman and Chasan opposed).

The policy of the Bulletin is open expression of ideas and opinions. The authors have sole responsibility for content. The Bulletin is open to discussion, disagreement and commentary through letters to the Editor, or interested persons may submit articles to be considered for publication.

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ALTERNATIVES TO SPRAYING

by Becky Russell

Consider these alternatives for controlling the gypsy moth. If you are planting trees, plant resistant varieties such as ash, sycamore, dogwood, maple, hickory, tulip poplar, arborvitae and various others. A safe way to band trees is to cut a strip of lightweight poster board 6 inches wide and long enough to circle the trunk with a 1-inch overlap, such that the radius of the band is 1 inch greater than the radius of the trunk. Use water-proof glue to fasten a strip of cotton 2 inches wide and 2 inches deep from end to end down the center of the posterboard strip. Press the cotton against the trunk as you wrap the band around the tree, and staple securely along the overlap. Coat the outside of the band with tanglefoot or axle grease. The compressed cotton keeps the caterpillars from crawling underneath through creases in the bark, and the tanglefoot or grease will not harm the tree.

Spraying with Sevin or other wide-spectrum chemicals is penny-wise and pound-foolish. The best sprays are the biological pesticides B.t. (Dipel) and NPV (Gypcheck). NPV is a virus that destroys the gypsy moth when the population reaches a certain density. These sprays are most effective when the caterpillars are 3/8-inch long. You can purchase an inexpensive hose sprayer that will propel the spray to the tops of tall trees. If you hire a company to ground spray with B.t., verify that you are getting B.t. and not a chemical. What-

ever you spray, please be courteous enough to warn your neighbors in advance and to take every precaution to direct the spray strictly toward your property. Do not hire aircraft for the job because they cannot deposit spray precisely enough to avoid spraying people nearby who do not wish to be sprayed.

The gypsy moth population is due to collapse this year because the egg masses are small and show signs of considerable stress and parasite damage. (You can see this for yourself--those tiny holes in the egg clusters throughout Roosevelt are where *Ooencyrtus* wasps have emerged after eating eggs.) We must not interfere with this process by spraying with chemical pesticides.

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Early Spring did I say?

by M.J. Berlinrut

Early spring did I say? Weeeell...at the time I wrote that (Bulletin, March, 1983), March temps had all been in the high normal to well above average range; robins, grackles, and blackbirds were here in force; from wet spots rose the song of the hylating tree toads whose 'peeping' heard three consecutive days is said to be the official Sure Sign. Even during those Days of Downpour it wasn't really cold (the N.Y. Times' 30-day summary later showed March '83 to have been warmer than normal by 3 degrees); it was mainly just sodden. I have to admit, though, that that hard freeze the night of the 23rd took me quite by surprise. When I hurried out to plant my peas the next morning--a bright and inviting one from inside looking out--I was shocked to find my nice soft mounded pea bed frozen solid! I couldn't plant peas that day but there were plenty of other jobs to be done.

Most pressing was to clean last year's nests out of the wren houses (this should be done enough ahead of their arrival around the end of April, the first of May, that the human smell will be gone before they get here). Wrens are fussy! They have 2-3 broods a year and move to clean quarters for each one. But they're worth the trouble as are all birds--with the possible exception of crows (they have their place in the scheme of things, to be sure, but

not in my vegetable garden to which they need no special luring). The summer visitors--wrens, warblers, orioles particularly, together with the regular boarders with us all winter--chickadees, creepers, finches, even starlings, eat astonishing numbers of insects and caterpillars, including the gypsy moth caterpillars when they are tiny (who'd want to have anything to do with them when they've become fat and furry?). I've often watched the small birds methodically working a branch, up one side and down the other.

To keep the regulars at our place I feed them year round, except for May, June and part of July when I want them to work on bugs and earn their keep. For most of the summer birds no special attraction is necessary, surrounded as we are by our commons woods and open spaces which provide ample accommodations. But if you want wrens as closer neighbors--their song sung all day long is an integral part of summer to me--a few houses strategically placed will help. I've given up on martin and bluebird houses, haven't seen any around here in years. Besides, the larger entrance holes the bigger birds require only make trouble for the wrens. When the brooding instinct is on them, wrens are likely to occupy almost any clean and

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Spring

(Cont'd. from previous page)
convenient enclosed space--including the pocket of a pair of jeans left hanging on the line--but if the doorways are bigger than wrens need, sparrows inevitably move in. Once while busy in the garden I was roused by the sound of wrens scolding to look up to see a big fat English sparrow squatting in the doorway of an abandoned bluebird house, blocking it entirely. A pair of wrens had started building in it and had just flown off to gather more twigs. When they returned there was the intruder, unbudging despite the awful protest the wrens set up. Their cries of distress brought other birds to the rescue to join in their screaming and darting efforts to dislodge the sparrow. Maybe he was just being mean and didn't intend to move in; maybe he just wanted to see how much it would take to push the wrens all the way into hysteria. Anyway, before the birds' combined commotion he finally took off. It doesn't always turn out so well for the wrens.

My next job--an onerous one, hard on the knees--was to feed the young trees we'd set out in recent years. There are probably easier ways, but this is how I do it: using a star drill and hammer, I ream holes in the ground to the depth of the drill, about 8 to 10 in., spaced evenly in a circle beneath the outermost tips of the branches. Into each hole I pour about a half cup of fertilizer (acid for evergreens), the amount and spacing depending on what my instinct tells me about the size and condition of the tree. This is rather haphazard but it seems to work as all are doing well.

My aging knees are surviving well, too, thank you, owing this year to my having bought professional carpenter's knee pads--awkward to walk in but delightfully cushioning my knees as I crawl around under the trees.

So where am I now, in mid-April? Peas, potatoes, beets and first plantings of onions and lettuce all in, peas up. Second plantings of onions and lettuce next week, rain gods permitting. Then all I'll have to do (all, she says!) is get on with the digging so far prevented by deluge. There should be time enough to do that and see to my flower borders too, as I'll not plant the tenders till May 10th. Oh I know, lots of people set out beans and tomatoes before that. But I find it too much trouble to rush out and cover them on nights that threaten frost. Besides, my experience has been--with them, not to hurry. They'll come along fast enough when conditions are right.

A final word here about Signs. A Country Sage once told me many years ago, it's time to plant the tenders when the leaves on the oak trees are as big as a mouse's ear. To which I say (paraphrasing Winston Churchill): some ear! some mouse! Many years those leaves would have been outsize on a rat's head by the time it was safe to plant corn.

Meanwhile the spring bulb catalogues are coming in; you're looking unhappily from the perfect blooms on their pages to the bent-down mud-splashed flowers in your garden, not to mention the many clumps of skinny foliage

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with nary a bud. Makes you want to order more bulbs right now, at their bargain prices for early ordering, doesn't it? I always fail, to the extent of making out orders. Fortunately, I've too much else to do, in April, to get around to mailing orders for bulbs I won't plant till October. And--you know?--if you give those you have a good feed of bone meal, and if we have more snow next year than this past one, all those unbloom- ing bulbs now in the ground will likely produce next spring.

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Letter to the Bulletin**How a good deal was ruined**

Being with Lottie Sackowitz on her yearly visits to California with her sister, Sarah Adler, is a meeting I always enjoy as we reminisce about the "good old days" in Roosevelt, when it was known as the Jersey Homesteads. Recently, she asked me to trace my beginnings there and try to recall an impressive experience.

I was captivated by the town on my many visits in the late 30s before it had the beautiful trees and green lawns of today, when I was a young lady engaged to the eldest Feld son, Mike. He was then a fledgling surveyor, working on the still unfinished Jersey Homesteads. Later, after we were married, while he was in the Army, I moved to the Homesteads in 1946 and resided at 10 North Valley Road with our one year old daughter, April.

I then remembered, living there during the 50s was quite exciting and educational. One of the learning experiences was the free art class open to anyone who was interested in art, conducted by David Stone Martin in his studio. With the fireplace blazing, the easels set up, and challenging projects awaiting us, the studio was a warm and welcome place. There, the art world was revealed to me and there my involvement in drawing and painting began - it was something I looked forward to eagerly, each week. David's generosity was reciprocated by the students - each bringing home-baked cake which was served by Thelma, David's wife, after class - when discussion on any

subject was dissected and visitors were welcome.

It was my cake being served the evening Ben Shahn visited. After he tasted the cake, he said, "Sylvia, you can visit me anytime with this delicious cake." During the discussion on successful artists, I asked Ben, "What is the formula for your success?"

Ben tossed me a book and said, "You can find out by looking at my illustrations. Take it home and study it."

The next day, I sent him a note. "Thank you for supplying me with the recipe for your successful art; in return, I'm enclosing the recipe for my successful cake."

He later called to say, "I loved your note and I'm pinning it up on my bulletin board, it's one of my better fan letters. Furthermore, I like your cake so much, I'd like to make a deal with you. How about exchanging a cake for a print?" I agreed and the deal continued for some time, and while I collected his prints, Ben collected weight.

Soon others found out about the exchange and wanted in on the same plan. The numerous inquiries irritated him and that's when Ben dropped the deal.

Sylvia Feld

The poets: Roosevelt's "antenna of the race"

by Michael Davidson

The first time someone suggested to David Keller that he might like to live in Roosevelt, they did so by explaining that it was "kind of an artists' colony." He says he pictured a place like Greenwich Village in the 1940s, or like New Hope, but without the restaurants, studios and shops in little Cape Cod houses. He apologizes for this vision by claiming out-of-state status and mid-western naivete.

Yet Roosevelt can claim, in addition to its artists and artisans, a larger per capita number of poets of any place in the country, excepting Iowa City. Including Rod Tulloss (whose book The Machine Shuts Down was reviewed in the issue-before-last), we can boast at least four poets: David Herrstrom, Dina Coe and David Keller (not to mention the marvelous light verse of Margaret Schlinski).

This past year all three were honored by a grant for poetry by the N.J. State Council on the Arts. Their initial connection to each other comes from the writers' cooperative called US1, of which Rod was one founding member, in 1973. The Herrstroms already were here when Rod Tulloss and his wife Mary King moved here in 1978. Dina Coe came in that same year, from Baltimore. She and David Keller were married in 1981 and, after living in Trenton a year, have moved back to Roosevelt.

Though all four poets write differently from one another, they have a lot in common. All of their work is written for a speaking voice, to be heard aloud, and all have given readings in various parts of the state, separately and together. (They will all four be reading at the Original Trenton Coffeehouse, on May 26, as prelude to a series of exhibitions featuring Roosevelt artists). Much of their work uses, or is centered in, the landscape around Roosevelt. In each case they use it differently, but it is nearly always recognizable and specific, tailored to the individual characters and voices that inhabit each poem.

Perhaps this attention to the locale, the specific event and place is due in part to the feeling each has of being a part of their community, connected to the other people around them. It is an idea, says one, that poets have been striving toward for the last generation or so, that the poet be not only the "antenna of the race," as Pound called it, but the poets' concerns should fit in with the society in which they find themselves living and working.

David Herrstrom's poems often echo the voices of biblical prophets. They are meditative, pausing to examine the human mind and the objects in the world.

(Cont'd. on next page)

The poets

(Cont'd. from previous page)

THE LAST WORD

I have said a single word
 enunciated it with precision over & over & over
 until I can no longer spell it
 said it again & again
 till the dark clefts of my ear were full
 my tongue numb
 till it burst into sharp fragments
 that scream through my hair into the night
 bring cops & garish lights
 and nightgowned neighbors into the streets with shivering children.

There is a fire shut in the bones of words.

I have stared at a single angular word until it jerked
 threatening me with grotesque gestures
 and I have found isolated words on the streets in the garbage
 and in mustard smelling halls
 and in the dirt clinging to garden worms
 and I ate each of them.

There is a smear of sweat on the floor
 where in a fever I writhed my body
 into the rigid form of the letter "A" and of the letter 'O'
 and I'll give you some advice:

when a word
 has created its own thick space
 in the hollow and around the enamel of your mouth

when you have savored the word
 until it annoys and persists like grit under your tongue
 its body solid as the points & flats
 of your grinding and tearing teeth

when a single word
 tastes like steel or flint

call the police & the presidents
 for you will be lost
 in a din as the world is consumed.

But if you must be saved
 this last word:
 I throw a poem to you
 fold into itself its sinews
 and with cupped hands give it a last violent shake
 as if the edges of your long gentle fingers were singeing to ask
 and then devour it whole.

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David Herrstrom

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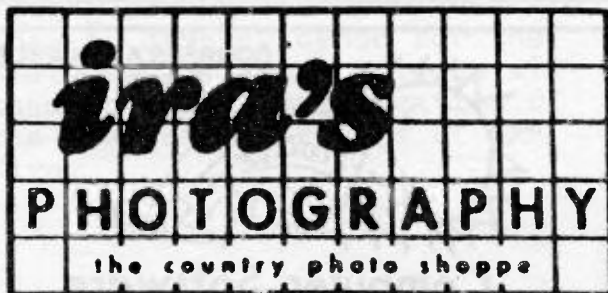
SLEEPING NEXT TO A WOMAN

We have forgotten who surrounds, who then
 surrounded. You forget next to a woman
 but I know she is a community of hills
 with their light. Those bare California hills
 like a pod of whales layered in the distance.
 Years sleeping here next to a woman
 and I wonder that I am not a woman
 the shape of fuschia for at least an instant.

Fog between town and sea, ready to sweep
 like cavalry into our valley's break
 desire surrounding, taking us asleep.
 A mist gathers in the small of her back.
 She relaxes as completely as grass.
 We are hills together watching the light pass.

David Herrstrom

(Cont'd. on next page)



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David Keller thinks of his poems as stories, told in a straightforward manner. Often they are stories set in the past though he is beginning to seek other methods, he says, hopefully.

THE DISCOVERY OF MARCH

This afternoon instead of the children
I watch their mothers, in skirts
and thin boots, cross the playground.
The snow's mushy. The children are rolling
a giant snowman, no, a mammoth woman.
Two hills wide at the hips
as if covered by an easy housedress,
enormous breasts. The children
pretend to fall over each other, laughing.

At the ballet with my parents
I wondered how the women dancing
rows and rows away kept their legs so white.
Long baths everyday for years,
and special soap. I didn't ask,
they looked so clean.

Mothers of the youngest kids arrive
as if tired of the winter, thinking of suntans.
It's almost time for the others to go in.
One boy begins to fondle and kiss the figure.
He laughs, as if beneath that surface
runs a warm vein. Other kids join in
stroking the snow. This afternoon
everyone's mother has skin that smooth.

David Keller

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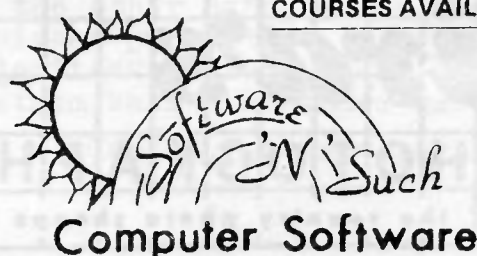
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(Cont'd. from previous page)

POCKETS OF ICE

Childhood is a dream I confused
 with winter, it was so quiet. Sometimes
 on the way home from school I stopped
 for each brush pile or log blocking the stream,
 to crunch the pockets of ice
 like sheets of the white glass from lightbulbs.
 At night, the blankets pulled up to my ears,
 the sheets, expanded to become walls, a cave,
 slightly warm from the others there.
 Inside it, the light was soft as a day of snow.

The warm weather reminds you of the time
 your mother dragged you into the empty yard
 holding you fast with one arm,
 and cut off your hair. It was to stop
 the measles, she said. Afraid of being hurt,
 of the beauty lost and no one to save you,
 how you must have screamed.

I don't know what comfort to offer you.
 Each year before winter I promise myself long walks
 in the snow, watching the bare strong trees.
 But the air is so silent. It frightens me
 when the leaves are absent. Between the farthest horizon
 and myself there is nothing but imagination.
 At the end of one winter I borrowed a boat
 to watch the ice split open and the lake
 was filled with thin shapes
 the spring wind had carved, all jingling
 together in the water. I wanted so many I'd be rich.

David Keller



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The poets

(Cont'd. from previous page)

Dina'Co'e's poems are often located in what appear to be the exotic parts of the world she encounters in her job as a flight attendant for Pan American Airways. This scenery, however, always is in competition with the simple marvels as she calls it in one poem, of the familiar, the local objects and landscapes of our lives.

RECALL

Often, in a place away from you,
as if I have stepped into a painting,
I find myself, just like that, one
of the blurred figures on the road.
A dog rouses itself from the orange dust for a walk,
the road brings living women and men
out of the green hedges. There is even an odor,
its transparent temper fills every crack.
A jungle of the unfamiliar obscures
where you and I were, when we walked
only yesterday towards the last flame

of a winter sky before night.
As the crimson has sunk, a coolness,
a stillness behind the black trees
growing there, we have sunk in the image
that remains. I summon that crimson
through the orange dust in this haze.
Is it all I need to invoke in a landscape
lacking a single object that ties me,
for these weeds to glow in that glow,
their meaning burning and plain?
Here, passing deeper inside the frame, I go on

in ignorance, marvels in the act of their birth
in the wild detail of the roadside.
A low sun wrapped in haze
keeps leading me farther.
An animal with pointed ears trots towards me
and stops when I stop, overwhelmed by the strange.
It walks when I walk, when I recall
you and me travelling into the light
and coming home in the dark. Like looking ahead,
how crimson remains overlaid by the night,
still burning, no more distant than this land's end.

Dina Coe

(Cont'd. on next page)

(Cont'd. from previous page)

EARLY SPRING MEAL

They pose on the cutting board,
 what's left of the group:
 four dented mushrooms,
 a leek that is new,
 a potato with spider
 swimming its dirt-colored skin,
 the wax turnip overlooked on the sill
 until it lifted wrinkled green
 rooster wings, and a hunchback
 truncated parsnip whose scent
 smites like the uncorked lilac's, and the garlic's
 innermost clove.

Dina Coe

Announcement:

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Roosevelt Community and School CalendarMAY 1983


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|----|----------------------|---|
| 2 | Monday, 8:00 p.m. | Deborah meeting - Borough Hall |
| 3 | Tuesday, 10-11 a.m. | Exercise class - Borough Hall |
| 5 | Thursday, 10-11 a.m. | Exercise class - Borough Hall |
| | 2:00 p.m. | Senior Citizens meeting - Borough Hall |
| | 8:00 p.m. | Finance Committee - Bd. of Ed - R.P.S. |
| 7 | Saturday, 2-3 p.m. | Rabies Clinic - Borough Hall |
| 9 | Monday, 4-9 p.m. | Voter Registration - Borough Hall |
| | 8:00 p.m. | Agenda meeting - council - Borough Hall |
| | 8:00 p.m. | Agenda meeting - Bd. of Ed. - R.P.S. |
| 10 | Tuesday, 10-11 a.m. | Exercise class - Borough Hall |
| 11 | Wednesday, 8:00 p.m. | Council meeting - Borough Hall |
| 12 | Thursday, 10-11 a.m. | Exercise class - Borough Hall |
| | 8:00 p.m. | Bd. of Ed. meeting - R.P.S. |
| 16 | Monday, 8:00 p.m. | Synagogue Board meeting - Cong-Anshei Roosevelt |
| | | Agenda meeting - Bd. of Ed.- R.P.S. |
| 17 | Tuesday, 10-11 a.m. | Exercise class - Borough Hall |
| 18 | Wednesday, 7-10 p.m. | First Aid - Borough Hall |
| 19 | Thursday, 10-11 a.m. | Exercise class - Borough Hall |
| | 7-11 p.m. | Boy Scouts - Borough Hall |
| | 8:00 p.m. | Bd. of Ed. meeting - R.P.S. |
| 23 | Monday, 8:00 p.m. | Planning Board - Borough Hall |

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- 24 Tuesday, 10-11 a.m. Exercise class - Borough Hall
- 7:30 p.m. Education committee meeting - R.P.S.
- 25 Wednesday, 8:15 p.m. Finance Committee meeting - R.P.S.
- 26 Thursday, 10-11 a.m. Exercise class - Borough Hall
- 31 Tuesday, 10-11 a.m. Exercise class - Borough Hall
- 7:30-10:30 p.m. First Aid - Borough Hall

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Love of words

How do you say "brassiere" in Hebrew?

by Josef G. Solomon

During all the years that Hebrew was used only for ritual, and not for inter-mortal communication, Hebrew had all the words it needed. For approximately two thousand years, it remained unchanged. It would perhaps be more accurate to say that another way. Spoken Hebrew changed, of course, as all spoken languages do. By the time of Jesus, the language of the people had changed so much that it was no longer called Hebrew; it was called Aramaic. Inasmuch as nobody spoke Biblical Hebrew any more, that didn't change. At the beginning of this century, however, with the beginning of the Return to Zion, Eliezer Ben Yehuda led the campaign to revive Hebrew as a spoken language. (He meant Biblical Hebrew, obviously.) He eventually won, of course, so that Hebrew is today the official language of the State of Israel. It is true of many struggles that, if you lose, that's the end of it--but if you win, you suddenly have new responsibilities. And so it was here: How do you say "airplane" in Hebrew? Well, you don't--or, at least, you didn't. So, Ben Yehuda and

his followers had to make up hundreds of new words, to describe the new ideas and things that had entered the world since Bible times. Who would have dreamed that someday people would put one end of a weed in their mouths, and set fire to the other end? There is, of course, no verb "to smoke" in ancient Hebrew. In the early days of modern Hebrew, expressions were constructed from the words that already existed in Biblical Hebrew: "Do you want to make smoke?" "No, thank you. To make smoke does not find favor in my eyes." There is of course unintended humor in this periphrasis. (I use that word whenever possible--which isn't often.) However, the reason you find in the Bible the phrase, "If, now, I have found favor in thine eyes..." is that that's what the words mean. A "modern" translation would be, "If you like me"--or, even, "Please". It's accurate enough, but it doesn't have anything else to recommend it.

Legendary Humor

According to legend, some of the words and expressions thus introduced into Hebrew were intentionally funny. The expression for "elevator", for example,

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was "Ya-aleh v'ya-voh", which is the name of a prayer. The name comes from the first two verbs in the prayer, expressing the hope that the prayer will ascend and come before the Almighty. "Elevator" was expressed by "it will ascend and it will come"! Modern Hebrew has replaced this delightful expression with a perfectly reasonable noun, formed in the grammatically regular way from a causative form of the verb meaning "to go up". I'll have more to say about Hebrew verbs later.

Not many people know this, but the article of clothing known as the brassiere was invented only about sixty years ago. (Recently, someone wrote that the brassiere was invented around 1600. Actually, he wrote that the brassiere appeared around 1600, which means something else. Well, what does he know?) Anyway, there could not be a word for it in Biblical Hebrew. In the days before movie-makers had license--and that is exactly the word I mean--to put all kinds of sexual versions and perversions on the screen, they were nonetheless allowed a remarkable freedom in Bible films. What could be dirty about the Bible? (For an answer, see Bowdler.) Naturally enough, some in the industry took advantage of this gap in enforcement, and made some erotic films on Biblical themes. Accordingly, the genre of the trashier Bible epics was known in the trade as "Lust in the Dust". The women in them may have been half-naked, but they weren't wearing brassieres. (I think I just censored smut into that sentence.) There's an ordinary

word for it now in modern Hebrew, but the first expression for "brassiere" was derived from the prayer known as the Silent Devotion, in which some of the attributes of the Almighty are listed. In particular, it is said that He "supporteth the falling". It is only fair to confess right now that I have done absolutely no research to verify these legends. (But I'm not making them up, either.) I refuse to risk ruining a good story by finding out that it isn't true.

Conjugations of the Hebrew Verb

There are seven verb-conjugations in Hebrew. One of the things that intrigues me about Hebrew is that, in contrast to other languages I have studied, the different conjugations have different purposes, and a verb in Hebrew frequently can be used in several different conjugations, with altered meaning. Hebrew verbs usually have a three-consonant root. The different conjugations, tenses, etc., are indicated by prefixes, suffixes, and internal changes. One conjugation is called "Kal", "Easy", because it is. No particular significance attaches to a verb in Kal. The other conjugations are given names that tell how the third-person singular of the past tense is formed. By implication, that tells you how to construct the other forms in that conjugation. The conjugations are: Hitpa-el, the reflexive of the Kal; Niphal, the passive of the Kal; Pi-ayl, an intensive (examples in the next paragraph); Pu-al, the passive of the Pi-ayl; Hiphil, a causative; Hophal, the passive of the Hiphil. If Kal were

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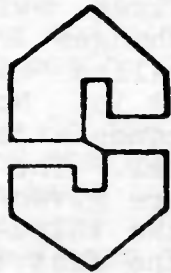
named according to the same scheme, it would be Ph-al. By the way, these names are all derived from forms of the model verb meaning "work"--which is what a verb does.

Now for some examples. The word for "write" is in Kal; kah-tahv, with root "ktv". In the causative, it's hikhtiv, which means "caused to write: dictated". In the intensive (Pi-ayl), it's ki-tayv, "wrote busily". The verb "to break" is in Kal; in the intensive, it means "to shatter". the verb "to remember" is in Kal; in the causative, it meant "to cause to remember; to remind." The verb "to come" is in Kal;

in the causative, it means "to bring". In Hebrew, you don't lose something, it becomes lost to you. The verb is in the Kal. In the reflexive--i.e., to lose oneself--it means "to commit suicide". If you get lost in Israel, and try to ask directions in Hebrew, don't say, "I lost myself", as a friend of mine did. Say, "I have lost my way" (literally, "My way is lost to me").

There are many people in the world who see things like this and are overwhelmed by a tidal wave of apathy. I find it fascinating.

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Fire Co. news

The Fire Co. was busy this month

by Adeenah Yeager

Since our last article some serious questions about fire prevention have arisen. Everyone should consider installing smoke alarms if you don't already have them. They provide a warning before a fire reaches the point where it can kill. It is very easy to be overcome by smoke and more people die from smoke inhalation than from fire itself.

On April 11 there was a house fire at 5 Homestead Lane. It seemingly started from a lamp in a bedroom, ignited a mattress which then ignited other furniture and draperies. Luckily the children in the room were able to wake up in time and notify their parents, who then called the fire department. Millstone Township Fire Company was called for mutual aid and the fire was stopped from spreading to other rooms in the house. Smoke alarms, though, could have prevented some of the damage by alerting the people earlier.

On March 29 there was an early morning truck fire. The Roosevelt Fire Company responded promptly and efficiently in extinguishing the fire and were able to save evidence for the State Police Arson Unit to aid them in their investigation of the suspicious origins of the fire.

Roosevelt Fire Company was called for mutual aid to assist Millstone with a motor vehicle accident at Ely's; Corner on April 2. They helped with lighting, searching and general clean-up to make the area safe for traffic.

Several members of the fire company are presently attending a series of seminars at the Monmouth County Fire College.

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To Health

How diet affects our health

by Becky Russell

"Let food be thy medicine and medicine be thy food." - Hippocrates.

"Whatsoever was the father of disease, an ill diet was the mother." - George Herbert.

In spite of the many illnesses that have been brought under control in modern industrial societies, such as the infectious diseases tuberculosis and smallpox, we basically have traded one set of diseases for another. Heart disease still ranks as the number-one cause of death, but cancer is rapidly gaining, expected to strike one out of four by 1988, one out of three by 2008, and one out of two by 2050, if the trend continues. Other chronic and degenerative diseases are widespread and increasing: arthritis, diabetes, asthma, cirrhosis of the liver, kidney disease, emphysema, mental illness and many others. Frequent colds and an assortment of other minor ailments are considered normal. Many people live in a twilight zone between sickness and health, rarely experiencing states of well-being. This dismal state of affairs has many causes, but the one that has the most far-reaching effect is diet. Proper diet not only can prevent most of our maladies, but nutritional therapy is one of the most effective treatments.

Evidence for this idea existed for centuries, but un-

fortunately it mostly has been ignored in modern times. During World War I in Denmark, when the government outlawed the refining of grains, the death rate fell 34 percent, and the incidence of cancer, heart disease, diabetes, high blood pressure and kidney disease dropped markedly. In England during the Second World War, when refining of grains was curtailed, a similar phenomenon occurred. Studies of primitive cultures and certain isolated groups like the Hunzas of Pakistan, where the diet is natural and unrefined, show a remarkable absence of crime, mental illness, and the chronic disorders that plague our society. When processed food, soft drinks, and other "civilized" foods are introduced into primitive cultures, a sharp increase in these conditions is reported. The Seventh Day Adventists, who abstain from meat, alcohol and tobacco, have a much lower rate of degenerative disease, particularly cancer of the colon. The Mormons, who have similar dietary and lifestyle habits, also enjoy better health than most Americans. On the other hand, there was a higher proportion of army rejections in the Korean and Vietnam Wars than there was

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in World War II. This indicates the declining state of health of young men in their prime. Autopsies performed on soldiers as young as 18 killed in these wars revealed that atherosclerosis already had begun. These studies are just a small part of the evidence on how diet can make or break your state of health.

That diet can affect your health should come as no surprise. We are in fact what we eat, and the body has complex nutritional requirements that must be met by a diet providing adequate amounts of all essential factors. Otherwise, expect malfunction of organs, glands and the immune system. When that happens, the body is highly susceptible to infection and to degenerative conditions due to internal checks and balances going awry. Even so-called genetic diseases are due to factors that are within a person's control, such as diet, exercise, and mental attitude, because genes indicate a tendency to disease, not its inevitability. The disease often is implemented by elevated needs for certain nutrients and these needs are met by good nutrition. Diet influences our motivation, behavior, and mental outlook, which all play an important part in determining our state of health.

With this in mind, it is easy to see how the modern food system is a breeding ground for ill health. Refining, processing and preserving of food means a longer shelf life and higher profits, but

at the expense of the consumer's vitality. Refined sugar is the quintessential processed food. It is 99.9 percent pure sucrose and lacks all vitamins, minerals, amino acids, enzymes, essential fatty acids and fiber. It is so pervasive in our food supply that consumption from all sources is up to 125 pounds per person per year. Imagine how many nutrients would be in 125 pounds of apples or oranges! Sugar metabolism depletes the body of vitamins and minerals, causing an acid condition (the body should remain slightly alkaline). Sugar is implicated in a wide variety of disorders, ranging from hyperactivity and hypoglycemia to diabetes and cancer. White flour, white rice, degerminated cornmeal and other refined grains and cereals cause similar problems. No one knows the exact effects of combining pesticide residues with the thousands of food additives on the market, but there are studies linking such mixtures with hyperactivity, allergies and cancer. Excessive meat consumption, especially smoked and processed meats, may cause colon cancer, diverticulitis, and other illnesses. Last year, the National Academy of Sciences formally recognized the relationship between food and disease. They issued a report with dietary recommendations for reducing cancer risks that included cutting back on processed meats, fats and alcohol, and increasing whole grains, fresh fruits and vegetables.

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diet

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Certain segments of the food industry did not relish this report and condemned it, but most people probably can see that their comments were designed to protect their vested interests and not the consumer's health.

Nutrition not only can prevent disease, it can cure it. Public awareness of nutrition is growing, but most Americans still run to the doctor for minor ailments which they themselves could treat with dietary changes and other natural methods. Most medical schools teach crisis medicine, an effective approach in situations like accidents and epidemics, but the machinery of crisis medicine does not apply to diseases whose roots are poor eating habits, lack of exercise and stress-inducing behavior. When this machinery is used in these cases the result is naturally treatment of symptoms rather than causes, which can have serious side effects. This is iatrogenic (physician-induced) illness, and it is not consistent with the Hippocratic oath "First do no harm." We ask physicians to do more than they were trained to do. The alternative is to prevent illness before it strikes, acquire the knowledge to treat yourself for minor problems, and only if necessary seek competent nutritional or medical help. Nutritional and other noninvasive

treatments come before drugs, surgery and radiation.

Orthomolecular nutrition (orthomolecular means "correct molecule") is one approach that is gaining respect even among conservative medical professionals. The progress in cancer treatment by this method is noteworthy, particularly since conventional methods have produced no improvement in survival rates since 1950. The therapy developed by Dr. Max Gerson is a basis for many different nutritional cancer treatments, claiming a recovery rate of 40 percent in advanced systemic cancer instead of the 7 to 8 percent recovery with conventional therapies. Supplements for boosting the immune system usually are used with a diet/detoxification program. Dr. Ewan Cameron and Nobel laureate Linus Pauling achieved astonishing results using large doses of Vitamin C. Since Vitamin C is essential for interferon production, it stimulates the immune system. It also detoxifies many carcinogens, prevents metastasis by strengthening the collagen (intercellular "glue") and reduces pain. The Harvard Medical School is conducting a nationwide study on the effect of beta-carotene as a cancer preventive. Beta-carotene is the Vitamin A precursor found in fruits and vegetables.

Cancer is not the only area where dietary therapy is pro-

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mising. Heart disease, diabetes, arthritis and other diseases will yield to the proper nutritional approach. These approaches vary widely, ranging from macrobiotics, the Pritikin diet, and raw foods to megavitamins, homeopathy and naturopathy, and success depends on suitability for the individual involved. But all offer far more in terms of improving the health of the patient (which is the real goal) instead of launching a war on symptoms, leaving the body as a scarred battleground and doing nothing to aid its natural healing processes.


Spiraling medical costs and public disillusionment with orthodox methods are providing a tremendous impetus for a true

health care system based on treating the whole person instead of isolated symptoms. Dr. Carlton Fredericks comments: "I accept the fact that posterity will view today's medicine as we today look upon the blood letters of the Middle Ages; that our healing professions will be criticized, not for their ignorance, which will be understandable, but for their pretensions - which will seem unforgiveable." A renaissance in medicine is on the horizon, with its roots in people taking an active part in maintaining their own health. Nutrition plays a critical role in this process and in the treatment of diseases, enabling one to achieve one's full potential in life.

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School Board news

by Jenifer Nina Burghardt

The following business was transacted at the March 17 meeting of the school board:

A letter was read from Diane and Stephen Scalph, Beth and Carl Johnson, Linda Block, Constance and David Herrstrom, Laura Giardino, Alice Lifland, Lee Selden, Robert and Chris Soma, and David and Naomi Brahinsky, commending Marcia Davis for her commitment and involvement with the Olympics of the Mind program with grades 6-7-8.

A letter of resignation was received from Naomi Brahinsky. It was discussed in closed session.

Mrs. Burghardt asked if anything could be done about the hot classrooms and Dr. Sussman answered that we have a hot water return system and the hot water radiates even when there is no call for heat which we hesitate to turn off at this time of year, implying that the classrooms will remain overly hot.

Mrs. Burghardt also questioned the funds re: handicapped children and Dr. Sussman answered that the amount is based on the number of handicapped children.

Dr. Sussman reported on communication with Hightstown High School re: students' work and study habits, lack of ability to do homework, concern about students' algebra and Spanish language background. It was reported that the East Windsor and Hightstown school districts are concerned with similar problems.

The computer, geneology, Great Books, and Dungeons and Dragons programs are reportedly doing beautifully, with the computer program expected to expand to the upper grades shortly.

The Silver Burdett Science textbooks were adopted at a cost of about \$300 per classroom after having been reviewed by two board members.

The Ginn Social Studies series was adopted after having been thoroughly gone over by the staff. Mrs. Shahn asked that the board be involved in selection of texts earlier in the process than they had been until now and Dr. Sussman said this could be done and that a staff presentation could be adopted in the future.

The board commended parents and staff involved in the Olympics of the Mind program.

The board approved distribution of flyers for a P.T.A. fund raising project for funds to be used to create an additional position for the summer program.

The board approved the Administrator's and Secretary's attendance at a Rutgers course on School Finance. Two school board members can attend at a cost of \$75.00 per person plus mileage.

The graduation party was discussed regarding parents' choice of individual parties or one large one at the school. Mrs. Rector volunteered to organize and coordinate discussion on the issue.

Dr. Sussman reported that a circulator pump on the heater was repaired and Mr. Kaufman reported that two estimates on chimney repairs have been received.

Mr. Lakin reported that Dr. Sussman will be listed in Who's Who in the East.

Principal's Letter

As promised I will endeavor, in this article, to give you a description of our enrichment programs.

The Junior Great Books Program is a program of interpretive reading and discussion for students from second grade through 8th grade. The reading selections include traditional and modern stories, together with a number of poems and plays, all chosen for their literary merit and their power to sustain discussion. Each Junior Great Books series also includes a short course on interpretive reading and discussion.

The Junior Great Books Program encourages students to think about what an author means and to discuss what genuinely puzzles them in a reading. Through discussion, the students learn not only that an interpretive question can have several right answers but that "wrong" answers are an essential part of the interpretive process.

Our Computer Program is designed to introduce our students to the role and function of computers. Computer language is also explored. Through the use of a graphic turtle primary grade pupils learn to operate the computer.

Turtle graphics is a method of making this little turtle march across the screen of the monitor and follow the pupils' commands.

Dungeons and Dragons is a game situation which involves creativity and problem solving. The game places the participants into a mythical kingdom where they are faced with many dangers. Each participant uses designated powers to thwart the potential catastrophies.

Our Geneology Group is studying and developing graphs of their family ancestry. An appreciation of their cultural heritages is stressed. Each participant will develop a "family tree."

Olympics of the Mind is a problem solving program. Students are given situations for which they must design and act out solutions. Specific restrictions are placed on the participants thereby increasing the challenge and making the problem more difficult.

Olympics of the Mind competitions are held on a local, regional, state and national basis. On the local level teams compete in leagues composed of seven or eight school districts. Regional meets are developed by taking the top teams from each of the seven or eight local leagues. These teams compete in a play-off situation for the chance to advance to state competition. Our pupils in grades 5-8 were in one local league and our pupils in grades 1-4 competed in another local league. We had one of our teams from each league qualify for a regional meet. In a first year of participation this is something we view with great pride.

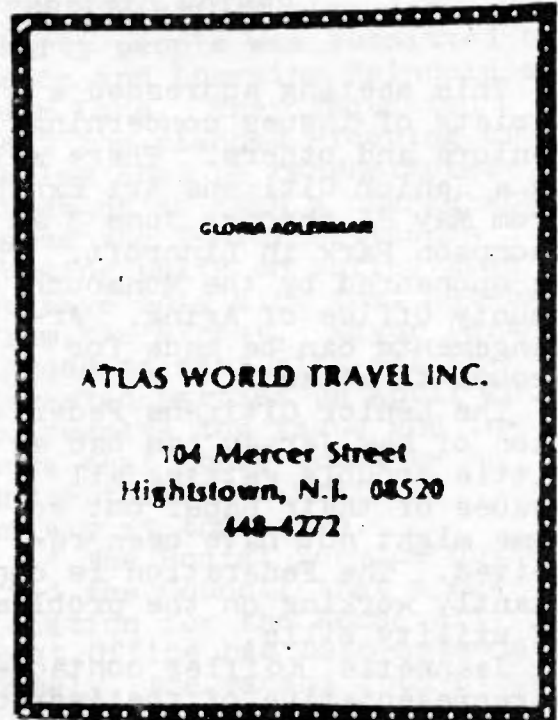
All of the programs are designed to broaden the pupils' scope of knowledge and interests. As the programs progress we will be evaluating their effectiveness.

Kindergarten Round-up will take place at Roosevelt School on Tuesday, May 17, 1983 at 1:30 p.m. Parents of pupils who will be five years of age by December 31, 1983 should contact my office by May 9th for

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registration forms. The completed forms should be brought to the Round-up, with an original or certified copy of the child's birth certificate. During the Round-up the future Kindergarteners will participate in activities and story time with Mrs. Hawthorne. The parents will have an opportunity to meet with other staff members and to schedule appointments for individual pupil pre-kindergarten screening. Please contact my office if you have any questions.

--Stanley Sussman



Counterman soars!

Scout Bryan Counterman, 57 Lake Drive, Roosevelt, received his Eagle Scout Badge on Sunday, April 24, at the Millstone Township Elementary School. Bryan, the son of June and Bill Counterman, is a member of Millstone Township Boy Scout Troop 116. Scoutmaster Frank Simacek presented the Eagle Badge and Advancement Chairman Ormond Hyers gave Bryan his Eagle Challenge in a program that was developed by Unit Coordinator Benedict Mazzucco. Bryan planned and supervised a major service project for the Clarksburg Methodist Church. He also earned 21 Boy Scout Merit Badges as part of his Eagle Scout requirements. Eagle

is the highest rank in scouting and is reached by only 2 out of every 100 scouts.

Bryan's brother Gerry, also an Eagle Scout and currently in the U.S. Navy, was able to participate in the program. Their grandmother, Grace Counterman, aged 84, of Happy, Texas came to attend the impressive ceremony. Many dignitaries, other family members, friends, and neighbors attended or sent congratulations.

Bryan has attended several boy scout High Adventure trips as well as National Boy Scout Jamborees. He plans to attend the International World Jamboree in Canada this summer.

SENIOR CITIZENS' MEETING - APRIL 7, 1983

by Helga Wisowaty

This meeting addressed a variety of issues concerning seniors and others. There will be a Senior Citizens Art Exhibit from May 25 through June 3 at Thompson Park in Lincroft. This is sponsored by the Monmouth County Office of Aging. Arrangements can be made for groups to attend.

The Senior Citizens Federation of New Jersey has had a little trouble getting all issues of their paper out so some might not have been received. The Federation is constantly working on the problem of utility bills.

Jeannette Koffler contacted a representative of the American Cancer Society as the Society requested that they be allowed to present a short educational program on treatment of colon-rectal cancer. Since this disease is highly treatable, it is worthwhile for those over 50 to take part. Slides will be distributed with instructions about using them at home. The individual mails this to the cancer society. Results will be mailed to those participating. This program will be presented Thursday, May 5, at 2 p.m. at the Borough Hall. Everyone is invited, senior or not.

In the October 1982 issue of the Ladies' Home Journal there was an article under "MEDINEWS" telling that this program was available Nationwide and free

to everyone over 40. We in Roosevelt can now take advantage of it here. Jeannette checked into the possibility of having eye and ear tests in the future.

Seniors can take educational courses in Freehold and Manalapan free of charge if no credits are involved. Full fee is charged for anyone who wishes credits. Esther Pogrebin quoted the statistics from the 1980 Census showing that there were 25.5 million Seniors (65 or older) in the nation. There were 15.2 million women - 10.3 million men. The most rapid increase in "Seniors" is expected between 2010 and 2030 when the "Baby Boom" generation reaches 65.

The National Council of Jewish Women will sponsor a day which includes live entertainment - lunch and a program about "New challenges in the Golden Years." on April 27 at Congregation B'nai Israel in Rumson. Registration starts at 9:30 a.m. There is a \$2.00 registration fee (which includes lunch). "SCAT" will provide transportation.

A house has been acquired by the Monmouth County Office on Aging at Sandy Hook. Groups are welcome. Marty Wind reported on an article that tells us

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to expect car insurance premiums to rise because Medicare will not pay for injuries sustained in automobile accidents (if over 65). The club received a letter from the Borough Council thanking us for the gift of art presented to them by Morris Chasan in the name of the club.

We have lost our member and friend Jennie Altman. She will be missed.

Coffee and refreshments were served by Esther Pogrebin and Ellie Bermowitz. Everything was enjoyed by all.

The Bulletin is planning to publish a literary supplement in July or August. We are interested in receiving poems, short stories and short essays, which may be submitted to any staff member from now to the middle of June.

(609) 448-0064

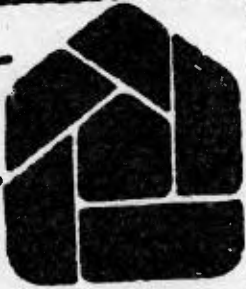


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