

Bulletin

Volume 34 Number 8

June 2011

BOROUGH COUNCIL NEWS

By Michael Ticktin

Meeting Augurs Well for Progress in Gas Station Redevelopment.

At the May 9 meeting of the Borough Council, Mayor Beth Battel and Councilman Ralph Warnick announced that a meeting was scheduled for May 18 to re-start the process of securing from the Department of Environmental Protection (DEP) the approvals needed to make possible the redevelopment of the former gas station property on North Rochdale Avenue. The gas station was abandoned by its former owners in the early 1990s and was acquired by the Borough in a subsequent tax lien foreclosure.

The meeting was indeed held on May 18 at the Borough Hall. Participating were Mayor Battel, Councilman Warnick, Borough Engineer Carmela Roberts, Borough Attorney Richard Shaklee and Karen Lacey, a geologist and environmental remediation specialist with TSlack, the company originally hired by the Borough to remove the tanks, do requisite testing and file reports with the DEP. (Mr. Shaklee, Councilman Warnick and Mayor Battel provided information to the Bulletin regarding this meeting.) The meeting principally dealt with the deficiency notice from the DEP addressing items that must be corrected before a “no further action” (NFA) letter can be issued. Such a letter is necessary in order for the Borough to either sell the property to a new owner who will restore it to productive use and put it back on the tax rolls or use the property for a public purpose.

Ms. Lacey of TSlack agreed to conduct the necessary sampling and evaluations and coordinate with the DEP to get the Borough to the point where an NFA letter can be issued. The only cost to the Borough would be for the analytical costs of testing, for which TSlack will submit a proposal. She stated she would try to accomplish this in the next few weeks and hoped, but could not guarantee, that all issues could be resolved with DEP by the end of July. The cost to the Borough for the remaining work should not exceed \$5,000.

Asked to explain why this matter could not have been resolved a long time ago, Mayor Battel explained that the Borough had been led to believe by the consultant that handled the remediation clean-up and testing for TSlack that all the necessary clean-up, testing and paper work had been properly done and submitting to DEP, and we were waiting for the DEP to issue an NFA letter that would allow us the freedom to do what we wished with the property. This turned out not to be the case, however, and the matter remained in regulatory limbo until now.

This year, however, according to the Mayor, four significant things happened that enabled the Borough to move forward in dealing with this issue, the first

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ANNOUNCEMENTS

Welcome to the 34th edition of the *Roosevelt Borough Bulletin*.

As usual, there will be nine issues starting with October 2010 through July, 2011, leaving out January 2011.

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 number as shown.



Please report any bear sightings to:
State Bureau of Wildlife Management
Kim Tinnes, Wildlife Control
609-259-7955
As well as to David Schwendeman, 443-6204

All artists are invited to Roosevelt Public School on Wednesday evenings from 7–10 p.m., to work on some form of art. No instruction, just a place to gather with other artists to do your own thing (no oils please). We will gather in the lobby of the school, except when that is in use, we will meet in the art room upstairs. For more information please call Barbara Atwood at: 918-0757 or e-mail her at: barbatwood@comcast.net.

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.

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

The *Bulletin* is a community institution that belongs to all of us.

Everyone is invited to participate, whether in writing, or in production, or making a contribution.

We especially need people to take turns delivering the copies to the Post Office in Freehold every month, since our local post office can no longer accept bulk mailings.

If you are able to help, please contact

Bess Tremper (609-448-2701) or write to P.O. Box 221. Thank you.

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by Shan Ellentuck

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From the Mayor

By Elsbeth Battel

Dear Neighbors,

It is time to congratulate all passing students, with special congratulations to graduating seniors. The step from school to the working world, and the freedom, privileges and responsibilities that follow is probably the largest one of an individual's life. Best of luck and good wishes to all those taking that step. Hopefully your education will provide an excellent foundation for a successful career.

The town is sure looking pretty at this time of year. With the leaves back on the trees, the grass

looking lush and green and the flowers blooming, it is a good time to take a walk around Roosevelt and appreciate the beauty of our borough. To all neighbors who have done such a good job on their lawns and gardens, thank you. The value of everyone's property and the pleasure everyone takes in the admiration of a beautiful neighborhood is increased by good gardening practices.

Beth ■

BOROUGH COUNCIL NEWS (CONT'D.)

Continued from Page 1

being the DEP's creation of the position of Licensed Remediation Specialist to interface with municipalities to expedite the NFA process.

A second development was the election of Mr. Warnick to the Council and the effort that he has made as chair of Community Development. With Borough Clerk Krys Olejnik's help, he went through the voluminous files on the gas station that had been created over the years and was able to discover why we had never gotten the NFA letter.

The third change was the establishment of contact with Ms. Lacey, who is well-qualified, has the new DEP license as a remediation specialist and has access to TSlack's files, which clearly show that TSlack's former environmental subcontractor dropped the figurative ball on the testing of the soil and water at the gas station property.

The fourth event, according to Mayor Battel, is that Mr. Shaklee, who had previously been very busy defending the Borough against the ongoing barrage of lawsuits brought against it over the past five years, has now had more time to focus on the gas station issue, at the request of the Mayor and Council.

Once the DEP has issued an NFA letter for the property, it will be up to the Planning Board and Council to establish a plan for the redevelopment of the property and, if the decision is made to sell it, to include in the redevelopment plan a procedure for the solicitation and evaluation of proposals to restore to productive use this property that is the symbolic gateway to Roosevelt. ■

THE ROOSEVELT BOROUGH BULLETIN

is distributed free-of-charge to Roosevelt residents.

We look forward to and appreciate contributions which are 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.



To educate and inspire all students to excel academically, to become independent and creative thinkers, skillful communicators and lifelong learners. Roosevelt Public School nurtures and challenges the unique potential of each student so that our children will develop individual, social and civic responsibility as well as respect for themselves, each other, and the environment.*

**to achieve or exceed N.J. CCCS at all grade levels.*

Thank You to Mrs. Payson

The RPS Board of Education would like to thank Mrs. Shari Payson for her years of service to the Roosevelt Public School, its students, parents and community. The school has grown to include pre-K and a successful expansion of the tuition student program under her leadership. Ms. Payson will be leaving the Roosevelt Public School at the end of June 2011. We wish her the best of luck in her future endeavors.

Thank You for Getting Out to Vote

The Board thanks the community of Roosevelt for its support of the school. With your support, the budget easily passed ensuring the success of our 2011-2012 school year.

Board Congratulates Sixth Grade Graduates

The Board congratulates the sixth graders on their graduation. They have shown leadership skills throughout the year on their many "Do One Thing" community service projects and we thank them for contributing to our community and the world. Best of luck, sixth graders, as you continue your academic journeys at Kreps Middle School!

Shared Services Agreement

Roosevelt Public School is currently negotiating a shared service agreement with Monmouth Ocean Education Services Commission (MOESC) to manage the business office. Under the agreement, MOESC will handle the roles of Business Administrator and Board Secretary. The Board expects to have this agreement in place by July 1, 2011. For the past two years, Mark Resnick and Ernie Turner have been fulfilling those roles in an interim capacity. The board thanks them for their hard work on behalf of the Roosevelt Public School. We wish them the best of luck in their future endeavors.

Board Announces New CSA/Principal

Dr. Joseph Campisi will begin his duties on July 1, 2011 as our new Chief School Administrator (CSA)/Principal. Dr. Campisi taught at the middle school and elementary school level for 10 years. After earning his Master's Degree in Educational Administration from the University of Scranton in 2006, he

accepted a position as the vice principal of Herma S. Simmons Elementary School in Gloucester County. In 2008, Dr. Campisi accepted the position of elementary school Principal in the Northfield School District in Atlantic County. While working as Principal, he earned his Ph.D. in Educational Leadership from Trident University (formerly TUI University).

Dr. Campisi is originally from Gloucester County and now resides in West Berlin in Upper Camden County. Dr. Campisi is enthusiastically awaiting his official start as the Chief School Administrator/Principal of the Roosevelt Public School District on July 1, 2011 and getting to know each student and the faculty as well as immersing himself into the community. Dr. Campisi believes that hard work, a strong work ethic and dedication to the Roosevelt Public School District will make for a successful partnership and a prosperous future for the students and the community.

Our current Interim Superintendent, Ernie Donnelly, will be leaving us at the end of July. He is coordinating transition plans between MOESC and the current business office as well as with Dr. Campisi so that the 2011-2012 administration changes occur smoothly. Mr. Donnelly has been incredibly hardworking and committed to our school over the past year and we wish him well in his future projects.

Finally, the Board invites the entire community to meet Dr. Joe Campisi on July 5 at 6:30 p.m. in the RPS school lobby. ■

Each month the Roosevelt Board of Education is going to submit an article to keep the public apprised of Board goals, decisions, and activities

REVIEW: Music E-vent: Sounds and Images

By Ron Kostar

One of the interesting things about Brad Garton's annual RAP concert is that you never know what to expect. Pushing the envelope and expanding the definition of what constitutes music, is a major characteristic of Experimental Music; and highly technologized computer music might be the stamp on the envelope.

In this year's concert performed recently at Borough Hall, Brad and six of his current and ex-students at Columbia and fellow conspirators in computer music crime followed an experimental impulse that I think most of us have felt at some point: They dubbed sounds over images; and by improvising sounds over short segments from movies, they provided their own sound tracks for movies.

Jeff Snyder, an ex-student now teaching at Princeton, poked at what looked like a highly sophisticated switchboard (called a Serge Modular Synthesizer) while watching and responding to a clip from the movie "A Hare's Life." The scene features a herd of rabbits frolicking and rampaging through a farmer's hay field. Snyder's response to the rabbits interacting with each other and reacting, or not, to an airplane, a combine and armed hunters was intermittently playful and intense, aggressive and ironic, and ranged emotionally from the harrowing to the very funny.

Sitting with his back to the audience playing a laptop, Brad improvised music while watching the last scene of Werner Herzog's grisly movie "Stroczek," His scratching and at times grating sounds combined with Herzog's images of a dancing chicken, a burning car and a German accordion player who's down on his luck in Wisconsin who rides a ski lift to the top of the mountain where he commits suicide, to enhance the already macabre black humor of the scene.

Sam Pluta and Jeff Snyder computerized soaring spacious sounds over beautiful images of the creation of the universe; Bryan Jacobs played engaging electric guitar riffs as an image of the front of his head morphed into different shapes; and Damon Holzborn transmitted remixed city street sounds to moving pictures of Times Square that conveyed the excitement, energy and confusion of that colorful tourist trap.

And in another and slightly different piece that reminded me of some of the movies of Andy Warhol and Yoko Ono, Natacha Diels and Pluta combined on a more whimsical piece. As the two sat in front of screens wearing contraptions that looked like dental equipment, we watched as two sets of eyeballs and their corresponding faces moved on another screen and Diels emitted child-like and Laurie Anderson-like sounds in response to the bouncing ball.

I found the accumulative effect of this piece to be strangely intriguing.

Maybe it was because of the banality and repetition of the image projected on the screen, as nothing much really happened. Or maybe it was because of the bip-bip-bip sounds. Or both. But the piece prompted questions, which is what I suspect effective conceptual art (think of Malevich's white on white painting) is supposed to do.

In any event, my experience of Diels' and Pluta's piece entitled

"Nystagmus" proceeded something like this:

First there was the slight outrage provoked by watching an art piece in which not much of anything conventionally interesting was happening: *Is this interesting? I don't think so.* And then after the irritation there came boredom.

But after watching this piece for a while I had a poignant and funny realization that *Ahh, this is what many of us do all day/everyday, isn't it? And this is what we must look like while we're doing it! And this is what our kids look like when they're playing Nintendo and computer games, isn't it? Yes it is!* And somehow, ironically, by this time I was watching more closely.

And as the piece went on I found myself watching these roving eyes, and this banal activity that is so common but seldom seen, more and more intently.

The seven pieces played at this year's *Music E-vent* (which culminated with a rich commotion of sounds improvised by all six players over a scene from an episode of the TV classic sit-com "Mister Ed" featuring a very young Clint Eastwood: very funny and at times eerie, as if "Mister Ed" had been combined with an episode from "The Twilight Zone") were all music pieces that had no lyrics, and no humable melodies or traditional rhythms: they were music stripped bare, *just sounds*.

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ROOSEVELT ALL-TOWN LITTER PICK-UP:

SUNDAY, June 5, 2011 10 A.M. - NOON

Come One, Come All!

MEET IN FRONT OF THE POST OFFICE FOR YOUR
STREET ASSIGNMENTS AND EQUIPMENT

Contact Ron Kostar with questions (443-4179).

Kenneth Heath Drury

My father-in-law, Ken Drury, was a member of a family of farmers and workmen who had lived in New Jersey since the colonial period. He was born in the early nineteen hundreds and grew up in the Red Bank area, attending school for a few years before quitting to help support his family. He was quiet, intelligent, and hard working, and always had a job although never one that he wished to make a life time occupation..

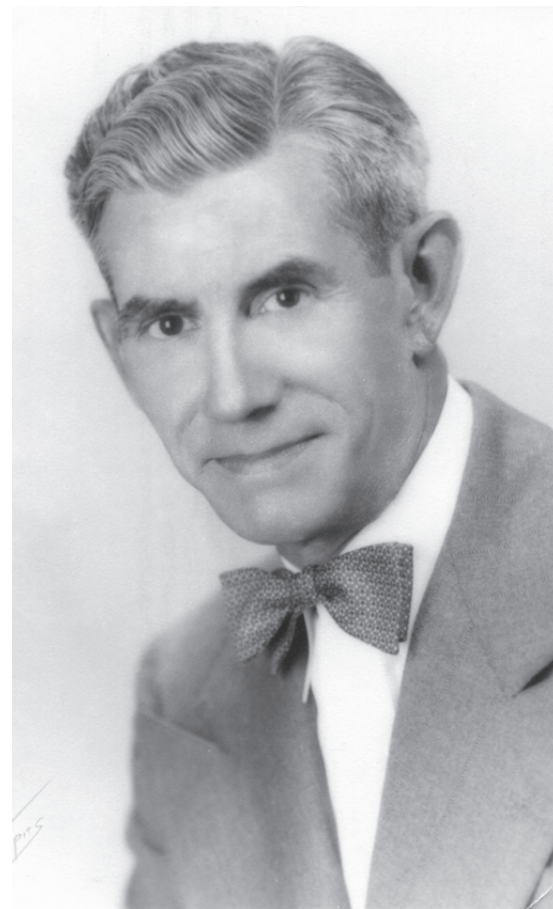
In the mid 1920s, Ken married a local girl, Sarah Dennis, and they had two children: Kenneth Jr., born in 1927, and my husband, Charles, born in 1930. The times were hard and Ken had a family to support, so they moved to Detroit for him to find a job in the auto industry. They had settled there and things were going well when Sarah's mother died. Someone needed to move in with and care for Sarah's father, a Red Bank fireman, so the family returned to New Jersey and Ken started hunting for a job again.

He signed up for a new WPA project. A group of workmen were transported into the central Jersey woods, where they spent two weeks clearing brush and cutting down trees to create the streets that would become the town of Roosevelt. A camp housed and fed the workers, the salary was reasonable, and after two weeks of hard work, they were taken back to the Red Bank area.

Ken went immediately to sign up again, but a crew had already been sent to the project and it would be two weeks before workers were needed. Ken spent that time hunting for a more permanent, local job, but did not find anything and he went back on the project, again clearing brush and trees. This was work that was going to continue for a while, but being away from his family for two weeks, then not having a paycheck for two weeks, were problems.

During the next free period, Ken was offered a job as a locksmith at Fort Monmouth. This turned out to be ideal for him and he stayed for thirty years until he retired. Roosevelt was built without his help, but when I look at the mural in the school, with its hints of all the history and personal stories that must have gone into creating our town, I think about him.

I grew up in New Brunswick and met my husband at Rutgers. After college, we moved to South Brunswick where I was the children's librarian at the public library. In 1987, when our four children were raised and Charlie retired from his position at Rutgers University, he and I discovered, and moved to quiet,



Kenneth Heath Drury

rural Roosevelt. Charlie's father, Ken, was living in a retirement home by then and never did come to visit us here, but we talked a lot about the town he had helped start.

In 2006, I, widowed, sold my Roosevelt home to my daughter and son-in-law, Kacie and Chris Mixon, and have continued to live with them. We all enjoy this town and the friends we have made here and, although we had no connection with the first fifty years of life in Roosevelt, I think my grandson, Jackson, can be proud to be the forth generation of our family to be part of Roosevelt's history. ■

MUSIC E-VENT (CONT'D.)

Continued from Page 5

Let's call this music that does away with melody, lyrics and rhythm Pure Music. And as with all music, which is the most abstract art form, Pure Music invites analogies. So let's say that these musical pieces were and are like abstract paintings in so far as they have no recognizable reference points (as abstract paintings include no faces, flowers, boats, landscapes) but consist of *just sounds*, as abstract paintings consist of just shapes, lines and colors.

Over the years this trend towards abstraction and purity has not been limited, of course, to music but has infiltrated other art forms. There are poems, for instance, about trees but then there are other, more recent poems that are about nothing in this world; and, if they can be said to be about anything at all, are about words, sounds and fragmented images. And there are plenty of novels since Joyce's "Ulysses" that don't read and make sense in the usual novelistic way.

The danger of creating *pure anything* is that it can be highly subjective and inaccessible to many people. But I didn't find this to be the case of the pieces in the *Music E-vent*. The appeal of these works was that they challenged their listeners to dispense with our usual musical preconceptions and expectations and to try and *hear differently*.

And, Eureka, I think this might be *it!* Or at least the *it* I took away from this year's *Music E-vent*.

If this year's pieces were about anything, to resuscitate an old expression from the late 60s, "they were about what they were about." On hearing, they were ironic and fun, and at times funny. And perhaps if they had a lingering message it was about nothing more or less than *waking up*—checking our preconceptions and expectations at the (any) door, thinking, of course, but not taking ourselves too seriously; and looking closely and listening intently for music in unexpected places. ■

Member of the Roosevelt First Aid Squad Receives Army Award

By Jack Rindt

Sgt. John F. Rindt III, a member of the Roosevelt First Aid Squad who is assigned to the Vermont Army National Guard C. Co 3-126 AVN AA station in Kalsu, Iraq in support of Operation New Dawn as a flight medic, will be receiving the Combat Medic Badge for saving 5 wounded soldiers back in January 2011 after their vehicle struck an IED. Within minutes, their medical evacuation helicopters lifted off, with two Apache gunships as escorts.

Once landed at the landing zone, the medics started their triage. They had two critical patients and three walking wounded. The three walking wounded were placed in the second helicopter and the two critical patients were placed into Sgt. Rindt's helicopter and taken to the nearest field hospital.

During this evacuation of the wounded, they were taking sniper fire the whole time. No other American soldiers were hurt and the five soldiers are all doing well.

Receiving the Combat Medical Badge is a great honor in the Army medical field. As my son told me this, the pride that came over me was indescribable, and was even more so when he said "Dad, it's great that I was put in for this award, but I was just doing my job."

The Combat Medical Badge was conceived March 1, 1945 by the War Department. The Combat Medical Badge (CMB) could specifically be awarded to Officers and Enlisted personnel of the Medical Department who were assigned to or attached to a medical detachment of the infantry. The CMB was to recognize medical aidmen who shared the same hazards and hardships of ground combat on a daily basis

with the infantry soldiers. The CMB was never intended to be awarded to all medical personnel. Due to the uniqueness of ground combat in the infantry, it was intended to be awarded only to those Medics who served under direct fire with the infantry. To be awarded the Combat Medical Badge, the infantry unit to which the medical personnel were assigned or attached must have engaged the enemy in active ground combat. Medical personnel must have been personally present and under fire in order to be eligible for this award.



Combat Medical Badge
Awarded by United States Army

Type: Badge
Eligibility: An Army medic supporting ground combat arms unit brigade or lower.
Awarded for: ..Performing medical duties while being actively engaged by the enemy.

Visual Artists and Artisans Wanted

The Hightstown Farmers Market is seeking visual artists and artisans to show and sell their work.

The Market meets every Friday from 4 to 8 p.m. during the summer, June 3rd – September 30th, in the park alongside the Peddie Lake and is well-attended. No table fee or commission will be attached to sales.

If you have any questions or just want more details contact Ron Kostar at 443-4179.

ROOSEVELT PUBLIC SCHOOL And The Roosevelt Environmental Commission

It was a pleasure to participate in the Arbor Day / Earth Day events at RPS in April. I think our presentation about cavity nesters (wood ducks, flying squirrels and woodpeckers) plus local mammals (wood chucks, muskrats, and beaver) was well received. Again 'a tip of the hat' to all of our teachers for their energy and enthusiasm. My mere three hours there was exhausting. I hope the children learned something from the taxidermied animals on display.

The Roosevelt Environmental Commission would like to congratulate all sixth graders graduating to middle school. We are once again contributing to the award ceremony in memory of Jim Carnevale, Special recognition will be made in a future *Bulletin* of the actual award recipients after June's event.

HIGHLIGHTS OF LAST MEETING

Nearly all the members turned out for this meeting and we happily welcomed Mr. Kevin Zygler into the fold. The mood and discussions turned more serious as we heard from both our Planning Board and Town Council representatives.

We are ahead of most towns in terms of our recycling, yet our procedures must be made part of

Roosevelt's Master Plan. The few 'Park' benches we have in town will be repaired but no additional benches, like one near the municipal building for people to sit and wait for whatever reason, are anticipated. The acceptable height of lawn grass before cutting is mandated and is already an ordinance which will now be enforced. And, finally, from our council rep comes news that the gas station should be ready for sale by the end of the summer.

The WOOD DEBRIS PICK-UP, the largest single entry in the Roosevelt Environmental Commission's budget and our most popular homeowner program, was very successful and appreciated. Thanks again to ALLEN'S TREE SERVICE who does a great job and works well with our people.

No activity has been reported at the six wood duck nest boxes but they (the Wood Ducks) are a secretive lot. Please keep watching and tell us if you see anything. John Impellzarri supervised the layout of the extension (appropriately called 'Section E') of the Roosevelt Woodland Trail with Boy Scout Tim Collins and his father. It should be completed by the end of the summer and connect where trail section 'D' ends near the cemetery's east end with Monmouth County's parkland to the north of town. The next step is to prepare a simple map to show and explain the trail.

The spring LITTER PICK-UP is scheduled for 10:00 a.m. at the

Roosevelt Post Office on June 5th, a Sunday. Please come if you can. This is our habitat and it is a fun community event and helps clean up our environment.

Meeting adjourned about 9 p.m.

OUR NEXT MEETING

Our next scheduled Roosevelt Environmental Commission meeting will be held Wednesday evening at 7:30 p.m. on June 15, 2011. Everyone is welcome to attend and there is a chance for public comment and questions during each meeting.

If anyone has a newsworthy nature note of interest or comment of environmental concern, please give me a call at 732-828-0249 or drop a note to P.O. Box 203. Thank you for reading this column and please visit and contribute your thoughts and observations to the recgreen.ning.com Web site.

AND PLEASE

WALK THE

ROOSEVELT

WOODLAND TRAIL

(Look for plants, flowers, mushrooms, mammals and birds along the way and send your photos to our community Web site!) ■

PLEASE REMEMBER:
Thoughtful neighbors
pick up after their dogs.
Are you a thoughtful neighbor?

**HILLTOP POOL MEMBERSHIP AVAILABLE
2011**

Please call Lynn (609) 439-2672

The First Aid Squad has responded to 45 emergency calls from January 1 to April 30, 2011. In Roosevelt: emergency transports, cardiacs, motor vehicle accidents, difficulty breathing and downed wires. In Millstone: motor vehicle accident, emergency transports and a cardiac.

The training for April was reviewing the operation of the Kendrick Extrication Device (KED), which is used for seated patients with back injuries and the Traction Splint which is used primarily to secure fractures of the mid-femur for adults.

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 you are interested, please contact any Squad member or stop in during our training for an application and an EMT training schedule. If you would like to join or receive information about becoming an EMT, please e-mail FMFD7568@verizon.net

First Aid Squad History:

November, 1952: the Squad appointed a committee for the New Year's dance. May, 1953: the Squad appointed a committee to look into the cost for a new ambulance. May, 1953: Dave Glassman became a new member of the Squad. The cost for the 1954 New Year's Eve dance will be \$10.00 per-couple. May 31, 1954: the Millstone First Aid Squad purchase the Roosevelt old ambulance for \$400.00.

Health Notes:

DEHYDRATION

Dehydration is defined as the excessive loss of body fluid. While it is literally the removal of water from an object, in physiological terms it entails a deficiency of fluid within an organism.

There are three types of dehydration: **hypotonic or hyponatremic** (primarily a loss of electrolytes, sodium in particular), **hypertonic or hypernatremic** (primarily a loss of water), and **isotonic or isonatremic** (equal loss of water and electrolytes). In humans, the most commonly seen type of dehydration by far is isotonic (isonatraemic) dehydration which effectively equates with hypovolemia, but the distinction of isotonic from hypotonic or hypertonic dehydration may be important when treating people who become dehydrated. Physiologically, dehydration, despite the name, does not simply mean loss of water, as water and solutes (mainly sodium) are usually lost in roughly equal quantities to how they exist in blood plasma. In hypotonic dehydration, intravascular water shifts to the extravascular space, exaggerating intravascular volume depletion for a given amount of total body water loss. Neurological complications can occur in hypotonic and hypertonic states. The former can lead to seizures, while the latter can lead to osmotic cerebral edema upon rapid rehydration.

Signs and symptoms

Symptoms may include headaches similar to what is experienced during a hangover, muscle cramps (especially leg cramps), a sudden episode of visual snow, decreased blood pressure (hypotension), and dizziness or fainting when standing up due to orthostatic hypotension. Untreated dehydration generally results in delirium, unconsciousness, swelling of the tongue and, in extreme cases, death.

Dehydration symptoms generally become noticeable after 2% of one's normal water volume has been lost. Initially, one experiences thirst and discomfort, possibly along with loss of appetite and dry skin. This can be followed by constipation. Athletes may suffer a loss of performance of up to 30% and experience flushing, low endurance, rapid heart rates, elevated body temperatures, and rapid onset of fatigue.

Symptoms of mild dehydration include thirst, decreased urine volume, abnormally dark urine, unexplained tiredness, irritability, lack of tears when crying, headache, dry mouth, dizziness when standing due to orthostatic hypotension, and in some cases can cause insomnia. Other possible symptoms include cloudy urine and stinging during urination. Blood tests may show hyperalbuminemia. Mild dehydration also has been shown to negatively impact people's moods. Experiments have shown that dehydration is associated with confusion, fatigue, and negative moods. Mild dehydration, which includes water losses between 1% and 2%, observed in the experiment are comparable to mild dehydration experienced by people in their everyday lives.

In moderate to severe dehydration, there may be no urine output at all. Other symptoms in these states include lethargy or extreme sleepiness, seizures, sunken fontanel (soft spot) in infants, fainting, and sunken eyes.

The symptoms become increasingly severe with greater water loss. One's heart and respiration rates begin to increase to compensate for decreased plasma volume and blood pressure, while body temperature may rise because of decreased sweating. At around 5% to 6% water loss, one may become groggy or sleepy,

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Contributors to the Bulletin 2010/2011

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

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

JIMMY WIMBLETON listened a first week in June.
 Ditches along prairie roads of Northern Illinois
 Filled the arch of night with young bullfrog songs.
 Infinite mathematical metronomic croaks rose and spoke,
 Rose and sang, rose in a choir of puzzles.
 They made his head ache with riddles of music.
 They rested his head with beaten cadence.
 Jimmy Wimbledon listened.

-- *Young Bullfrogs* by Carl Sandburg

JUNE

June is a pivotal month in agriculture. Many weather proverbs relate to farming. Here are a few that mention June:

- A cold and wet June spoils the rest of the year.
- A dripping June keeps all things in tune.
- A dry May and a leaking June, make the farmer whistle a merry tune.
- June damp and warm does the farmer no harm.
- Mist in May and heat in June will bring all things into tune.

Summer starts in June. The long range prediction for the summer of '11 from the Climate Prediction Center calls for equal chances of above normal, normal, or below normal temperatures. Summer precipitation is forecast to be above normal in our region.

Looking Back at April

There were plenty of April showers this year and they brought a lot of rain to Roosevelt. A total of over six-and-a-half inches of rain fell. That's over two-and-a-half inches above normal for the month. The average temperature for the month was also above normal by 1.6 degrees. The weather was much more extreme in the nation's south. During April this year, there were over 600 tornadoes. I'll take wet and warm over that any month.

June marks the beginning of hurricane season. Here's the list of names for 2011 Atlantic hurricanes:

Arlene, Bret, Cindy, Don, Emily, Franklin, Gert, Harvey, Irene, Jose, Katia, Lee, Maria, Nate, Ophelia, Philippe, Rina, Sean, Tammy, Vince, Whitney

For good information about safety preparations for a hurricane, you can go to the National Hurricane Web site at <http://www.nhc.noaa.gov/>. There you'll find excellent information about how to prepare your family, including your pets for the several challenges presented to life and property by hurricanes.

Hurricane season runs from June 1 through November 30.

Weather Word

NACREOUS CLOUDS - Clouds of unknown composition that have a soft, pearly luster and that form at altitudes about 25 to 30 km above the earth's surface. They are also called mother-of-pearl clouds.

Weather Joke

Q: What did the pig say at the beach on a hot summer's day?
 A: I'm bacon! ■

April, 2011

Day	High	Low	Avg	Precip	Heat'g Degree Days	Cool'g Degree Days
1	46.0	33.3	39.7	0.00	25.4	0.0
2	54.5	30.2	42.4	0.00	22.7	0.0
3	35.4	21.4	28.4	0.00	36.6	0.0
4	46.6	23.4	35.0	0.00	30.0	0.0
5	64.8	38.1	51.5	0.00	13.6	0.0
6	60.4	51.3	55.9	0.00	9.2	0.0
7	56.8	35.1	46.0	1.57	19.1	0.0
8	49.6	28.9	39.3	0.00	25.8	0.0
9	46.0	29.1	37.6	0.00	27.5	0.0
10	54.5	39.2	46.9	0.00	18.2	0.0
11	56.8	44.2	50.5	1.25	14.5	0.0
12	57.6	39.0	48.3	0.00	16.7	0.0
13	54.0	36.7	45.4	0.00	19.7	0.0
14	49.3	30.9	40.1	0.00	24.9	0.0
15	54.3	28.9	41.6	0.00	23.4	0.0
16	55.9	40.3	48.1	0.00	16.9	0.0
17	61.7	50.7	56.2	2.40	8.8	0.0
18	66.0	42.6	54.3	0.00	10.7	0.0
19	58.8	44.4	51.6	0.00	13.4	0.0
20	76.5	44.8	60.7	0.00	4.4	0.0
21	76.1	46.6	61.4	0.00	3.7	0.0
22	56.1	35.6	45.9	0.00	19.2	0.0
23	64.0	43.0	53.5	0.24	11.5	0.0
24	81.9	58.1	70.0	0.40	0.0	0.0
25	80.8	60.1	70.5	0.34	0.0	0.5
26	82.6	56.1	69.4	0.00	0.0	0.0
27	82.6	64.8	73.7	0.00	0.0	3.7
28	81.5	64.8	73.2	0.00	0.0	3.2
29	72.1	49.3	60.7	0.32	4.3	0.0
30	66.2	45.5	55.9	0.00	9.2	0.0
Totals				6.52"	428.8	7.3



Scenes Around Roosevelt, N. J.

Monmouth County Office on Aging Annual Public Hearing June 15th, 2 p.m.

On Wednesday, June 15, 2011, the Monmouth County Office on Aging will conduct its annual Public Hearing at the Agriculture Building, 4000 Kozloski Road, Freehold, NJ.

A Public Hearing is a unique opportunity:

- for all residents of Monmouth County to present their compliments and complaints about the senior services they have or have not received during the past year;
- for the Office on Aging to present the wide variety of programs that are available to all senior residents of Monmouth County;
- for residents and the Office on Aging to explore together potential services that would enhance the lives of seniors and their caregivers;
- for individual grantees of the Office on Aging to discuss the specific and unique programs they offer to seniors;
- for all residents to learn how they can become ambassadors of the Office on Aging and assist in discovering the “Silent Seniors” who may be in need of assistance but are unaware of what help is available to them;
- for all residents to ask questions that pertain to the well being of the growing senior population in Monmouth County.

Please SAVE THE DATE—JUNE 15, 2011 at 2:00 p.m. and join the Monmouth County Office on Aging in refining, expanding and initiating services dedicated to our seniors and their caregivers. Your input is valuable and important.



Dear Roosevelt Public School
Student Council,

We all enjoyed finding a Spring-painted pot of petunias on each of our porches.

Thank you for thinking of us residents in the Solar Village and reminding us we have friends in your school.

Sincerely yours,

The Solar Village Residents

FIRST AID NEWS (CONT'D.)

Continued from Page 9

experience headaches or nausea, and may feel tingling in one's limbs (par-esthesia). With 10% to 15% fluid loss, muscles may become spastic, skin may shrivel and wrinkle (decreased skin turgor), vision may dim, urination will be greatly reduced and may become painful, and delirium may begin. Losses greater than 15% are usually fatal.

In people over age 50, the body's thirst sensation diminishes and continues diminishing with age. Many senior citizens suffer symptoms of dehydration. Dehydration along with hyperthermia results in old people dying during extreme hot weather.



Diseases of the gastrointestinal tract can lead to dehydration in various ways. Often, dehydration becomes the major problem in an otherwise self-limited illness. Fluid loss may even be severe enough to become life-threatening.

Prevention

Dehydration is best avoided by drinking sufficient water. The greater the amount of water lost through perspiration, the more water must be consumed to replace it and avoid dehydration. Since the body cannot tolerate large deficits or excesses in total body water, consumption of water must be roughly concurrent with the loss (in other words, if one is perspiring, one should also be drinking some water frequently).



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

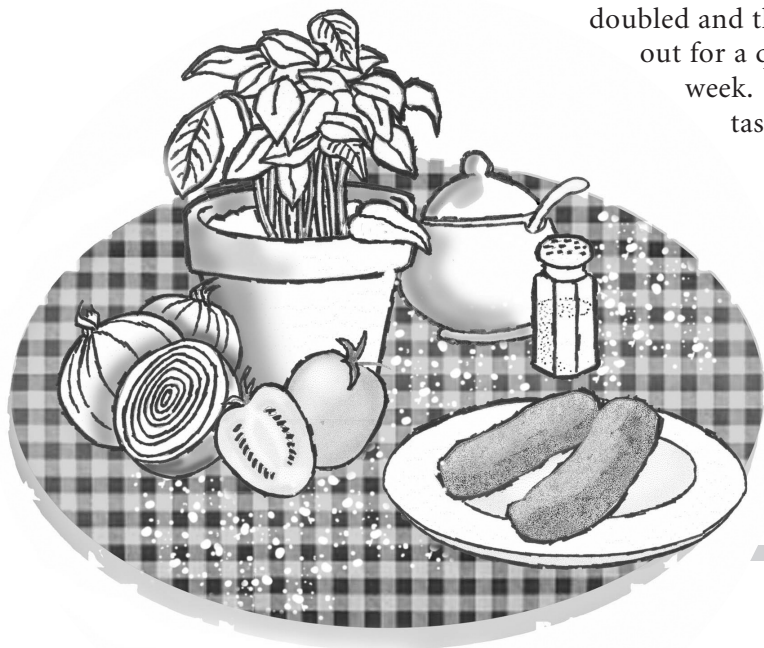
Remember-- if you need help, please “Dial 911”.

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



REMEMBER, IF YOU NEED HELP, DIAL 911

This recipe came from a *Good Housekeeping* magazine from September, 1994 and I have used it many times. It can be easily doubled and then portions can be frozen and then thawed out for a quick pasta dinner in the middle of the work week. It is a very easy recipe and adaptable to your tastes. At different times I have made it with hot Italian sausage, hot turkey sausage, sweet Italian sausage and regular turkey sausage—they all work just fine.



Easy Spicy Spaghetti Sauce

- 1 Medium onion diced
- $\frac{3}{4}$ lb. hot Italian or turkey sausage links
- $\frac{1}{4}$ C loosely packed fresh basil leaves, chopped
- 1 28-ounce Can Italian plum tomatoes
- $\frac{3}{4}$ tsp sugar
- $\frac{1}{4}$ tsp salt

Remove the casings from the sausage links and discard casings. Break up the tomatoes into smaller pieces and keep the liquid from the can.

Cook the sausage with the chopped onion in a skillet, stirring and breaking up the sausage. When the sausage and onion are browned, drain off any fat in the pan. Then add the tomatoes with their liquid, sugar, and salt. Bring to a boil. Reduce the heat to low. Cover and simmer for 15 minutes. Add the chopped basil and serve over pasta. ■

T = tablespoon tsp = teaspoon C = cup

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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 15th of each month.

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