

Bulletin

Volume 37 Number 9

July 2014

BOROUGH COUNCIL NEWS

By Michael Ticktin

New Borough Clerk Appointed Under Interlocal Agreement with Hightstown; Authorization Given for Improvements to South Valley Road and Lake Drive Lift Station; Municipal Tax Rate Unchanged in Proposed 2014 Budget; Summer Day Camp Reinstated

At its meeting of June 9, the Borough Council approved an interlocal agreement with the Borough of Hightstown under which Hightstown Borough Clerk Deborah Sopronyi will also serve in that capacity in Roosevelt until such time as Roosevelt hires a registered municipal clerk of its own. Ms. Sopronyi will be in Roosevelt either before or after her working hours in Hightstown for a total of approximately ten hours a week. She will also be available by telephone if needed. Assistant Administrative Clerk Debra Thomas and Kelly Tyers, the Borough's public works employee, will continue to staff the office at other hours during the day.

Two bond ordinances were introduced at the June 9 meeting and approved at the June 23 meeting. One of these ordinances authorized improvements to South Valley Road at a total cost of \$280,000, \$210,000 of which will be paid from a grant from the New Jersey Department of Transportation and \$40,000 of which will be raised from the sale of bonds or notes. The other ordinance appropriates \$32,000 for improvements to a sewage lift station at the eastern end of Lake Drive, \$30,400 of which will be paid from proceeds from the sale of bonds or notes. The

frequent malfunctioning of this lift station has caused the Borough to incur substantial costs for repairs that should no longer be necessary once the improvements are made.

Also at the June 9 meeting, the Council approved the introduction of the municipal budget for 2014. If the proposed budget is adopted, the municipal tax rate will be unchanged from 2013. In 2013, the municipal tax rate (.748%) was 25.68% of the total property tax, the balance being the school tax (1.852%, or 63.58% of the total tax) and county taxes (.313%, or 10.74% of the total tax).

Also at that meeting, the Council heard a presentation by Recreation Director Eric Shubiger about the interest that had been shown by Roosevelt parents in once again having a summer day camp program. When he distributed a questionnaire to parents, Mr. Shubiger had anticipated that perhaps 15 children might be enrolled, but thus far he has had commitments from parents of 22 children and expects 25 to 30 to ultimately participate. The program, as proposed by Mr. Shubiger and approved by the Council, will run for five weeks, for three hours a day, at a cost of \$275 per child. While it is necessary for the Borough to

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ANNOUNCEMENTS

Welcome to the 37th edition of the Roosevelt Borough Bulletin. There will be ten issues running from October 2013 through September, 2014. We will not publish in January and August 2014.

We welcome your emailed submissions for articles, letters, poems, artwork, and other items of interest. Please send your submissions and inquiries to Rick Pressler (rooseveltbulletin submissions@gmail.com). Non-digital submissions will be accommodated to the best of our ability, but we cannot guarantee publication. Inclusion of all items is subject to the availability of space and the editorial judgment of our Editor. Items must be received by the 15th of the month to be included in the next issue.

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 as shown.



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

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

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

If you wish to go, you must call the S.C.A.T. 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.boroughbulletin.org, the official website of the Borough Bulletin that is maintained by Bulletin Trustee Bob Francis. To have the Bulletin sent to you by email, please go to www.boroughbulletin.org and press the "Push Here to Sign Up for Bulletin" button.

The *Roosevelt Borough Bulletin* is published monthly, except August and January by Roosevelt Borough Bulletin, Inc. P.O. Box 221, Roosevelt, NJ 08555

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From the Mayor

Dear Neighbors,

By Elsbeth Battel

It was wonderful to see so many interested neighbors coming to the June Environmental Commission meeting to learn about, and volunteer to help with, the Environmental Resources Inventory. Nearly everyone spoke up to indicate that the open space, woods and farmland were chief amongst the things they valued most in Roosevelt. Many thanks to the Environmental Commission for acquiring the grant and to the Fund for Roosevelt for significantly contributing to the funds to make this possible.

Summer is here; time for summer vacations, long pleasant evenings and time spent outdoors.

It is my wish that everyone has a lovely summer, but stay safe. If you haven't already done so, please learn to swim and be sure your children are taught to swim. It is a simple, inexpensive survival skill that may someday save a life.

Beth

BOROUGH COUNCIL NEWS (CONT'D)

Continued from Page 1

make funds available to hire staff and pay other expenses, Mr. Shubiger said that he expects the revenue from paid by the families of participants to be sufficient to reimburse the Borough for all expenditures.

Also at the June 9 meeting, the Council thanked Allen Newrath for the donation of a work of art by Stefan Martin and had it placed on display in the community room.



Keep up to date with the latest happenings, events and announcements. Follow the Borough of Roosevelt on Facebook: www.facebook.com/RooseveltBoro

If you would like your organization's event posted to the Borough's Facebook page, please send event details to aprilsuk@gmail.com

THE ROOSEVELT BOROUGH BULLETIN

is distributed free-of-charge to Roosevelt residents. We look forward to and appreciate contributions which are very much needed to keep our publication going.

Contributions are tax deductible

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

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

In order to save on postage, we would encourage non-residents who have computers to subscribe to the *Bulletin* online at www.boroughbulletin.org in lieu of receiving a paper copy. Donations from readers, wherever they may be, and regardless of the medium in which they read the *Bulletin*, are still very much welcome, since we could not publish without your support.

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

Please send contributions to:

Roosevelt Borough Bulletin, Inc., P.O. Box 221, Roosevelt, NJ 08555

REPORT FROM YOUR COUNCIL REPRESENTATIVE

A View from a Council Seat

Hello Roosevelt, I am writing my last article for the summer on a hospital bed. Not to worry, just a little intestinal nonsense, should be home soon.

Only good stuff to report from Council. There will be no water/sewer rate increases this year. Our lift station and Water Plant projects will be going ahead as planned.

I'm sure you've seen the flags going up over town and have seen the events planned for the fourth of July. This is thanks to our fire company, that is our volunteer fire company, who have put a lot time and their own resources into giving us a real fire company. We all need to support their efforts any way we can. What they need is a real firehouse for a new fire truck. I'm asking you, the community, to tell us on the Council, to honor their commitment by making sure they get that firehouse.

Have a great and safe summer.

Till next time,

Stu Kaufman



June Counterman Honored for Service on the Monmouth County Board of Health

by Susan Jones

June Counterman, long-time resident and community activist of Roosevelt, was recently honored by the Monmouth County Board of Chosen Freeholders for her contributions to the health and well-being of its citizens. Ms. Counterman started her service as a volunteer with the Roosevelt First Aid Squad. Leon Barth, then mayor of Roosevelt, nominated her in 1978 to represent Roosevelt and western Monmouth County on the newly formed Board of Health. Her faithful thirty-six years of service is the longest of anyone on this board, and one of the longest of anyone on any county board. During her tenure, she was active in the creation of many of the programs and services that the board initiated to protect public health – including several health screening services, as well as systems and partnerships designed to provide timely aid during public health emergencies.

Michael Meddis, Monmouth County Public Health Coordinator, honored her long service at the May meeting of the Board by presenting her with a plaque and a certificate. In further recognition of her long service, the meeting room of the Board of Health was renamed in her honor and the Board of Chosen Freeholders proclaimed May 20, 2014 as “June Counterman Day.”

I am sure that all residents of Roosevelt are pleased to add our community's thanks to June Counterman for her many contributions to the health and safety of our town and county.

ELECTRONICS RECYCLING

State law now prohibits disposal of computers and TVs with trash. Free drop-off. Program open to all Monmouth County residents, small businesses, and institutions. Limited to one pick-up truckload.

Items accepted:

- Computer cases, CPUs
- Keyboards, Mice
- Monitors, Scanners
- Printers, Cables
- Laptops, Peripherals
- Televisions
- Radios, Cameras
- Telephones
- Copiers, Fax Machines
- VCRs, DVD Players
- Stereo Components

Location:

MILLSTONE TOWNSHIP
Dept. of Public Works Garage
Recycling Center
899 Perrineville Rd.
Open on Saturday & Sunday
8:00 a.m. - 1:00 p.m.

For additional sites within Monmouth County, please visit
www.visitmonmouth.com/page.aspx-?ID3021

REMINDER FOR RECYCLING:



Always leave at least 3 feet between your garbage can and recyclable container(s). The arm that lifts the garbage can needs enough room to operate so it can avoid knocking over other containers.

ENVIRONMENTAL COMMISSION

Roosevelt Resources

by Diane Hewlett-Lowrie, Chair, Roosevelt Environmental Commission

Roosevelt Environmental Commission launches its Environmental Resource Inventory (ERI) project with a special meeting at the Borough Hall.

Green spaces, woodland trails, access to open space, wildlife, and kids in the woods! These are all highlights of our local environment as expressed by the many Roosevelt residents who attended the launch of the Borough's Environmental Resource Inventory (ERI) project. Hosted by the Roosevelt Environmental Commission, the meeting on June 18 was an opportunity to hear from the consultant, Dr. JeanMarie Hartman, and to provide Roosevelt residents with an opportunity to ask questions and provide input for this exciting initiative.

The Commission's vice-chair, Mr. Eitan Grunwald, explained how the ERI will identify current and potential threats to our environment, inform the council for future planning efforts, and identify areas where further action is required. Dr. Hartman, of Rutgers University, provided an overview of the project and invited residents to list any concerns they thought should be a priority. Stated issues included loss of habitat and wildlife diversity; rising water levels; the flow (or non-flow) of Empty Box Creek; more deer, ticks and mosquitoes; invasive species; illegal dumping in the green space; and, the impact of domestic cats.

Dr. Hartman (who interestingly conducted our previous ERI in 1993), further explained some of the methods she and her students will use to gather the information for the ERI, including using Geographic Information System (GIS) databases, existing reports, and on-the-ground sampling. The final reports and products, due to us in December, will be provided electronically – enabling maximum use and sharing.

YOU CAN GET INVOLVED! The ERI team is actively looking for local residents to help out. Volunteers are needed to help with a variety of jobs, including identifying trees, plants, birds, insects, and wildlife; going through old town records; and/or, keeping records. Many thanks to the 12 volunteers currently registered!

Volunteers may also be needed to help with a bioblitz. Bioblitzes are usually one day of intense field observations where as many different species as possible are identified and recorded by scientists, naturalists and volunteers. Another suggested activity was partnering with the NJ Invasive Species Strike Force Team. Residents will be invited to report any alien sightings! If added to the ERI, announcements about these activities will be posted in the near future on the PO and Borough Hall bulletin boards and on Roosevelt's Facebook page.

We are very excited about this project as it will provide a complete overview of current conditions in our local environment and help determine courses of action to make Roosevelt an even greener and healthier place for people and wildlife. If you're interested in volunteering, or would like more information about the ERI, contact Eitan Grunwald at 609-426-4636 or eitan@eitangrunwald.com.

Funding for the Environmental Resources Inventory project was provided by "Fund for Roosevelt" and refreshments were courtesy of our Sustainable Jersey grant. Thank you!

Special thanks to the Environmental Commission members for their work on this project and to the borough council and mayor for their support.

PET WASTE POLLUTES OUR WATERS

WHAT CAN YOU DO TO HELP PROTECT OUR WATERS

Pick up after your pets. Properly dispose of pet waste into the trash. Animal waste contains coliform bacteria, which is harmful to our health.

Carry a newspaper or plastic bag to pick up the waste while walking your pet

When treating your pet and yard for fleas or ticks, check with your veterinarian for safe substitutes. Never dispose of flea dip liquid on the ground or in the storm drain. It should be disposed of as a household hazardous waste.

Visit www.state.nj.us/dep/dshw/rnp/hhwcp for list of county household hazardous waste disposal centers.

Do not feed wildlife such as geese, pigeons, ducks and deer.

Feeding results in more pollution from their waste.

For more information please contact the following:

NEW JERSEY DEPARTMENT OF ENVIRONMENTAL PROTECTION
DIVISION OF WATER QUALITY

BUREAU OF NONPOINT POLLUTION CONTROL

MUNICIPAL STORMWATER REGULATION PROGRAM

(609)633-7021

WWW.NJSTORMWATER.ORG



On Saturday, June 14, we celebrated the graduation of our 6th grade class. This was the “77th Annual Commencement Exercise” from Roosevelt Public School. The weather was spectacular, the celebration included many traditions and many members of our community joined the nine graduates, their families and the faculty for the ceremony. Five of the graduates will attend Kreps School and four will be attending private schools.

I am pleased to share the remarks that I made at the graduation:

Good Afternoon Everyone.

It is my honor to welcome you to the Roosevelt Public School Graduation. My name is Mary Robinson Cohen and I have had the privilege of serving as the Superintendent and Principal here since November. Please indulge me as I share some reflections.

Dear Community Members:

During this relatively brief time, I have seen firsthand, and see today, the incredible amount of community support for our children. You may have heard, as the country grapples with improving the education of our children that the research shows community support is vital to the success of children. Recently, I met up with an old friend of mine for lunch. She is a professor of education and we discussed her new book about Community Schools - schools that really function as the centerpiece of the community. As we spoke, I told her about this community- its history, how it is interwoven with the school and its commitment to supporting the children. We both agreed that this was a “community school” way before the term was coined in the research. I believe that this is the model for what other schools should be.

Dear Parents:

I want to congratulate you on this first milestone that your children

have reached in their academic careers. They need you to continue to provide the support that you have given, to reach their goals. As a parent, on the other side so to speak, with two grown children who have graduated from college and are pursuing their passions, I can tell you that it won't always be as easy as it has been to stay actively engaged in your children's schooling. And yet, you must. You have to encourage them while they are actively discouraging you from knowing any of the details of their lives. You have to wear your “007 hats”, and your “suits of armor” and make sure that you know every detail of their lives—oftentimes before they do.

Make sure that the details include reading voraciously and learning to think critically. Make sure that the details include developing a passion, sticking with it and finding a way to use that passion to give back to society. Remember, it is developmentally appropriate for them to look to their peers for advice, but you have to stay strong (thus the armor because teenagers are known to have tantrums that are worse than the terrible twos) and continue to hold high expectations for them. And I can tell you, there is life on the other side of the teenage years. Your children will ultimately embrace the values that you set out for them. And, as improbable as this sounds, they may even ask you for fashion advice and a recipe – these two things happened to me just during this past week. The little boy, now grown up, whom I am certain told me he thought that the dish had too many onions, asked for the recipe (presumably to share with his wife and not to show his wife!) and the little girl, now grown up too, asked yesterday if she could borrow something that I own to wear – (and she works in the fashion industry!)

Dear Teachers:

I consider myself fortunate to come to work every day to work with a team of excellent teachers. These dedicated professionals come to work every day with the mission of instilling in the children content knowledge and a love for learning. On a daily basis I see our teachers hold expectations high and challenge each and every one of the children to push themselves further than they think possible.

Some of you may know that when I taught, I taught at the high school level. I knew then, and even more so now, that all teachers stand on the shoulders of the elementary teachers who provide the solid foundation for our children. Many times, the teachers who get the accolades are the high school teachers who are perceived to have “gotten the student into a prestigious college.” I want to acknowledge publicly that I appreciate all that my elementary and middle school colleagues do. And, I want to say a special thank you to our Roosevelt team of teachers for all that you do and for warmly welcoming me to your team.

Dear graduates: Katie, Liam, Madison, Mark, Jaida, Jade, Ariel, Parker, Vivan.

Congratulations! This is your moment—enjoy it—you have learned and grown so much, and you have worked hard with your teachers and your parents to get to this important milestone.

My advice to you is: continue to work hard and continue to love to learn throughout your lifetime. Always, always read—and I am not talking about your required reading for school. Read what is happening in the world, read about what you enjoy. Always think critically—question, don't just take what people tell you at face value (I know that most of you are already very good at that!) Figure

SCHOOL NEWS (CONT'D.)

out what you love to do and figure out a way to make that what you do in your life and find a way to give back to your community. Hold high expectations for yourself and meet them—you will fail sometimes along the way, but pick yourself up and continue on. Always remember that you come from a community and a school that supports you and celebrates you—look around and see the strong community ties that represent Roosevelt and that are here for you.

You have shown me that you know how to work hard and to play hard (you are fierce competitors on the dodgeball court!) Finally, always remember to—and you know what I am going to say here because it is how we sign off on the morning announcements—what do I remind you to do each day? - please say it with me - BE KIND TO EACH OTHER!

Education Fund Holds First Fundraiser

On June 7th Roosevelt Public School Education Foundation (RPSEF) held its first fundraiser at Rockville Climbing Center in Hamilton, NJ. The event proved so popular with children and their parents that it is being considered as an annual event for the newly established foundation. RPSEF is committed to providing funding for programs and purchases for Roosevelt Public School that cannot be funded through the school budget.



Roosevelt Public School Special Education Services

Roosevelt Resident Parents of children ages three to twenty-one years of age, who notice any special problems in their child's development including fine and gross motor, speech/language development, acquisition of age appropriate cognitive skills or other significant development delays should contact Susan Goldfond, Coordinator of Child Study Team at 609-448-2798. This also applies to homeless children and children of families of migrant workers



Roosevelt Fourth of July Celebration



10:00AM – Neighborhood Pet Show!

Bring your dog, bring your fish, or bring your pet rock! Join us under the big oak tree next to Roosevelt Public School. Awards will be presented for **Friendliest, Softest, Best Jumper, Best Dressed, Shiniest Fur, Quietest, Best sniffer, Most Fun**, and many more!

10:30AM - Picnic Game Pre-Registration

Register for Corn Hole Tournament, Cheeto Head, Three Legged Race & Water Balloon Toss games.



11:00AM – Fourth of July Parade

All parade participants should meet at the school at 10:45AM. Parade begins at 11:00. Decorate your bikes, scooters, wagons and join us for the Roosevelt Fourth of July Parade! The new extended parade route will start and end at the school, and encompass both sides of town for a total of 2.21 miles. We have invited neighboring fire departments, first aid squads and local scouting groups this year!

Noon – Fourth of July BBQ

**** GAMES ** FOOD ** BOUNCE HOUSE ** 50/50 ** LIVE DJ ** DUNK TANK ****

We encourage residents to bring their favorite dessert or side dish to share with friends and neighbors.

1:00PM – Kids Picnic Games

Pick a teammate and come join us for some rousing games of Cheeto Head, Water Balloon Toss and a Three Legged Race! Three different age groups will compete for hundreds of dollars in prizes! Space is limited, so please pre-register at the Pet Show. (\$4 per team per game or \$10 for all three)

2:00 – Corn Hole Tournament

Teams compete for prizes in our first ever Corn Hole tournament! (18 & over | \$10 per team) Space is limited so please pre-register at the Pet Show.

2:30 – Nozzle Knockdown

Kids get to experience what it's like to knock down a fire (targets) with a real fire hose!

3:00 – Fire Truck Sprinkler Party

Bring your bathing suit! Enjoy a run in our giant fire-hose sprinkler!

All proceeds from 50/50, Kids Picnic Games and Corn Hole Tournament will go towards helping the Roosevelt Fire Department purchase a new fire truck. All proceeds from the dunk tank will benefit the Roosevelt Fourth of July Committee and help to fund future improvements of the Fourth of July Picnic.



Fourth of July Parade Route

All parade participants should meet at the school at 10:45, the Parade begins at 11:00.

This year the parade route will be expanded to include the Eastern half of town. The parade route will leave the school, making a right onto Pine Drive, crossing to Homestead Lane. It will then make a right onto North Valley road, a left onto Farm lane and then turn left at the post office.** The parade will then proceed down Rochdale to Tamara, around Tamara to Pine and end up back at the school.

Walkers who do not wish to walk the entire parade route can drop off or join in at the Post Office and walk half of the route.



We ask that participants for both the parade and the picnic utilize the school for parking.

The Deli Parking lot will be off limits to picnic goers as it is being reserved for visiting Emergency Vehicles.

The First Aid Squad has responded to 84 emergency calls from January 1 to May 31.

For the month of May the Squad responded to 14 calls.

The Squad responded in Roosevelt to 1 fire stand-bys, 1 fall, 1 pediatric head injury, and 1 respiratory emergency.

Mutual aid into Millstone Twp., 1 MVA with a bicycle, 2 respiratory emergencies, 1 crisis transport, 1 nose bleed, 2 unresponsive, one being a pediatric.

Mutual aid into Upper Freehold Twp. 1 cardiac.

In May the training was bandaging and splinting. This class is to sharpen the EMT skills for all members.

June 1 will start the Squad's 66th. year of service to the Borough of Roosevelt and the surrounding communities.

As the Squad sent out our donation letters we included "My Personal Medication" form. Please fill the form out and place it on your refrigerator, including only your current medication. This would be a great help to the Squad members if we had to come to your home in an emergency. If you miss place it the form contact any Squad member for a new one or if you need more than one.

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!

If anyone wishes to make a donation, please 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

Roosevelt First Aid Squad
33 North Rochdale Ave.
P.O. Box 274
Roosevelt, New Jersey 08555
Est. 1948

training that is needed. If anyone is interested please contact any Squad member or stop in during our training for an application. If you would like to join or receive information about becoming an EMT, please email rooseveltfirstaidsquad@yahoo.com. We are now on facebook.

You might not have been hearing the town emergency services siren. Monmouth County radio room has put into service new dispatching radios. We have learned that the County radio room has not put in the tones needed to activate the siren for fire or EMS. Once they work out all the problems in the new system, they will work on the siren. All members of the emergency services have pagers, which they can carry so if there is a call they can still be notified.

Health Notes:

A broken hip is a common injury, especially in elderly individuals with thinning bone. In the United States, hip fractures are the most common broken bone that requires hospitalization; about 300,000 Americans are hospitalized for a hip fracture every year. A "broken hip" and a "hip fracture" mean the same thing.

Hip fractures in the elderly are most often caused by a fall, usually a seemingly insignificant fall. In younger patients with stronger bones, more common causes of a broken hip include high-energy injuries such as car accidents. Hip fractures can also be caused by bone weakened from tumor or infection, a problem called a pathologic fracture.

A broken hip in the elderly can be explained primarily by weakening of the bone as a result of osteoporosis.

Elderly patients with osteoporosis are at much higher risk of developing a hip fracture than someone without osteoporosis. Other risk factors associated with hip fracture are female sex, Caucasian race, slightly built individuals, and limited physical activity.

Hip Fractures & Osteoporosis:

Osteoporosis is a condition that causes loss of bone mass; the composition of the bone is normal, but it is thinner than in normal individuals. With thinner, weaker bones, patients with osteoporosis are at much greater risk for developing a hip fracture from accidents such as falls.

Are all hip fractures the same?

No. Hip fractures are generally separated into two types of fractures:

Femoral Neck Fractures – A femoral neck fracture occurs when the ball of the ball-and-socket hip joint is fractured off the top of the femur. Treatment of a femoral neck fracture depends on the age of the patient and if the ball has moved out from its normal position.

Intertrochanteric Hip Fractures – An intertrochanteric hip fracture occurs just below the femoral neck. These fractures repaired more often than femoral neck fractures. The usual surgical treatment involves placement of a plate and screws or a rod and screws to stabilize the fractures.

Treatment of a hip fracture almost always requires surgery. In some cases, such as some stress fractures of the hip, or in patients who have severe medical problems that prevent surgical treatment, non-operative treatment may be recommended. However, most all hip fractures are treated with surgery. The type of surgery that is preferred depends on the type of fracture.

A femoral neck fracture occurs just below the ball of the ball-and-socket hip joint; this region is called the femoral neck. When a femoral neck fracture occurs, the ball is discon-

RESCUE SQUAD (CONT'D)
nected from the rest of the thigh
bone (the femur).

The important issue with femoral
neck fractures is that the blood sup-
ply to the fractured portion of bone is
often disrupted at the time of injury.
Because blood flow is diminished,
these fractures are at high risk of not
healing, especially when the fracture
is badly displaced. Due to the prob-
lem blood supply with femoral neck
fractures, many will be treated by a
partial hip replacement.

What is the treatment of a femoral
neck fracture?

Treatment of a femoral neck fracture
depends on several factors. The most
important criteria to consider are:

The amount of displacement of the
fracture

The age of the patient

In younger patients, those under 60
to 65 years old, every effort will be
made to avoid a partial hip replace-
ment. Hip replacements work very
well for less active patients, but they
tend to wear out in younger, more
active patients. Therefore, in young
patients, a chance may be taken to
avoid hip replacement even if there is
a high risk of a non healing fracture.

Hip Pinning:

A hip pinning is a procedure done
to place several screws across the
fractured bone. Hip pinning is gen-
erally only done in patients with a
femoral neck fracture that is well
aligned and minimally displaced. In
young patients, as described above,
hip pinning may be attempted even
if the bones are not properly aligned.
However, even in this setting, a
partial hip replacement may be nec-
essary.

When a hip pinning is performed,
a patient is usually under general or
spinal anesthesia. A small incision
is made on the outside of the thigh.
Using x-ray to guide your surgeon,
several screws are passed across the

fracture in order to stabilize the bro-
ken bones.

Patients can generally place as much
weight on the hip as is tolerated, but
this will vary in some cases--check
with your surgeon before initiating
any therapy or exercise. As the bones
heal, the pain will generally subside.
The primary concern with femoral
neck fractures is that the damaged
blood supply to the bone will lead
to non healing or bone death (hip
osteonecrosis) of the femoral head.
In these cases, patients may require
a hip replacement surgery down the
road.

There are still many houses in town
that do not have house numbers or
have numbers that are too difficult
to see from the street. Please check
the numbers posted on your house
to ensure they are large and visible
enough for emergency services and
State Police to see from the road,
especially at night.

Remember if you need help please
dial 911.

Jack Rindt, EMT (I), Captain

Roosevelt First Aid Squad

rooseveltfirstaidsquad@yahoo.com



The Bulletin Needs Your
Ideas and Feedback!

The Roosevelt Borough
Bulletin is hosting a
meeting for our read-
ers (and all others) on
August 21, 8:00 pm to
9:00 pm, at the Leon Barth
Community Room in Solar
Village.

Please join us and share
your ideas for improving
the Bulletin and making it
more enjoyable and useful
to the community. This is
also a great opportunity to
explore any interest you
may have in contributing
articles, poems, artwork,
and so on. For more
information contact Rick
Pressler, Managing Editor,
at rpressler32@gmail.com.

We hope to see you there!

A BOAT beneath a sunny sky,
Lingering onward dreamily
In an evening of July -
Children three that nestle
near,
Eager eye and willing ear,
Pleased a simple tale to hear.

From "A Boat Beneath a Sunny Sky" by Lewis Carrol

Several recipes for those fresh summer tomatoesSubmitted by
Hope Pressler**Baked Tomatoes**

Ingredients:

6 fresh whole tomatoes
6 teaspoons vinegar
6 whole cloves
6 teaspoons brown sugar

Preparation:

Preheat oven to 350°.

Core tomatoes. Put 1 teaspoon vinegar, 1 teaspoon brown sugar, and one clove in each cored tomato. Place tomatoes in a baking dish and bake for 35 to 45 minutes at 350°. Tomatoes should be slightly browned.

Fried Green Tomatoes

Ingredients:

1 cup stone-ground cornmeal	1 1/2 cups buttermilk	1/2 cup vegetable oil
1 cup all-purpose flour	Salt and pepper	Hot pepper sauce
1 tablespoon garlic powder	4 large unripe tomatoes	Lemon wedges

Preparation:

Cut tomatoes into 1/2-inch thick slices

Combine the cornmeal, flour, and garlic powder, together.

Pour the buttermilk into a separate bowl and season with salt and pepper.

Dip the tomatoes in the buttermilk and coat both sides with the cornmeal mixture.

Place a large skillet over medium heat and coat with oil.

When the oil is hot, pan-fry the tomatoes (in batches if necessary) until golden brown and crispy on both sides, about 3 to 4 minutes on each side.

Remove the tomatoes and drain on paper towels.

Serve with hot pepper sauce and lemon.

Broiled Tomatoes

Ingredients:

2 medium tomatoes	3 tablespoons melted butter
Dijon mustard	1/4 cup seasoned bread crumbs
salt	1/4 cup grated Parmesan cheese
Pepper	

Preparation:

Cut tomatoes in half.

Spread cut side with mustard and sprinkle with a salt, and pepper to taste.

Combine melted butter, bread crumbs, and Parmesan cheese.

Spoon crumb mixture over the top of each tomato half.

Place under the broiler and broil until crumbs are browned and tomatoes are tender.

YOU CAN PARTICIPATE IN A NEW ERI !

What's an ERI?

An Environmental Resources Inventory (ERI) is a survey of current environmental conditions.

The Roosevelt Environmental Commission will be conducting an ERI this summer. The survey will look at our soil, water, wetlands, vegetation, wildlife, geology, topography, and land use.

The ERI will help identify any existing or potential threats to the environment of Roosevelt, and provide guidance for developing effective responses.

You can participate – and have fun, too!

The survey will be done by researchers, but volunteers are needed to help with field observations and other simple tasks. It's easy, fun, and takes little time – plus, it can be customized to your interests and availability.

If you like going around town, just for the pleasure of exploring and enjoying what we have here in Roosevelt, here's your chance to make a valuable contribution at the same time.

To learn more about participating in the ERI, contact Eitan Grunwald at 609-426-4636 or eitan@eitangrunwald.com.

More Than Enough

By Marge Piercy

The first lily of June opens its red mouth.
All over the sand road where we walk
multiflora rose climbs trees cascading
white or pink blossoms, simple, intense
the scene drifting like colored mist.

The arrowhead is spreading its creamy
clumps of flower and the blackberries
are blooming in the thickets. Season of
joy for the bee. The green will never
again be so green, so purely and lushly
new, grass lifting its wheaty seedheads
into the wind. Rich fresh wine
of June, we stagger into you smeared
with pollen, overcome as the turtle
laying her eggs in roadside sand.



The Roosevelt First Aid Squad


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RECYCLING DATES:

July 2, 16, 30

August 13, 27



JULY

1 Tues.	7:00 pm	Planning Board, Borough Hall
1 Tues.	12:30 pm	Senior Citizens Meeting, Borough Hall
2 Wed.		Recycling Pickup 
4 Thurs.	10:00 am	Roosevelt 4th of July Celebration
10 Thurs.	7:00 pm	Fire Company Business Meeting, Chris Suk, President 490-0931
13 Sun.	10:00 am	Roosevelt First Aid Squad, Training Jack Rindt, Training Officer
14 Mon.	7:00 pm	Council Action Meeting, Borough Hall Beth Battel, Mayor, 448-7701
15 Tues.	8:00 pm	Roosevelt First Aid Squad, Business Meeting, Jeff Klein, President
16 Wed.	7:30	Environmental Comm. Mtg., Borough Hall, Stu Kaufman, Chair. 448-4921
16 Wed.		Recycling Pickup 
24 Thurs.	7:30 p.m.	RPS Board of Education, Natalie Warner, President, 609-903-1061
28 Mon.	7:00 p.m.	Council Action Meeting, Borough Hall, Beth Battel, Mayor, 448-7701
30 Wed.		Recycling Pickup 

An electronic calendar was installed on the Roosevelt Board of Education's website containing information about state testing, upcoming field trips, events and additional pertinent information. Learn more about all of the happenings in our school, visit RPS website: www.rps1.org.

Please send notice of your events to Bulletin at P.O. Box 221 or email to RooseveltBulletinSubmissions@gmail.com

AUGUST

5 Tues.	7:00 pm	Planning Board, Borough Hall
5 Tues.	12:30 pm	Senior Citizens Meeting, Borough Hall
10 Sun.	10:00 am	Roosevelt First Aid Squad, Training Jack Rindt, Training Officer
11 Mon.	7:00 pm	Council Action Meeting, Borough Hall Beth Battel, Mayor, 448-7701
13 Wed.		Recycling Pickup 
14 Thurs.	7:00 pm	Fire Company Business Meeting, Chris Suk, President 490-0931
19 Tues.	8:00 pm	Roosevelt First Aid Squad, Business Meeting, Jeff Klein, President
20 Wed.	7:30	Environmental Comm. Mtg., Borough Hall, Stu Kaufman, Chair. 448-4921
21 Thurs.	8:00 pm	Roosevelt Borough Bulletin Community Meeting, Leon Barth Community Room, Solar Village Rick Pressler, Managing Editor
25 Mon.	7:00 p.m.	Council Action Meeting, Borough Hall, Beth Battel, Mayor, 448-7701
27 Wed.		Recycling Pickup 
28 Thurs.	7:30 p.m.	RPS Board of Education, Natalie Warner, President, 609-903-1061