

Bulletin

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March 2012

BOROUGH COUNCIL NEWS

By Bob Clark

Council Discusses Rising Waters, Recreation and History

At the Borough Council’s February 13 meeting, Council members Mike Hamilton and Ralph Warnick led a discussion of possible ways to better control the flow of water collecting in the area of Empty Box Brook and the stream behind the houses on the north side of Pine Drive. *News 12 New Jersey* recently aired a report on rising water tables and flooding that highlighted a description by Roosevelt resident Rod Tulloss of the effects of channel deterioration, siltation and blockage at Empty Box Brook on both sides of the asphalt path connecting North Valley Road and South Valley Road. When the state Department of Environmental Protection (DEP) reversed course and nixed a grant obtained nearly a decade ago for Roosevelt to reconstruct the channel of Empty Box Brook, ever-increasing amounts of water spilled over and eroded its banks resulting in the toppling of many trees and expansion of swamplands and soggy meadows in the area. Falling trees and beaver dams have further altered the flow of waters in that area and elsewhere in the Borough.

Assemblyman Robert Clifton and a legislative aide visited Roosevelt on February 10 to observe the situation and to suggest ways to ward off flooding that might impact nearby residences. As a Monmouth County Freeholder, the Assemblyman previously had helped the Roosevelt Solar Village to obtain a grant to repair walkways and construct more parking spaces. At that time, he expressed a fondness for the small town, which now is in his legislative district (12th).

Council members Hamilton and Warnick, Mayor Beth Battel and Planning Board Member Michael Ticktin conducted the tour. Assemblyman Clifton recalled from his previous service on the Monmouth County Mosquito Control Commission that efforts to control mosquitoes might supersede DEP policies that would lead to increased overflow from streambeds, marshland expansion, and dying trees. He also offered to ask DEP to clarify its position and to request that the Monmouth County Engineer address the problem of blocked and silt-laden streams traversing Roosevelt and nearby communities. Councilman Warnick will serve as the Borough’s contact person.

Councilman Warnick reported that necessary paperwork regarding the proper disposal of some of the soil from the site of the abandoned service station had been completed and sent to the environmental consultant to be forwarded to DEP. The tainted soil is gone from the site. The Borough will seek bids for a project costing up to \$15,000 to drill and maintain wells for the remediation of water in the area. Asked about progress in tidying up the building and its surrounding area, Councilman Tom Curry said it “is happening.”

In his capacity as Council liaison to the School Board, Mr. Warnick reported that there currently are 95 students at Roosevelt Public School (RPS), including 23 who pay tuition. He said RPS plans to rely less on newsletters to provide information to the community and more on articles in the

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ANNOUNCEMENTS

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

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

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

If you want to contact the *Bulletin*, please look at our masthead to the right with our address and telephone number as shown.



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

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

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

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

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.

Roosevelt Open Studio

Roosevelt School Art Room

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

Open for Roosevelt Residents over 15

Contact: Ellen Silverman Home phone 609 490 0557

Cell phone: 609 865 7396

PLEASE REMEMBER:

**Thoughtful neighbors pick up after their dogs.
Are you a thoughtful neighbor?**

The *Roosevelt Borough Bulletin* is published monthly except August, September, and January by Roosevelt Borough Bulletin, Inc. P.O. Box 221, Roosevelt, NJ 08555 609-448-2701

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Joseph S. Campisi	Jack Rindt
Bob Clark	Ellen Silverman
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Ron Filepp	Carol Watchler

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Breaking Bread and Calendar Art
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From the Mayor

By Elsbeth Battel

Dear Neighbors,

As we head into spring this year I know many of us are concerned about the rising water/sinking land situation in Roosevelt. Several years ago, as early as 2003, the Environmental Commission sought to alleviate the problem by applying for a State Department of Environmental Protection grant to fund the removing obstacles in the streambeds, replacing undesirable invasive growth with indigenous plants and trees, and opening silted sections of Empty Box Brook and its tributaries. The Environmental commission was awarded the grant, only to have permission to pursue its goals denied by the Department of Environment Protection. Some of the reasons given were the need to refresh the aquifer, the re-establishment of the desirable habitat for creatures that like wetlands environment, and the reduction of flooding downstream in Trenton from Assunpink Creek.

Since then the waters have risen, dry land has sunk to swampland and many, many large formerly healthy trees have died. One need only to walk the Roosevelt trail to see

the damage, if you can get through the flooded paths. Many residents have told us of the flooding of their yards and homes. Of course, the fact that 2011 had the most rainfall in recorded history was a major factor.

Recently, Assemblyman Robert Clifton came to Roosevelt to view firsthand the situation. Planning Board member Michael Ticktin, Councilmen Warnick and Hamilton and myself showed him around the stream beds behind Solar Village, down Empty Box Brook and the branch behind the houses on the north side of Pine Drive. He agreed to try to help us solve our problems, possibly by involving the agencies responsible for controlling-mosquitoes- needless to say, they are one of the wetland loving creatures that seem to have increased with the water level.

Anyone having water problems or input on the situation please feel free to share your concerns, or pictures current or historic, with us at the Council meetings, every month, the second and fourth Monday evenings at 7 p.m..

Beth ■

BOROUGH COUNCIL NEWS (CONT'D.)

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Borough *Bulletin*, as well as its calendar of events. The School Board also approved moving the annual school election from April to the same time as the November general election.

Councilman Hamilton reported that Councilman Warnick and he met with First Aid Squad members Jack Rindt and Melissa Branco on February 5. The Squad requested that EMS workers' driveways and the area leading to the ambulance bays be plowed first during snowfalls. The Squad, which Mr. Hamilton noted commands respect in Roosevelt and surrounding communities, plans to upgrade its oxygen bottles, purchase a second "Stair Chair," buy EPI pens, modify ambulance bays and their doors, convert a bay to a training/meeting room, upgrade electrical service, buy a new computer, link the Squad to a planned official Borough web site, and continue to seek grants. Mr. Hamilton praised Mr. Rindt's ability to obtain grants, saying he has "gotten good at it."

Mr. Rindt decried a rumor circulating to the effect that the First Aid Squad charges for calls. He said the rumor is not true. First Aid Squad responses are free. The Squad has an Annual Fund Drive, and people may make donations at any time. Also, the Council budgets some money for the Squad, which is composed of volunteers. Mr. Rindt noted that the paid paramedics of MONOC will charge if they treat someone in the absence of the First Aid Squad. Those who receive such bills may obtain reimbursement from their insurance carriers. Mr. Rindt added that the Squad will honor requests to transport patients to particular hospitals within a reasonable distance, but in life or death situations it always goes to the closest hospital.

Councilwoman Peggy Malkin reported that, as part

of Roosevelt's 75th Anniversary celebration, the Historical Commission is conducting a survey that will include every house. Residents will be able to share historical and human interest anecdotes about themselves and prior occupants of their houses. Michael Ticktin is the Borough Historian, and Helen Barth, Dolores Chasan, Mary Macher, and Councilwoman Malkin serve on the Historical Commission.

Recreation Director Eric Schubiger summarized his plan for 2012 recreational activities and programs. They include drama/theatre, Mad Science, indoor floor hockey, kickball, open gym, basketball clinic, computer camp, teen dances, and sports camp for students. Concerts, the 4th of July celebration, movies, and trips may be enjoyed by all members of the community. Adults may participate in community dances and yoga. Mr. Schubiger praised the cooperation he has received from the School District. He noted that it would be desirable to have access to a 16-passenger van, because renting a bus is a "substantial cost." He sought support for a survey, perhaps as an insert in the Borough *Bulletin*, to better determine what recreational activities community members want. He added that he would talk to Senior Club President Pat Moser about coordinating Club activities with the Recreation Office. Several Club activities are subsidized in part with Council funds. Mr. Schubiger said Chief Financial Officer George Lang had responded positively to his request that there be a separate line item in the budget for recreational activities for seniors. Asked by Councilman Hamilton about activities for 9th through 12th graders, Mr. Schubiger replied that successfully arranging such activities was "tough once they start driving." ■

From the Office of CSA/Principal



We are enjoying exciting times at the Roosevelt Public School! The months of January and February saw us enjoy many different activities. Our dedicated and hard-working PTA organized and conducted the annual Winter Carnival. Many thanks to all those that volunteered, obtained auction items, gave donations, and helped make the day a great success. The PTA also sponsored a well-attended movie night for the students, parents, and Roosevelt Community.

February 8, 2012 also marked the 100th day of school, which we celebrated with activities with in the school with the theme of "100." That month also played host to an outstanding

Winter Concert. We had a standing room only crowd and a performance that was truly stellar. I'd like to thank the students for their hard work as well as the faculty and parents for their support. I look forward to seeing our spring performance.

During the month of March, we will have our Fitness A-Thon. The A-Thon is a school-wide activity that helps raise funds for special events in our Physical Education Program. This year it will be held on Friday, March 2, during regularly scheduled physical education classes. All grade levels will participate! Thank you Mr. Kaufman for arranging this fun event. We will also be holding our Parent/Teacher Conferences

on March 20th, and 22nd. All three of these days will be early dismissals. Children will be dismissed at 12:30.

I would also like to take a moment to recognize our students. On a daily basis I see kind acts done by students in all grades. I have observed older students perform endearing acts like tying shoes of the younger students and helping teachers at various times.

Sincerely,

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

MATH TUTORING

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Elementary thru College

Do you occasionally need help with math homework or help preparing for a test?
Call Mary Tulloss (Retired High School Teacher)
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Tutoring provided at no charge
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Roosevelt School Art Room
Tuesdays 7 p.m. - 10 p.m.
Open for
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Contact: Ellen Silverman
Home phone 609 490 0557
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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.



MISSION

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*

Roosevelt Public School Opens Tuition Registration

The Roosevelt Board of Education is proud to announce that tuition registration is open to any student outside of the Borough of Roosevelt who is interested in attending for the 2012-2013 school year. Roosevelt Public School has a pre-K program that is Mon-Fri from 8:20-12:30. We have full day Kindergarten (must be 5 years old by October 1, 2012). Spots are available for children 3 years old through 6th grade.

Tuition for the pre-K program is \$3,120 per school year and \$4,160 per school year for grades K-6. Sibling discounts are available. On-site before and after care is available also. The average class size is approximately 10-12 students. The comprehensive standards-based curriculum encompasses technology, foreign language, art, and instrumental music. Free enrichment activities include band and art. Science and theatre enrichment activities are currently an extra fee.

CONTACT: Dr. Campisi,
CSA/Principal
609-449-2798

Roosevelt Board of Education Adopts Resolution Moving School Elections to November

January 26, 2012—The Roosevelt Board of Education today approved a resolution that moves the school elections from April to the General Election in November.

On January 17, Gov. Chris Christie signed into law Senate Bill 3148, which gives communities the option of moving the school elections from their current date, the third Tuesday in April, to the November general election. The move places school board candidates on the November ballot, but it eliminates the annual vote on proposed school budgets that are at or below the state's 2 percent tax levy cap.

The change to November school elections may be made by the board of education, the municipal governing body, or through voter referendum.

"The Roosevelt Board of Education believes that more citizens will participate in the selection of its members at the General Election than on the third Tuesday in April and that the higher level of participation will foster positive interest in our public schools," said the resolution approved by the board.

The Roosevelt School Board believes that the financial interest of Roosevelt constituents is safeguarded on multiple levels. Proposed school budgets will still undergo a thorough review by the state Department of Education to ensure efficiency, and they are controlled by the same 2-percent tax levy cap, as are municipal and county budgets, which are not presented to voters. Any spending above the 2-percent cap must be presented to voters.

Members of the school board whose terms would have expired after the April 2012 election will

continue to serve until the board's organization meeting, which will be held the first week in January 2013.

School board races will remain non-partisan, and candidates' names will appear on a separate section of the November ballot. The change in the school election date will remain in effect at least through November 2015, after which the community has the option of changing it back to April.

With November school board member elections, candidates will be required to submit a nominating petition (the document that places their name on the ballot) to the County Clerk, not the local school board office. The deadline to submit nominating petitions will be June 5, 2012. More information about candidacy for the November election will be posted on the New Jersey School Boards Association website, www.njsba.org.

The New Jersey School Boards Association supported the law to allow communities to move to November school elections, based on the permissive nature of the bill and NJSBA's long-standing support of eliminating the vote on proposed school budgets that are within cap.

If you have questions or comments concerning the Board please contact Natalie Warner, Board President, at RPSBOE@gmail.com.

"The quality of our relationship is directly related to the quality of our communication." ■

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

Ambient Pancakes at the Borough Hall

by Ron Kostar

On Sunday morning, February 12 Brad Garton and his colleague, friend and fellow composer of Experimental Music, Terry Pender, held a wonderfully quiet and unusual concert in the Borough Hall in order to raise money for RAP's 25th year anniversary event scheduled for later this spring. The concert, or more accurately the event, was called "Ambient Pancakes". Brad played his computer and Terry played an electric guitar, while Jill Lipoti and friends made and served pancakes to a nice turn-out.

The result was a relaxed real-life atmosphere in which people were given the freedom of choices – you could listen to the musicians' sounds, socialize and talk, watch a slide show of collages by Ani Rosskam and Bill Leech, or eat pancakes; or, if you felt like juggling, you could combine any number of those things at the same time. "Ambient Pancakes" reminded me of "the happenings" of a bygone era in the sense that Brad and Terry's music fit in to the environment and helped create moods, rather than entertain or overpower. Advancing and receding as it did, the music encouraged people to relax and mingle; and this attendee came away from "Ambient Pancakes" feeling invigorated and all in one place.

I recently sat down with Brad, who is the Director of the Computer Music Center at Columbia University, and had the following conversation:

I: When I go to one of your concerts I see players sitting down at computers. As somebody not very familiar with Computer Music, I'm curious of how you make music out of traditionally non-musical instruments, like computers?

BG: The heart of the matter is that computers make sounds, and what

we do is create software that interpolates what we do on the screen with our mouse. We design how we want to create a sound...and essentially, and to make a long story short, we can turn the computer into a musical instrument through the design process.

What I mean by that is we can design computer software to perform musical tasks. We can ask the computer to make specific sounds in response to mouse-movements, or perhaps we can have the computer respond with sound to different keystrokes, or maybe even set it up to make sound based on an external device (like a piano-type keyboard). Or we can go even further and build a musical interface that has no real counterpart in the traditional musical-instrument sense. The main point is that (as we all know) computers can be configured to do a variety of things: shop on-line at Amazon.com, view You-Tube videos, play "Angry Birds", etc. Us "computer-musicians" choose to make those things that computers can do musical and sound-producing ones.

I: So when you perform you are actually mixing pre-programmed sounds?

BG: I write software that writes out a bunch of notes, and then the computer uses additional software that I wrote to realize music based on those notes. My performance is done by interacting and modifying the software that generates the notes and the software that produces the sounds associated with those notes. In a sense I'm improvising with a process, a process that produces passages of music. I can change both the note-generating and the sound-producing aspects of this process, which gives me a substantial level of control over music that results from the interaction. And a substantial ability to mess up!

I: I see. Do you also compose and play experimental music that doesn't involve computers?

BG: Some, but not as much I used to. Basically I like sitting in Roosevelt and

making and recording weird sounds (laughter). And I've written a fair number of piano pieces just for pleasure, and I've been kicking around the idea of writing a string quarter ... My mentor Paul Lansky at Princeton, has decided not to use computers any more and to work only with real people, but I'm not quite there yet.

I: When I listen to different types of music, such as folk music or jazz or classical music, I have certain expectations of how the music is going to sound and "work" so in a sense I know what to listen for. I think I find your music surprising and more challenging. How would you suggest me and other people accustomed to more conventional music to listen to Experimental Music?

BG: I wouldn't tell you to listen for anything in specific because I think that's part of my responsibility. One of the things I like about making computer music, even from early on, is that it doesn't have an existing 'performance tradition'; it can be placed and experienced in a wide range of different places, it can become part of a lot of different presentation contexts.

And I think a lot of the conventional ways of listening to and the places where more conventional music, like jazz, classical and folk are played, are not very congenial to what my music might want to do or be. For instance, some of the worst places I can think of experiencing Experimental Music would be a concert hall. Take for example a piece by Morton Feldman or John Cage, which has a lot of silence in it. I don't want to sit back and listen to it in a concert hall. I'd rather listen to it somewhere where I could sit down and then get up and go get a beer (laughter) and then come back to it. And one of the things about composing Experimental Music is that it's kind of liberating because you don't have preconceptions and you, as composer, can

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PANCAKES (CONT'D.)

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think “How do I want to get this across to people? What experience do I want to give the audience?” And the stuff we’ve been doing here in Roosevelt is exactly that.

I: Like the recent “Ambient Pancake” breakfast at the Borough Hall.

BG: Yes, and if you think back to what we did for the Roosevelt Arts Project event “Art Walk in the Woods” (May 5, 2007), the music/sound installations that we set up in the woods behind the Roosevelt Memorial, to me that’s part of the design process. You know, you don’t tell people what to do, you say: “Here’s a map, go experience things,” and people can really get a kind of kick out of it. Or that house tour we did, when we put music in different houses, that’s exactly what I’m talking about.

I: So your music seems to invite different ways of listening to and experiencing music. Have you ever given a concert where people in the audience didn’t act like they were part of an audience – where people might get up and walk around, or socialize and chat?

BG: This trio that I play in with my friend Gregory Taylor, who works for a company that makes software, and my college colleague Terry Pender, who also teaches at Columbia and is a monster mandolin player. We started this trio where Gregory plays laptop and I play laptop and Terry plays mandolin, and we take this sound process, where Terry is the front man. We started out as we just wanted to do this for fun and not be up on stage performing, etc. And we found a way to get our work accepted into any “New Music” or Experimental Music festival or concert we wanted to attend. We did this by calling up the organizers and asking them if they had a reception because we’d like to be the lounge band.

And the first time we did this a friend of mine who I hadn’t seen

in years came over to me while we were playing and started talking to me about this terrible divorce he was going through and I said “Oh that’s awful!” Meanwhile I’m still trying to keep my computer-music performance going with Terry and Gregory, and it was a tricky act of juggling! But it was part of the scene. So, yeah, by how we set ourselves up we actually encourage people to come over and interact with us and with one another.

I: Which definitely happened at your recent “Ambient Pancake” breakfast performance, where people were moving around, congregating and breaking and re-congregating into different groups, and talking.

BG: Yes. There’s a famous story about the French composer Erik Satie, a composer who lived in Paris in the early part of the 20th century where he invented the notion of Muzak. Satie composed this piece which he called *Furniture Music* ... And at the concert where he performed this piece when people stopped and listened to the music Satie would go around and exhort them, “No! Do not leesten to dee mu-zee! Talk, socialize, enjoy each other. But do not leesten to de music!”

I: So your music gives people the choice to socialize and to listen to the music? Not either/or, but and/both.

BG: Yes, I think it does.

I: Does it sometimes bother you that people may find your music difficult and perhaps even inaccessible?

BG: You know there’s this thing I’m always fascinated by from your area, from writing, and that’s the idea that some of the best and most difficult writers are fairly popular writers too. I’m thinking of writers like Thomas Pynchon and Don DeLillo and David Foster Wallace, who are all very difficult writers that people read.

Well, there’s really not that equivalent in music, with the exception maybe of people like Steve Reich, Laurie Anderson and Phillip Glass. But you don’t see contemporary Experimental

Music composers making the Hot Top 100 Billboard like you see the Top 10 in the *New York Times* Book Review Best Seller List. Now, I don’t think my music will change that any, but I do like to compose and perform music that connects with people.

And I think there’s a fine line there between Muzac and New Age and Experimental Music that is hard to define. One of my favorite artists is Brian Eno, and he’s someone who’s probably crossed that line and become popular. And he’s done this stuff that he calls Ambient Music, which kind of follows in the tradition of Satie and Cage. And his stuff I find has a little bit of an edge, I’m not sure what it is about it. And when he came out with his first Ambient album called *Music for Airports* he said his stated intention was to create music that was “as ignorable as it was listenable.” And that’s kind of tough to do (laughter). But that sounds like Satie, doesn’t it? And Satie’s stuff is not Muzac; it’s not innocuous, it has an edge to it. ■

Signs of change: the evolving Mendies Family Farm

By Carol Watchler

A few years ago, I was aware that the property at 65 North Rochdale, a thirty acre farm, was newly owned by the Mendies family, Lawrence, Heidi and their children. I could see the signs on their trucks that announced “Mendies Landscaping.” After some time, signs appeared at the front of their property, inviting passers-by to stop for fresh vegetables at the farm stand. Next came the announcement that an organic Community Supported Agriculture (CSA) farm was in the works.

Having been an enthusiastic participant in Roosevelt’s earlier CSA, I jumped at the chance to join. And then, to my amazement, after a summer of

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FARM (CONT'D.)

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produce shares picked up weekly, the next sign greeting folks driving along Route 571 invited registration for a winter farm share.

I thought this might be the ultimate in innovation for the Mendies' endeavors, but, having become a volunteer at the farm, I learn each week of new farming techniques and strategies that Lawrence and Heidi are currently implementing or preparing for the upcoming summer season or dreaming about for future possibility.

It became clear to me that the Mendies Family Farm is an evolving saga and a Roosevelt story that needs to be shared. So I interviewed Lawrence. It was amazing to have this opportunity, since there is hardly a minute when he is not on the move setting up greenhouses, preparing the fields, harvesting the crops, and getting ready for the next CSA members' weekly pick-up of their shares.

Carol W: What inspired you to create the farm and develop it into a Community Supported Agriculture venture?

Lawrence M: At the time when I purchased the farm I was a landscape designer so I decided to plant native trees and shrubs. It has always been a joy to watch things grow, but trees grow slowly and did not sell as fast as I had expected. They started tying up the land and it was difficult to maintain in between the rows. I still enjoyed my trees but it was like no one else other than people who bought them were able to enjoy them. It took a few years to realize the trees were not paying for the land and I had to come up with a better idea. It was only when the Golds Farm closed down and members started suggesting that we start a C.S.A., that I could see the possibility of a win-win situation. I could have continued with the landscape design business but increasing competition and a diminishing need for luxurious landscapes led me to this decision. (The people of Roosevelt and Millstone inspired me and have supported our efforts.)

CW: How would you describe what

you are currently doing with your land?

LM: I had not used fertilizers, herbicides or insecticides with the trees and shrubs because they were native species and were somewhat resistant to nature's growing problems. Now I am building up the fertility of the land with local leaves, our members' compost, and purchased topsoil. So I know the soil fertility in the areas we are working have never been so powerful, and that is what gives us a maximum yield. I also feel we are slowly reclaiming the land and making it useful. I know slowly but surely we are making every inch of the land useful for us, animals, or the environment.

CW: What's unique in your operations?

LM: What is unique about us is that we are sustainable and working even harder to be even more so. We buy no fertilizers. We reuse pots, bags, and recycle local wood for fuel for heating. Members bring in their waste food for composting, seeds are saved, and work is done by volunteers and students. Also, winter farming is unique in the experience of our members. It brings to the locals fresh organic greens, lettuce and root crops in the middle of winter.

CW: What is working well for you and what are your biggest challenges?

LM: The Winter Harvest seems to be working well. When we grow in the greenhouse or tunnels at this time of the year, insects are not an issue and veggies look great. The quality is excellent, and everything seems to be sweeter. Our biggest challenge is for members to understand they are building this farm, and harvests will get better and bigger as our systems are developing. Rather than going to a local supermarket and comparing variety and value dollar for dollar, our members are experiencing produce that is harvested on the same day they pick it up.

The other challenge is the cost of exceeding the minimum organic certification. For example on the OMRI (Organic Materials Review Institute) list there are hundreds of insecticides, pesticides and fungicides you can use

under organic certification. However, we choose to grow naturally, exceeding organic certification by simply not spraying at all, other than using organic soaps when there is a really bad insect problem. In turn we need a better system to compensate for this by using a physical barrier which is a great organic practice. We cover the crop with a floating fleece which allows light, air, and water in but not the bugs. It works but it is expensive!

This is just one example of why you should get connected with the land and how your food is being grown. Do you think even your organic supermarket grows like this for you? Or would it be much more convenient to spray one of the hundreds of OMRI approved pesticides to quickly kill the pest? The Mendies Family Farm is committed to being totally organic.

CW: I see. Your processes are really going a step beyond what folks have come to accept as "organic" because they are designated that way in the stores. You are actually doing things with much more attention to eliminating any sprays that are not natural. And what impact do you see this whole enterprise having on the Borough of Roosevelt.

LM: I think our farm will give our town a place to buy home grown veggies to keep fuel cost down, less pollution, and open up education for local children about growing food. We see this as an opportunity for neighbors to meet neighbors through volunteer work, just picking up your harvest, or exchanging a recipe! It can also help keep the town clean by giving residents a place to bring their leaves free!! And eventually we hope to bring in people from other towns to tour our nature trails and explore the art-filled talents of Roosevelt. Our town will become even more community-centered.

CW: So what about the impact on the broader community?

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The First Aid Squad has responded to 14 emergency calls from 1 January to 31 January 2012. In Roosevelt, Millstone, Manalapan, and Allentown, the Squad handled emergency transports, cardiac, difficulty breathing, with chest pains and syncope calls.

In January the Squad had training on *Right-to-Know*, which is an OSHA requirement for all emergency responders. Our Squad hosted the Western Monmouth EMS Mutual Aid Association. The Squads that attended were Colts Neck, Marlboro, Englishtown/Manalapan, Millstone,

We are always looking for new members. We will pay for the basic training that is needed. If anyone is interested please contact any Squad member or stop in during our training for an application and an EMT training schedule. If you would like to join or receive information about becoming an EMT please e-mail FMFD7568@verizon.net.

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.

First Aid Squad History: June 1979--a bill was passed in the State Senate for first aid squad members to buy special first aid squad license plates. October 1979--new radio equipment has arrived. March 1980--the committee for the "Vial of Life" met and showed the Squad the form that was needed to be placed into the vial. March 1980--Nat Richter was presented with his 30 year pin. April 1980--an Advanced First Aid course was being held in East Windsor on the 29th.

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

• • • • •
Health Notes:

• **Anaphylaxis**

Anaphylaxis is defined as "a serious allergic reaction that is rapid in onset and may cause death". It typically results in a number of symptoms including an itchy rash, throat swelling, and low blood pressure. Common causes include insect bites, foods, and medications.

On a pathophysiologic level, anaphylaxis is due to the release of mediators from certain types of white blood cells triggered either by immunologic or non-immunologic mechanisms. It is diagnosed based on the presenting symptoms and signs. The primary treatment is injection of epinephrine, with other measures being complementary.

• **SIGNS AND SYMPTOMS:**

Anaphylaxis typically presents with many different symptoms over minutes or hours with an average onset of 5 to 30 minutes if exposure is intravenous and 2 hours for foods. The most common areas affected include: skin (80–90%), respiratory (70%), gastrointestinal (30–45%), heart and vasculature (10–45%), and central nervous system (10–15%) with usually two or more being involved.

Symptoms typically include generalized hives, itchiness, flushing or swelling of the lips. Those with swelling or angioedema may describe a burning sensation of the skin rather than itchiness. Swelling of the tongue or throat occurs in up to about 20% of cases. Other features may include a runny nose and swelling of the conjunctiva. The skin may also be blue tinged due to a lack of oxygen.

• **RESPIRATORY**

Respiratory symptoms and signs that may be present, including shortness of breath, wheezes or stridor. The wheezes is typically due to spasms of the bronchial muscles while stridor is related to upper airway obstruction secondary to swelling. Hoarseness, pain with swallowing, or a cough may also occur.

• **CARDIAC**

Coronary artery spasm may occur with subsequent myocardial infarction, dysrhythmia, or cardiac arrest. Those with underlying coronary disease are at greater risk of cardiac affects from anaphylaxis. The coronary spasm is related to the presence of histamine-releasing cells in the heart. While a fast heart rate due to low blood pressure is more common, a Bezold-Jarisch reflex has been described in 10% of cases, where a slow heart rate is associated with low blood pressure. A drop in blood pressure or shock (either distributive or cardiogenic) may result in the feeling of lightheadedness or loss of consciousness. Rarely very low blood pressure may be the only sign of anaphylaxis.

• **CAUSES**

Anaphylaxis can occur in response to almost any foreign substance. Common triggers include venom from insect bites or stings, foods, and medication. Foods are the most common trigger in children and young adults while medications and insect bites and stings are more common in older adults. Less common causes include: physical factors, biological agents such as semen, latex, hormonal changes, food additives such as monosodium glutamate and food colors, and topical medications. Physical factors such as exercise (known as exercise-induced anaphylaxis) or temperature (either hot or cold) may also act as triggers through their direct effects on mast cells. Exercise induced events are frequently associated with the ingestion of certain foods. During anesthesia, neuromuscular blocking agents, antibiotics, and latex are the most common causes. The cause remains unknown in 32-50% of cases, referred to as "idiopathic anaphylaxis".

• **EPINEPHRINE**

Epinephrine (adrenaline) is the primary treatment for anaphylaxis with no absolute contraindication to its use.

Continued on Page 10

RESCUE SQUAD (CONT'D.)

Continued from Page 9

It is recommended that an epinephrine solution be given intramuscularly into the mid anterolateral thigh as soon as the diagnosis is suspected. The injection may be repeated every 5 to 15 minutes if there is insufficient response. A second dose is needed in 16 to 35% of episodes with more than two doses rarely required. The intramuscular route is preferred over subcutaneous administration because the latter may have delayed absorption. Minor adverse effects from epinephrine include tremors, anxiety, headaches, and palpitations.

People on B-blockers may be resistant to the effects of epinephrine. In this situation if epinephrine is not effective intravenous glucagon can be administered which has a mechanism of action independent of B-receptors.

If necessary, it can also be given intravenously using a dilute epinephrine solution. Intravenous epinephrine however has been associated both with

dysrhythmia and myocardial infarction. Epinephrine autoinjector used for self-administration typically in two doses, one for adults or children who weigh more than 25 kg and one for children who weigh 10 to 25 kg.

The First Aid Squad is certified to carry and administer epinephrine through the auto-injectors. We carry 4 adults and 4 children on both ambulances.

• • • • •

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. There are still houses in town that do not have numbers, or have numbers that are too small or otherwise cannot be seen 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 ■



The Roosevelt First Aid Squad is a totally volunteer organization.

We do not charge for our services, we rely on donations to operate.

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

FARM (CONT'D.)

Continued from Page 8

LM: As far as the greater community is concerned, I see the farm one day soon educating people how to compost, grow their own food no matter where they live. Even in a concrete city they can seek ways to be sustainable. I see our farm feeding the poor and hungry by supplying healthy food to soup kitchens free. This all can be done when the community comes together.

CW: What is your vision for the future? And what steps are you taking in that direction?

LM: My future is in the Lord's hands; only he can predict the future of this farm. But I would like to open a non-profit foundation and take this farm to a whole new level where we can receive donations to fund the educational events, soup kitchens, tours, etc. We are also looking to introducing aquaponic

growing systems along with our soil culture. Our next steps will be cleaning up the farm and starting our first aquaponic system. [Note: Aquaponics is a sustainable food production system that combines a traditional aquaculture (raising aquatic animals in tanks) with hydroponics (cultivating plants in water) in a symbiotic environment. Thanks Wikipedia for a brief explanation.]

CW: What else do people need to know about Mendies Family Farm?

LM: I also want the community to know we will continue to have a farm-fresh market for people to drop by during the week and buy corn and peaches. We will sell only what we grow with the exception of locally grown sweet corn and Jersey peaches that will be marked as conventionally grown locally. We will be known for our fresh, naturally home grown veggies from now on. There will be a sign in the front announcing what

we are picking and what is available. We will also continue to sell high quality natural brown mulch and topsoil and firewood. We will no longer sell black colored mulch because it does not support our natural beliefs.

CW: Thanks, Lawrence, for your time. I know from my recent volunteering sessions how intensely you work getting the harvest out for this week and anticipating the coming season. It sounds to me like the farm is an open invitation to get involved—enjoying the locally grown fresh vegetables, getting hands in on the growing process, and developing the educational components that you envision. I hope people know to find you at www.mendiesfarm.com. Thanks for bringing back to life a concept that seems a natural for the Borough of — Community Supported Agriculture. ■

*Dear March, come in!
 How glad I am!
 I looked for you before.
 Put down your hat—
 You must have walked—
 How out of breath you are!*

Dear March, how are you? by Emily Dickinson

Looking Back at January

January in Roosevelt was very warm and a bit dry this year. The average temperature for the month was 36.7 degrees F. That’s 6.1 degrees above normal. The number of heating degree days for January 2012 was almost 25% lower than normal. The warmest January day ever in our area was January 14 1932. The temperature that day reached 73 degrees. The warmest day this January was on the 27th when the mercury climbed up to 61 degrees. The coldest day this January was 12.7 degrees, far above the all time January low of -16 degrees on January 28, 1935. Precipitation was about an inch below normal. There was no measurable snow during the month.

Nationally, January 2012 was the fourth warmest January on record for the 48 contiguous states. Alaska had much colder than normal temperatures. New Jersey had its 15th warmest January. Temperatures for the last 12 months (February 2011 – January 2012) in New Jersey were the warmest on record. We have a number of plants wintering over that don’t normally make it through to spring.

Outlook for March

The National Weather Service’s Climate Prediction Center expects a warmer than normal March with equal chances of normal, more or less

precipitation than usual. Meanwhile LongRangeWeather.com says we’ll have normal temperatures with a little more precipitation than average including about 3.8 inches of snow.

Weather Humor

- Q: Why is the sky not happy on clear days?
 A: It has the blues.
 Q: What did the male raindrop say to the beautiful female raindrop?
 A: I’m falling for you.

Weather Folklore

“It is forbidden to knit on a doorstep in February, as that is known to lengthen the winter.” I couldn’t find the rationale behind this folklore.

Weather Word

MACKEREL SKY

Mackerel Sky: The name given to cirrocumulus clouds with small vertical extent and composed of ice crystals. The rippled effect gives the appearance of fish scales. A folk saying about mackerel skies is “mackerel skies, mackerel skies, never long wet, never long dry” indicating the changeability of the weather that accompanies mackerel skies. ■

January 2012

Day	High	Low	Avg	Precip	Heat’g Degree Days
1	53.2	33.6	43.4	0.00	21.6
2	50.5	31.5	41.0	0.03	24.0
3	33.6	18.5	26.1	0.00	39.0
4	29.7	13.3	21.5	0.00	43.5
5	39.6	25.3	32.5	0.00	32.6
6	51.8	27.1	39.5	0.00	25.6
7	59.7	34.2	47.0	0.00	18.1
8	48.2	31.5	39.9	0.00	25.2
9	40.5	26.0	33.3	0.00	31.8
10	48.4	27.7	38.1	0.00	27.0
11	49.6	26.2	37.9	0.00	27.1
12	51.3	42.8	47.1	1.58	18.0
13	48.2	30.9	39.6	0.15	25.5
14	36.1	27.0	31.6	0.00	33.5
15	29.3	17.2	23.3	0.00	41.8
16	37.4	12.7	25.1	0.00	40.0
17	52.6	36.0	44.3	0.29	20.7
18	53.6	27.7	40.7	0.00	24.4
19	37.4	18.1	27.8	0.00	37.3
20	35.4	27.7	31.6	0.00	33.5
21	32.0	26.6	29.3	0.20	35.7
22	37.6	14.7	26.2	0.00	38.9
23	51.8	33.6	42.7	0.03	22.3
24	53.2	37.2	45.2	0.33	19.8
25	45.5	35.6	40.6	0.00	24.5
26	43.3	35.1	39.2	0.15	25.8
27	61.0	42.3	51.7	0.00	13.4
28	49.0	35.0	42.0	0.00	23.0
29	44.0	31.0	37.5	0.00	27.5
30	30.0	28.0	29.0	0.00	36.0
31	57.4	32.0	44.7	0.00	20.3
Totals				2.76	876.5

Contributors to the Bulletin 2011/2012

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

Mary & Carlo Alfare
Robin & Robert Axel
Helen Barth
Alexandra Bonfante-Warren
Janet & Rich Bernardin
Irene & Bruce Block
Karen & Marvin Block
Charlotte Bondy
Bondy/Vuolle family
Susan & Robert Cayne
Maureen & Bob Clark
Dina Coe & Greg McGrath
Elise & Paul Cousineau
Deborah Dauer
Janis & Joe Datz
M. Kathleen Drury
Shan & Bert Ellentuck
Irma & Louis Esakoff
Ellen & Robert Francis
Lian Garton
Judith & Ed Goetzmann
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Greenwood
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Tristen Herrstrom & Scott Carpenter
Louise & David Hoffman
Bill Horne
Cynthia, Dawn, & James Imbrie
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Anna & Ben Johnson
Florence Johnson
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Claudia Luongo & Ken Maffeo
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Michael Ticktin
Bess Tremper
Mary & Rod Tulloss
Natalie & Michael Warner
Nancy & Ralph & Warnick
Judy & Bob Weinberg
Elizabeth Weiner
Bette Witherspoon
Erich Woisetschlaeger
Lydia Yohay
Zahora Family
Judith & Mark Zuckerman
■

Help us to fill up this page.

Thank you for your generosity!

Send in a contribution today.

ROOSEVELT ARTS PROJECT 2011 - 2012 Season

Saturday, March 24, 8:00 p.m. Borough Hall

2012: THE YEAR OF THE FATTED CALF OR HOW I STOPPED WORRYING & LEARNED TO LOVE THE NORM

YET ANOTHER CELEBRATION OF ORDINARY CONSCIOUSNESS & THE ORDINARY WORLD!

Featuring words by the usual suspects: Czyzewski, Herrstrom, Kostar, McNally & possibly other voices not yet heard or known since we're at the edge of something both Mayan & not.

Saturday, April 21, 8:00 p.m., Borough Hall

AN EVENING WITH RON ORLANDO

An evening of acoustic music with Ron Orlando, former Roosevelt resident, who has been a musical institution in the area for over 40 years. Ron's singing and songwriting talents stir large portions of Memphis-style R & B with an eclectic blend of folk, blues, and traditional rock. His original music, at times topical and controversial, has been featured in a major motion picture and banned from a Texas radio station. Ron's live performances always pack a fresh sense of enthusiasm.

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

THE ROOSEVELT STRING BAND

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

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

"TALKING HEADS"

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

Voluntary Contribution:

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

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

At a recent get-together I made this yummy, nutritious and inexpensive pot of soup.

It is a very versatile recipe. Recently I ran out of carrots and celery. I substituted 2 each of parsnip and onion instead of 1 and added chopped frozen parsley in lieu of the celery and it was really still very good. Don't like parsnips? Swap them out with carrots or potato.

The tomato paste makes it rosey, add more or less to your taste and preference.

This is an easy recipe to reduce/enlarge. The key is the ratio of wet to dry ingredients. 1:5, 1.5:8, 2:10, 2.5:12, 3:15. The first number is the cups of dry lentils, the second number is the cups of liquid. I find this ratio works for almost every soup I make, such as split pea, mixed bean, red lentil, etc. I've also noticed that the amount of sauted/caramelized veggies doesn't affect the basic wet to dry ratio, only the flavor.

Enjoy it! -- Maria

Lentil Soup

Chop 1 of each of a large onion & parsnip, 2 large carrots and 6 cloves of garlic. Saute them in a 1/4 cup olive oil, till they reduce and caramelize, stirring often to prevent burning. Mid-way thru sauteing add 6-8 whole bay leaves and 3 big pinches each of black pepper, thyme and oregano.

Add 2 cups brown lentils, 10 cups water, vegetable broth, or a mix of both, & salt to taste. Bring to boil then add 2 ribs chopped celery, with the leaves on and 2-3 tablespoons of tomato paste.

Return to boil then cover & simmer until tender, for approximately 1- 1 1/2 hour, stirring often. ■



BUSINESS SPONSORS

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

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in loving memory of Sarah Tulloss.

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MARCH

1 Thurs.	7:30 p.m.	RPS Board of Education special meeting to discuss school budget, RPS Lobby, Natalie Warner, President, 448-2913
2 Fri.		RPS Early Dismissal, Staff Inservice
6 Tues.	12:30 p.m. 1:00 p.m. 7:30 p.m.	Blood pressure check, Borough Hall Seniors Meeting, Borough Hall Pat Moser, President, 448-4865 Planning Board, Borough Hall, Jane Rothfuss, Chair. 448-3713
9 Fri.		RPS Schoolhouse Hooky
11 Sun.	10:00 a.m.	First Aid Squad, Training, Jack Rindt, Captain, 448-94
12 Mon.	7:00 p.m. 7:30 p.m.	Council Action Meeting, Borough Hall, Beth Battel, Mayor, 448-7701 RPS Board of Education, committee mtgs., RPS Lobby, Natalie Warner, President, 448-2913
13 Tues.	7:00 p.m.	PTA Business Mtg, Stacy O'Donnell, President 423-8105
14 Wed.		RECYCLE 
16 Fri.		PIZZA DAY, RPS
20 Tues.	8:00 p.m.	RPS, Early Dismissal, Parent Conferences First Aid Squad, Business meeting, Jeff Klein, President, 448-0509
21 Wed.	7:30 p.m.	Environmental Comm. Mtg., Boro Hall Stu Kaufman, Chair. 448-4921
22 Thurs.	6:30 p.m. 7:30 p.m.	RPS, Early Dismissal, Parent Conferences RPS Board of Education, Budget Hearing, RPS Lobby RPS BOE regular meeting, RPS Lobby, Natalie Warner, President, 448-2913
24 Sat.	8:00 p.m.	PTA, School Dance, (All Ages) Stacy O'Donnell, President. 423-8105 RAP Event: "Roosevelt Poets," Borough Hall (see page 13 for details)

26 Mon. 7:00 p.m. Council Action Meeting, Borough Hall,
Beth Battel, Mayor, 448-7701

28 Wed. RECYCLE 

APRIL

3 Tues.	12:30 p.m. 1:00 p.m. 7:30 p.m.	Blood pressure check, Borough Hall Seniors Meeting, Borough Hall Pat Moser, President, 448-4865 Planning Board, Borough Hall, Jane Rothfuss, Chair. 448-3713
5 Thurs.		TBA Book Swap, PTA, Stacy O'Donnell, President, 423-8105
6 - 13		School Closed, Spring Break
9 Mon.	7:00 p.m. 7:30 p.m.	Council Action Meeting, Borough Hall, Beth Battel, Mayor, 448-7701 RPS Board of Education, Executive Session meeting for evaluations, RPS Lobby, Natalie Warner, President, 448-2913
11 Wed.		RECYCLE 
17 Tues.	7:00 p.m. 8:00 p.m.	PTA Business Mtg, Stacy O'Donnell, President 423-8105 First Aid Squad, Business meeting, Jeff Klein, President, 448-0509
18 Wed.	7:30 p.m.	Environmental Comm. Mtg., Boro Hall Stu Kaufman, Chair. 448-4921
21 Sat.	8:00 p.m.	RAP, An Evening with Ron Orlando, Boro Hall (see p. 13 for details)
22 Sun.	10:00 a.m.	First Aid Squad, Training, Jack Rindt, Captain, 448-94
23 Mon.	7:00 p.m.	Council Action Meeting, Borough Hall, Beth Battel, Mayor, 448-7701
25 Wed.		RECYCLE 
26 Thurs.	7:30 p.m.	RPS Board of Education, RPS Lobby, Natalie Warner, President, 448-2913

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