



Bulletin



Volume 37 Number 3

December 2013

BOROUGH COUNCIL NEWS

By Michael Ticktin

Council Approves Participation in the Sustainable Jersey Municipal Certification Program; Sidewalk Installed to Provide Safe Passage to School; Stuart Kaufman Welcomed as Councilman-Elect

At its November 12 meeting, the Council, acting upon the recommendation of the Environmental Commission, adopted a resolution supporting participation in the Sustainable Jersey Municipal Certification Program. By so doing, it made Roosevelt the 400th municipality to participate in this program, which prescribes various actions that local governments and citizens can take to save tax dollars, assure clean land, air and water and improve working and living environments as steps to building a sustainable community that will thrive in the future.

The Sustainable Jersey website (<http://www.sustainable-jersey.com/>) lists 16 areas in which municipalities can institute programs leading to certification, which makes a municipality eligible for various non-governmental grant programs. These areas are as follows: animals in the community, arts and creative culture, climate mitigation and adaptation, community partnership and outreach, diversity and equity, energy efficiency, food, green design, health and wellness, innovative demonstration projects, land use and transportation, local economies, natural resources, opera-

tions and maintenance, sustainability planning and waste management. The resolution authorized Environmental Commission member Eitan Grunwald to complete the registration documents and to serve as the Borough's agent for the certification process. Mr. Grunwald pointed out to the Council that Roosevelt is likely to get credit for many activities and programs that are already being conducted by public bodies and community organizations.

Councilman Tom Curry, chairman of the Public Works committee, reported that work was underway on a new sidewalk connecting the new crosswalks established by the Monmouth County Highway Department on North Rochdale Avenue on either side of Farm Lane with the paved pathway to the school. This work was necessary so that students and other pedestrians would be able to walk on a continuous paved surface on the west side of the street from the crosswalks to the school, following replacement of the old crosswalk from the post office parking lot, which was not located in accordance with Highway Department

Continued on Page 3

INSIDE THIS ISSUE

School News 4

Weather 5

Board of Education News 7

Rescue Squad News 8

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 (rpressler32@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 SCAT bus Tuesday no later than 3:00 p.m. at 732-431-6485 and press 1. Give them your name, address, and the town you are from, and your interest in going on Wednesday, the next day.

Roosevelt Open Studio

Roosevelt School Art Room
Tuesdays 7 p.m. - 10 p.m.
Open for Roosevelt Residents over 15
Contact: Ellen Silverman, Home phone 609 490 0557
Cell phone: 609 865 7396

An archive of all past issues of the *Bulletin* can be found online at www.mazic-music.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.

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Breaking Bread and Calendar Art
by Shan Ellentuck

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From the Mayor

By Elsbeth Battel

Dear Neighbors,

This past year has been a peaceful one for most of the town; may 2014 be tranquil as well.

Some of accomplishments of the past year are:

The former gas station lot has finally been issued a NFA- 'no further action' required by the DEP on the lot in terms of clean-up. That means that the Borough can choose to sell it to a private entity or put it to some desirable use for the Borough. That took many frustrating years to complete but thankfully it is finished now.

The new sidewalk on the 571 side of the school has been completed, giving students and other residents a desirable way to walk from the post office corner, across 571 and to the school walkway without either having to walk in the grass (snow) or in the street.

The Oscar Drive repaving project is complete and the Roosevelt section of Nurko Road is in line for our next State grant repaving job.

There are plans in the works for an extension of the firehouse to allow the parking of newer larger fire engines to better service the community's fire fighting needs. Mr. Bert Ellentuck is kindly designing the improvements, pro-bono. Thank you Mr. Ellentuck!

As the year winds to a close we need to thank once again the many volunteers who put in countless hours to serve our Borough in so many ways. Thank you!

Wishing everyone Happy Holidays and a Happy New Year,

Beth ■

BOROUGH COUNCIL NEWS (CONT'D.)

Continued from Page 1

standards. Since Rochdale Avenue from Clarksburg Road north is a county highway, it is under the jurisdiction of the County Highway Department. The Highway Department, however, does not install sidewalks, leaving that up to the municipalities in which the county highways are located.

Mayor Beth Battel welcomed Councilman-Elect Stuart Kaufman to the meeting. Mr. Kaufman was elected as a write-in candidate, with 20 votes, after Democratic nominee Ken LeCompte declined the nomination in order to

run instead for re-election to the Board of Education, and the municipal Democratic committee failed to nominate a substitute candidate. Councilwomen Peggy Malkin and Michelle Hermelee were re-elected to three-year and one-year terms, respectively, without opposition. As has been the case for many years, there were no Republican candidates for Council seats

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

The Chief School Administrator/ Principal Report

I began my new position as Superintendent and Principal of Roosevelt School on November 1st. I am honored and privileged to lead a school that is steeped in so much history and culture. Since joining the staff, I have been welcomed by students, staff and the community. I hope that many more residents and former students will stop by and share a story or two with me about what it was like to grow up here and live here.

Our school year is well underway – as I visit classrooms, I see dedicated professionals who go above and beyond to teach our students what is required by New Jersey and the Common Core Standards, and so much more. I also see enthusiastic students who are excited about learning and love to share what they are learning.

Roosevelt's traditions are embedded the curricula. I am looking forward to celebrating the annual Thanksgiving "Feast" on November 27th. While this year we have elected to have more of a simple theme, I have seen pictures of former Feasts and wish that I could have been a part! I am hoping that members of the Roosevelt community will stop by to join our students and staff.

Last week we were the proud recipients of an Automated External Defibrillator (AED) which will be



located in our lobby, next to the doors to the gym. Our school nurse, Daria Hajisafari, wrote a grant on the school's behalf to the "Janet Fund." Jim Zilinski, Chair of the fund, which is named in honor of his daughter Janet, presented the AED and graciously extended the opportunity for the RPS staff to become certified in CPR and basic first aid at no cost to the school.

We, the staff and students, are grateful for this generous donation to the Roosevelt community. This AED satisfies our compliance with Bill No. A-1608 aka "Janet's Law," which becomes effective on September 1, 2014, and requires all schools to have an AED and emergency action plans for responding to sudden cardiac events.

Mary Robinson Cohen



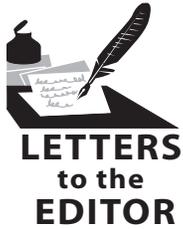
CALLING ALL ARTISTS, GRAPHIC DESIGNERS AND ROOSEVELT COMMUNITY MEMBERS

The Roosevelt Public School Education Foundation (RPSEF) would like suggestions for the design of our RPSEF logo, which will become a branded part of our group's literature and correspondence and will appear on our future website. We are looking for logo ideas that relate to our town's unique history, rich artistic culture, and our Choice School atmosphere.

The logo design will be featured on our Foundation's future website, which will contain information about the foundation and its activities and planned events. We received a grant, which will be used to cover start-up costs, including all website design work.

Roosevelt Public School Education Foundation is a local, independent, private nonprofit organization established to work with the school district to provide funding through private donations and fundraising efforts, for programs or purchases beyond the funding of the school budget to enrich the education of our PreK- 6th Grade Roosevelt Public School students.

Anyone with ideas for our logo, or who wants to be considered to work on our website, please call Maria Del Piano at 973 508-7971, or contact us via email at marytulloss@comcast.net, or send a note to us at RPS Education Foundation, P. O. Box 22, Roosevelt, NJ 08555. We appreciate your help and look forward to hearing from you.



Roosevelt, you got cheated in this year's election:

I want to apologize to all the voters, you got cheated and it's not acceptable. It seems I was elected to a seat on the council with only 20 votes and that should not be acceptable to the voters. I don't think a blank space should be left on a ballot in our local election.

I think the Mayor and Council have done a good job managing the town, but I as a Council member could not accept the status quo of a revolving door election process and of candidates who leave after a year or who turn out to be no shows at meetings. They cheat the democratic system and the voters, whether they know it or not.

I used to run for Council because it was important to have contested elections. I am sorry I stopped. I may have lost, I may have been put down for running, but when I lost there was no shame in it.

The only reason I was elected to the council was because there was an open ballot for Council. That is not a good way, it's like coming in thru the backdoor and I take no satisfaction with the results.

I'm mad at myself for getting elected; I'm ready to recall me, but then I would have to run against myself. Don't laugh—this is Roosevelt and crazy things can happen.

I'm sure by now you're thinking, what a pain in the you know what, stop complaining, you're on the

Council. You're right—I am a pain but I come by it honestly. There is no celebration party; this is a wake. The democratic election process in Roosevelt is on life support and we need to reverse this trend.

Stuart Kaufman

Contributors to the Bulletin 2013/2014

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

Jim Alt & Susan Schwartz

Robert & Robin Axel

Linda Block

Alexandra Bonfante-Warren

David & Naomi Brahinsky

William & June Counterman

Deborah Dauer

Frances Duckett

Lian Garton

Judith & Ed Goetzmann

Anne Hayden

Cynthia, James & Dawn Imbrie

Rick & Michelle Jaeger

Sheila & Phil Jaeger

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Geraldine Millar

Judy & Norm Nahmias

Tom Orlando

Richard and Hope Pressler

Kirk & Jane Rothfuss

Margaret Schlinski

Josef Green Solomon

Mary & Rod Tulloss

Peter Vince & Marilyn Magnes

Zahora family

WEATHER ALMANAC

By Ron Filepp

October 2013

Day	High	Low	Avg	Cool'g/Heat'g Degree	
				Precip	Days
1	76.6	51.6	64.1	0.00	0.9
2	77.5	55.0	66.3	0.00	0.0
3	77.9	55.8	66.9	0.00	0.0
4	80.2	60.1	70.2	0.00	0.0
5	77.0	32.6	54.8	0.00	10.2
6	79.2	34.0	56.6	0.00	8.4
7	79.5	58.5	69.0	0.75	0.0
8	66.2	49.1	57.7	0.00	7.3
9	63.0	48.0	55.5	0.00	9.5
10	61.5	53.8	57.7	0.20	7.4
11	63.9	59.5	61.7	0.25	3.3
12	71.2	59.0	65.1	0.00	0.0
13	66.7	50.9	58.8	0.00	6.2
14	66.2	44.6	55.4	0.00	9.6
15	68.7	44.8	56.8	0.00	8.3
16	69.7	48.7	59.2	0.00	5.8
17	72.7	59.4	66.1	0.00	0.0
18	65.8	46.8	56.3	0.00	8.7
19	66.0	42.1	54.1	0.00	11.0
20	59.4	43.0	51.2	0.10	13.8
21	63.0	39.6	51.3	0.00	13.7
22	66.4	46.6	56.5	0.00	8.5
23	56.3	39.7	48.0	0.00	17.0
24	53.8	37.0	45.4	0.00	19.6
25	54.9	34.9	44.9	0.00	20.1
26	54.0	32.9	43.5	0.00	21.6
27	56.7	38.1	47.4	0.00	17.6
28	58.8	32.9	45.9	0.00	19.2
29	56.5	36.0	46.3	0.00	18.8
30	60.8	39.0	49.9	0.00	15.1
31	70.5	49.6	60.1	0.00	5.0
Totals				1.30	286.3

NEXT-DAY TURKEY SOUP

Directions

Put the chicken broth, turkey, carrot halves, celery stalk, onion halves and 1 bay leaf in a large stockpot. Bring to a boil and then simmer, about 1 1/2 hours.

Dice the turkey meat. Make sure the meat pieces are no larger than the size of a soup spoon. (If preparing the soup the next day, be sure to store leftover turkey meat in an airtight container before placing it in the refrigerator. Top with 1 or 2 ladles full of broth to keep the meat moist.)

Before straining the broth, remove the large bones and carcass with tongs. Strain the broth through a sieve covered with wet cheesecloth. Discard the solids. Transfer the broth to a bowl set in a bath of ice water, which will cool the broth quickly and help keep it fresher longer. This can be done the night before and stored in the refrigerator until the next day.

In a large soup pot, heat the garlic in the olive oil over medium heat. Allow to brown slightly, about 3 minutes. Add the minced carrots, celery and onions. Sweat over medium-low heat until softened, 7 or 8 minutes.

Dice the leftover Thanksgiving vegetables. Add the sage to the soup pot along with the turkey broth and the remaining bay leaf. Bring to a simmer. When simmering, add the Brussels sprouts, green beans and diced turkey meat to the soup. Bring it back up to a simmer. Finally, add the sweet potatoes to the center and gently push them down. Turn the heat off and cover. Allow to sit and steam, 5 to 7 minutes. Let simmer for 5 more minutes.

INGREDIENTS

8 cups chicken broth

1 turkey carcass, all meat removed

1 carrot, halved lengthwise,
plus 1 carrot, minced

1 whole stalk celery,
plus 1 stalk, minced

1 onion, halved, plus 1 onion, minced

2 bay leaves

3 cups dark turkey meat

2 cloves garlic, smashed

2 tablespoons olive oil

3 cups leftover cooked Thanksgiving
side vegetables (Brussels sprouts,
sweet potatoes, green beans)

1 tablespoon chopped fresh sage

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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.

2014 Roosevelt Board of Education News and Election Results

Thank you for voting on November 5th. We have one new member joining the Roosevelt Board of Education in January – Gabrielle Balon. Rick Pressler was appointed this summer and was elected to a three-year term. Kelly Yang was re-elected to a three-year term. Ken LeCompte was appointed last winter and elected to a one-year term. Ed Goetzmann will be completing his term this December. He has actually served on Roosevelt BOE three times and was the CSA/Principal in the early 1970s. We thank Ed for his many years of dedication.

2013-2014 Board of Education Goals

The BOE is composed of five standing committees (Personnel, Curriculum, Finance/Facilities, Policy, Legislation/Public Relations), with each member serving on two committees and the BOE President attending all the committee meetings. This summer we hosted a retreat with our New Jersey School Boards Association Field Representative and set up the following BOE goals to work toward:

Goal 1: Continual professional development for the Board in the area of Finance within the Committee Meetings

School finance is a special accounting system in and of itself. Each member of the BOE strives to understand the state-mandated rules on the allocation of school funds.

Goal 2: Establish a working relationship with the new Business Administrator

We are doing a shared service with Millstone for our business administrator and accounting services. Bernie Biesiada began as the district's administrator in July and is in district twice a week and Millstone's accountant and facilities manager are each in once a week. We have a Shared Services Ad Hoc committee that met in early November to discuss how the relationship is going and potential ways to expand in the future. Through this new BA relationship, we plan to draft a multi-year financial plan, including ways to finance building repairs, which is an ongoing challenge due to the unpredictable nature of revenues allocated to schools.

Goal 3: Determine where to go with the School Leader position and then hire a Chief School Administrator

The "determine" part of this goal was to decide if we were going to hire a full search committee, a NJ School Boards Association search consultant, or conduct the search ourselves. We are happy to report that, with the help of our Interim CSA/Principal, the BOE, and the Personnel Committee handling the logistics, we conducted a successful search ourselves, saving the district thousands of dollars. Our new CSA/Principal, Mary Robinson Cohen, started November 1.

Goal 4: Successfully complete negotiations with the Bargaining Group

Roosevelt BOE is proud that that we have an excellent working relationship with our teachers' union. We will have an Ad Hoc Committee to open discussions with them for a new contract that is due to begin July 1, 2014.

Special Committee Meetings

This fall a special ad hoc Communications Committee of parents, teachers, BOE members, and administrators was formed to draft a Communications Plan for the district. We are working through ways to improve communication in all directions and will have a written plan by spring.

The Policy committee is also reviewing multiple policies and regulations related to the community and intends to invite interested stakeholders to participate in the discussions.

-- By Natalie Warner



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*

The First Aid Squad has responded to 153 emergency calls from January 1 to October 31, 2013. For October the Squad responded to, in Roosevelt 2 Altered mental status,

1 cardiac, 1 fall, 1 pediatric respiratory, 1 unconscious, 2 emergency transports, 2 stand-bys and 1 man stuck in a tree. In Millstone 1 cardiac, 1 seizure, 2 unconscious, 1 pediatric finger injury, 5 emergency transports, 2 falls and 3 MVA's.

As the Squad sent out our donation letters we included "My Personal Medication Record" form. When you have time please fill the form out and place it on your refrigerator. Only put your current medication on it. 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 in their generous donations to the Squad. Without your support we could not operate. Thank You!!!

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

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

Health Notes: Hypertension (HTN) or high blood pressure, sometimes called arterial hypertension, is a chronic medical condition in which the blood pressure in the arteries is elevated. This requires the heart to work harder than normal

to circulate blood through the blood vessels. Blood pressure is summarized by two measurements, systolic and diastolic, which depend on whether the heart muscle is contracting (systole) or relaxed between beats (diastole) and equate to a maximum and minimum pressure, respectively. Normal blood pressure at rest is within the range of 100-140mmHg systolic (top reading) and 60-90mmHg diastolic (bottom reading). High blood pressure is said to be present if it is persistently at or above 140/90 mmHg.

Hypertension is classified as either primary (essential hypertension or secondary hypertension; about 90-95% of cases are categorized as "primary hypertension" which means high blood pressure with no obvious underlying medical cause. The remaining 5-10% of cases (secondary hypertension) are caused by other conditions that affect the kidneys, arteries, heart or endocrine system.

Hypertension is a major risk factor for stroke, myocardial infarction (heart attacks), heart failure, aneurysms of the arteries (e.g., aortic aneurysm), and peripheral arterial disease and is a cause of chronic kidney disease. Even moderate elevation of arterial blood pressure is associated with a shortened life expectancy. Dietary and lifestyle changes can improve blood pressure control and decrease the risk of associated health complications, although drug treatment is often necessary in people for whom lifestyle changes are not enough or not effective.

Signs and symptoms:

Hypertension is rarely accompanied by any symptoms, and its identification is usually through screening, or when seeking healthcare for an unrelated problem. A proportion of people with high blood pressure report headaches (particularly at the back of the head and in the morning), as well as lightheadedness, vertigo,

tinnitus, (buzzing or hissing in the ears), altered vision or fainting episodes. These symptoms, however, might be related to associated anxiety rather than the high blood pressure itself.

On physical examination, hypertension may be suspected on the basis of the presence of hypertensive retinopathy detected by examination of the optic fundus found in the back of the eye using ophthalmoscopy. Classically, the severity of the hypertensive retinopathy changes is graded from grade I-IV, although the milder types may be difficult to distinguish from each other. Ophthalmoscopy findings may also give some indication as to how long a person has been hypertensive.

Hypertensive crisis:

Severely elevated blood pressure (equal to or greater than a systolic 180 or diastolic of 110 — sometime termed malignant or accelerated hypertension) is referred to as a "hypertensive crisis", as blood pressures above these levels are known to confer a high risk of complications. People with blood pressures in this range may have no symptoms, but are more likely to report headaches (22% of cases) and dizziness than the general population. Other symptoms accompanying a hypertensive crisis may include visual deterioration or breathlessness due to heart failure or a general feeling of malaise due to renal failure. Most people with a hypertensive crisis are known to have elevated blood pressure, but additional triggers may have led to a sudden rise.

A "hypertensive emergency", previously "malignant hypertension", is diagnosed when there is evidence of direct damage to one or more organs as a result of the severely elevated blood pressure. This may include hypertensive encephalopathy, caused by brain swelling and dysfunction, and characterized by headaches and an altered level of consciousness (confusion or drowsiness). Retinal papilloedema and/or

RESCUE (CONT'D.)

fundal hemorrhages and exudates are another sign of target organ damage. Chest pain may indicate heart muscle damage (which may progress to myocardial infarction) or sometimes aortic dissection, the tearing of the inner wall of the aorta. Breathlessness, cough, and the expectoration of blood-stained sputum are characteristic signs of pulmonary edema, the swelling of lung tissue due to left ventricular failure an inability of the left ventricle of the heart to adequately pump blood from the lungs into the arterial system. Rapid deterioration of kidney function (acute kidney injury) and microangiopathic hemolytic anemia (destruction of blood cells) may also occur. In these situations, rapid reduction of the blood pressure is mandated to stop ongoing organ damage. In contrast there is no evidence that blood pressure needs to be lowered rapidly in hypertensive urgencies where there is no evidence of target organ damage and over aggressive reduction of blood pressure is not without risks. Use of oral medications to lower the BP gradually over 24 to 48 h is advocated in hypertensive urgencies.

Prevention:

Much of the disease burden of high blood pressure is experienced by people who are not labelled as hypertensive. Consequently, population strategies are required to reduce the consequences of high blood pressure and reduce the need for antihypertensive drug therapy. Lifestyle changes are recommended to lower blood pressure, before starting drug therapy. The 2004 British Hypertension Society guidelines proposed the following lifestyle changes consistent with those outlined by the US National High BP Education Program in 2002 for the primary prevention of hypertension:

- maintain normal body weight for adults (e.g. body mass index 20–25 kg/m²)
- reduce dietary sodium intake to <100 mmol/ day (<6 g of sodium chloride or <2.4 g of sodium per day)

- engage in regular aerobic physical activity such as brisk walking (≥ 30 min per day, most days of the week)

- limit alcohol consumption to no more than 3 units/day in men and no more than 2 units/day in women

- consume a diet rich in fruit and vegetables (e.g. at least five portions per day);

Effective lifestyle modification may lower blood pressure as much an individual antihypertensive drug. Combinations of two or more lifestyle modifications can achieve even better results.

Lifestyle modifications:

The first line of treatment for hypertension is identical to the recommended preventive lifestyle changes and includes dietary changes, physical exercise, and weight loss. These have all been shown to significantly reduce blood pressure in people with hypertension. Their potential effectiveness is similar to using a single medication. If hypertension is high enough to justify immediate use of medications, lifestyle changes are still recommended in conjunction with medication.

Dietary change such as a low sodium diet is beneficial. A long term (more than 4 weeks) low sodium diet in Caucasians is effective in reducing blood pressure, both in people with hypertension and

in people with normal blood pressure. Also, the DASH diet, a diet rich in nuts, whole grains, fish, poultry, fruits and vegetables lowers blood pressure. A major feature of the plan is limiting intake of sodium, although the diet is also rich in potassium, magnesium, calcium, as well as protein. Different programs aimed to reduce psychological stress, such a biofeedback, relaxation or meditation, are advertised to reduce hypertension. However, overall efficacy is not greater than health education, with evidence being generally of low quality.

There are still houses in town that do not have house numbers or the numbers are too small to see from the street or they are dark numbers on a dark house. 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 it from the road. There are many houses in town that does not have numbers or cannot be seen from the road especially at night.

Remember if you need help please “Dial 911”.

Jack Rindt, EMT, Captain
Roosevelt First Aid Squad
rooseveltfirstaidsquad@yahoo.com

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.

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The *Bulletin* publishes free-of-charge public information listings from Roosevelt residents and businesses, 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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Call June Counterman 448-3182

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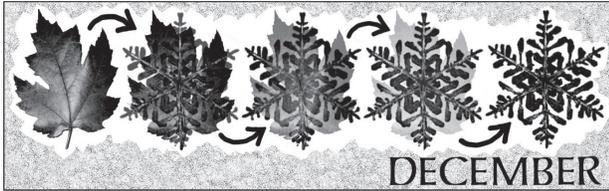
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WINTER IN ROOSEVELT



PRSRT STD
Postal Customer
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RECYCLING DATES:
December 4, 18
January 2, 15, 29

DECEMBER

3 3 Tues.	7:30 p.m.	Planning Board, Borough Hall, Jane Rothfuss, Chair, 448-3713
4 Wed.		Recycling Pickup
8 Sun.	10:00 am	Roosevelt First Aid Squad, Training Jack Rindt, Training Officer
9 Mon.	7:00 pm	Council Action Meeting, Borough Hall Beth Battel, Mayor, 448-7701
17 Tues.	8:00 pm	Roosevelt First Aid Squad, Business Meeting Jeff Klein, President
18 Wed.	7:30 p.m.	Environmental Comm. Mtg., Borough Hall Stu Kaufman, Chair. 448-4921
18 Wed.		Recycling Pickup
19 Thurs.	7:30 p.m.	RPS Board of Education, Natalie Warner, President, 448-2913
23 Mon.	7:00 p.m.	Council Action Meeting, Borough Hall, Beth Battel, Mayor, 448-7701
20 Fri.		RPS Early Dismissal
23- Jan 1		RPS Closed for Winter Break

JANUARY

2- Thurs.		RPS Return to School
		Recycling pickup
12 Sun.	10:00 am	Roosevelt First Aid Squad, Training Jack Rindt, Training Officer
15 Wed.		Recycling pickup
20 Mon.	7:00 pm	Council Action Meeting, Borough Hall Beth Battel, Mayor, 448-7701
21 Tues.	7:30 pm	Planning Board Meeting, Borough Hall Jane Rothfuss, Chair, 448-3713
	8:00 pm	Roosevelt First Aid Squad, Business Meeting Jeff Klein, President
23 Thurs.	7:30 p.m.	RPS Board of Education, Natalie Warner, President, 448-2913
29 Wed.		Recycling Pickup

*Now winter nights enlarge
The number of their hours,
And clouds their storms discharge
Upon the airy towers.
Let now the chimneys blaze
And cups o'erflow with wine;
Let well-tuned words amaze
With harmony divine.
from "Winter Nights"
by Thomas Campion*

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 e-mail to rpressler32@gmail.com