

Bulletin

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BOROUGH COUNCIL NEWS

By Michael Ticktin

Britton House Given Historic Designation; Borough Applies for Renewal of Exemption from Requirement to Appoint a Principal Public Works Manager; Ellentuck and Hermelee Re-elected

At its meeting on November 10, the Borough Council approved a resolution designating the Britton House, located at 30 Homestead Lane, as a “principal historic structure,” as defined in the ordinance providing for the designation and preservation of the Historic District of the Borough of Roosevelt. Under the ordinance, “principal historic structures” are defined as including the Bauhaus-inspired buildings designed by Alfred Kastner and Louis Kahn when Jersey Homesteads (now Roosevelt) was built, and any other buildings so designated by resolution of the Borough Council upon the recommendation of the Planning Board. The Planning Board recommended that the Britton House, which was built around 1830 and played an important role in the early years of the community, serving at various times as an outlet store for the factory and as the community’s first children’s nursery, be given the same protection against demolition (although not against modification or addition) that the ordinance provides to the buildings constructed in the 1930s.

The Council also approved a resolution applying to the Director of Local Government Services in the New Jersey Department of Community Affairs for exemption from the statutory requirement to appoint a certified Principal Public Works Manager. The justification cited by the

Council for the exemption, which would be a renewal of an exemption previously granted in 2009 for a period of five years, was that Roosevelt continues to have only minimal public works activity conducted by a part-time public works employee and contracts for all other such activities.

On Election Day, Councilwoman Michelle Hermelee and Councilman Jeff Ellentuck were re-elected with 231 votes and 214 votes respectively (not counting any mail-in votes). There were no opposition candidates.



Dorothy Agress (seated on left in lighter colored coat) and other nursery staff members in front of the Britton House, c. 1940. Photo courtesy of Bill Agress.

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ANNOUNCEMENTS

Welcome to the 38th edition of the Roosevelt Borough Bulletin. There will be ten issues running from September 2014 through July, 2015. We will not publish in January and August 2015.

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.

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From the Mayor

By Elsbeth Battel

Dear Neighbors,

Here comes winter again, so a few reminders for your safety:

Power outages - call 888.544.4877. Yes it's a computer but it tells the system where the problems are and how many homes are affected.

Generators - are dangerous! They produce electricity (dangerous in and of itself, so be careful that your extension wires are in good shape and of sufficient capacity to handle the load they are carrying) and they produce carbon monoxide, which is deadly. Keep generators outside, 50 feet from your building.

Power lines - are also dangerous! Even if the power is out they may be carrying a charge and if they are lying in a puddle or wet area, that charge can carry, so steer clear of fallen lines.

Wishing everyone the very happiest of holidays and a happy, safe New Year!

Beth

RECYCLING DATES Decemember 3, 17 January 7, 21	ZONING PERMITS Tuesdays 4 - 6 PM
STATE PERMITS Wednesdays 1 - 3	BOROUGH HOUSING INSPECTIONS Tuesdays 5 - 6 PM, Borough Hall



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

ROOSEVELT PUBLIC SCHOOL EDUCATION FOUNDATION

On Sunday, October 12th, the Roosevelt Public School Education Foundation (RPSEF) held its third fundraising event. Rod Tulloss gave a presentation on mushrooms that can be found in Roosevelt through the four seasons, including mushrooms that look like bubble gum, toothpaste and birds' nests! Thank you to Rod and all the attendees for supporting educational programs at the Roosevelt Public School (RPS).

We are happy to announce that we have received non-profit status under section 501(C)(3) of the IRS code. Donations made to RPSEF are tax deductible.

If you would like to help the children of Roosevelt have a learning experience that could change their lives, we would appreciate hearing from you. We are seeking people with the following skills: grant writing, legal

assistance, computer skills, baking/cooking talent, a passion that could be shared as a fundraising event, artwork or other items that could be donated, accounting, photography, enthusiasm and a desire to give something back to the Roosevelt Community. Please visit and bookmark our website, www.rpsef.org, go to the "How You Can Help" tab, and provide us with your contact information. Thank you.

Roosevelt Public School Education Foundation



www.rpsef.org

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

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

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.

Hope everybody's Thanksgiving was a good one. For me it was very special, having all my family together with me. It gave me a renewed sense of hope that my life was going to get better physically and mentally.

Work on the water plant is moving along. The other day as I was leaving town, I saw a very large truck carrying our new filters. I just had to shout yay! My wife could not believe that anyone could get that excited about filters. But there they

were, these brand new beautiful, enormous, nonmetallic filters. Why was I so happy? Because I know that when these filters come on line, our water quality is going to go up and our cost go down.

Sorry no lectures today, now is the time for celebrating and festival.

Until next time stay well.

Utility Chairperson,
Stu Kaufman Stu Kaufman

Stopping by Woods on a Snowy Evening

Robert Frost (1923)

Whose woods these are I think I know.
His house is in the village though;
He will not see me stopping here
To watch his woods fill up with snow.

My little horse must think it queer
To stop without a farmhouse near
Between the woods and frozen lake
The darkest evening of the year.

He gives his harness bells a shake
To ask if there is some mistake.
The only other sound's the sweep
Of easy wind and downy flake.

The woods are lovely, dark and deep.
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep.

Roosevelt Exhibit Opens at Jewish Heritage Museum of Monmouth County

An exhibit entitled "Jersey Homesteads to Roosevelt: An Experiment in Cooperative Living" opened at the Jewish Heritage Museum of Monmouth County on October 26. The exhibit includes work of Roosevelt artists, panels with information about the community's origins and numerous artifacts, many of which are from the collection of Helen Barth, the only current Roosevelt resident who came to Jersey Homesteads in the 1930s. The exhibit will be on display for several months at the Jewish Heritage Museum, which is located at 310 Mounts Corner Drive in a historic building at the rear of the Mounts Corner Shopping Center in Freehold Township.

On Sunday, December 7, in conjunction with the exhibit, the Museum will, host a discussion by Michael Ticktin of the history and architecture of Roosevelt, featuring the film "Jersey Homesteads in the Architectural Vanguard" that was produced and narrated by Ben Johnson under the auspices of the Roosevelt Arts Project.

For information about these programs, contact the Museum at 732-252-6990 or visit its website at www.jhmomc.org.



Curriculum Committee Highlights

Developing and implementing quality curriculum and instructional programs is crucial to the success of our students at RPS. To this end, the board of education and its curriculum committee meet regularly to review and discuss curriculum, instruction and student learning.

This school year, we have several goals regarding curriculum and instruction. Our first overall district goal is to improve student achievement in Language Arts Literacy. The board of education will be meeting to discuss professional development initiatives, benchmark assessment data in Language Arts Literacy, and instructional materials and programs to ensure our children receive the best possible instruction in Language Arts Literacy.

Our second district goal is to re-establish the connection with the cultural history of Roosevelt through school curriculum. Some of our staff attended a workshop over the summer about how to integrate the arts into the Common Core standards. The children will be learning about our town's history throughout the year by viewing and learning about the Ben Shahn mural in the school's

entry lobby and developing interdisciplinary projects.

In addition to district goals, the curriculum committee maintains ongoing goals to ensure our curricula and instructional programs continue to be high quality and up to date. We regularly review curricula according to our five-year curriculum writing cycle. The curriculum committee also reviews the district's policies pertaining to curriculum and instruction to ensure they meet not only current state standards but also our district's mission. All committee activities are shared with the full nine-member board of education members.

Referendum Results

Thank you once again for your steadfast support of RPS. The referendum to conduct repairs passed and work will start with the design and construction bids immediately. We plan to conduct all repairs with minimal impact to the student school day by doing the majority of the work over summer break.

Our next board of education meeting is December 18, 2014 at 7:30 pm. Reappointment of the newly elected/re-elected members will most likely be January 8, 2014, at 7:30 pm.

In a drear-nighted December,
 Too happy, happy tree,
 Thy branches ne'er remember
 Their green felicity:
 The north cannot undo them
 With a sleety whistle through them,
 Nor frozen thawings glue them
 From budding at the prime.

from "Happy Insensibility" by J. Keats

By Ron Filepp

October 2014

Day	High	Low	Avg Precip	Cool'g/Heat'g Degree	
					Days
1	66.9	60.1	63.5	0.00	1.5
2	67.8	58.5	63.2	0.00	1.9
3	71.2	53.6	62.4	0.00	2.6
4	71.8	52.3	62.1	0.60	3.0
5	60.4	39.2	49.8	0.00	15.2
6	70.0	41.2	55.6	0.00	9.4
7	72.0	52.9	62.5	0.00	2.6
8	74.7	58.1	66.4	0.00	0.0
9	71.1	45.1	58.1	0.00	6.9
10	63.7	43.0	53.4	0.00	11.7
11	56.3	46.6	51.5	0.62	13.6
12	61.0	40.5	50.8	0.00	14.3
13	66.0	45.1	55.6	0.00	9.5
14	77.5	61.5	69.5	0.00	0.0
15	79.0	65.8	72.4	0.30	0.0
16	71.4	57.6	64.5	0.60	0.5
17	70.0	54.3	62.2	0.00	2.9
18	71.1	54.3	62.7	0.00	2.3
19	58.1	37.8	48.0	0.00	17.1
20	60.3	32.9	46.6	0.00	18.4
21	67.3	46.9	57.1	0.00	7.9
22	55.2	50.7	53.0	0.80	12.1
23	53.8	50.0	51.9	0.45	13.1
24	65.3	48.4	56.9	0.00	8.2
25	66.2	39.4	52.8	0.00	12.2
26	64.2	48.7	56.5	0.00	8.6
27	61.5	39.9	50.7	0.00	14.3
28	71.2	44.2	57.7	0.00	7.3
29	71.4	50.7	61.1	0.00	4.0
30	58.3	41.0	49.7	0.00	15.4
31	53.8	34.0	43.9	0.00	21.1
Totals				3.37	256.9

The Roosevelt Arts Project

The Roosevelt Arts Project (RAP) is a collaborative venture of friends and neighbors in and around Roosevelt, New Jersey. Bringing together artists in a variety of media, our mission is to foster collaboration and present their work to the public.

Founded in 1986 by the nationally known artists, Bernarda Bryson Shahn and Jacob Landau, and others including writers and musicians, the Roosevelt Arts Project presents a series of annual programs. This varied series premieres new works by Roosevelt playwrights, painters and potters, folk singers, poets, and composers, as well as experimental collaborations.

DATE	VENUE	EVENT
Saturday, December 13 8:00 PM	Assifa Space	“The Blues at Assifa Space” Assifa space at 40 Tamara Dr. in Roosevelt, though small, has the finest acoustics in town. David Brahinsky on vocals and guitar and 2 ringers from out of town, Guy DeRosa on harmonicas and Hank Skalka on bass, will present an evening devoted to the blues of various types and genres.
Saturday, January 17 8:00 PM	Boro Hall	NextGen Music - Techno/DJ/Ambient Roosevelt Musicians Several younger Roosevelt natives are now making their mark in the world as composers-performers working with techno, DJ and chill/ambient music. Come hear what they do and enjoy an evening of exciting new music. Tentatively scheduled: Nicholas Malkin (Afterhours), David Atwood, and Jack Leech (Nurko). Additional ambient music provided by Brad Garton with friends Terry Pender and Karl Fury.
Saturday, February 21 8:00 PM	Assifa Space	Roosevelt Poets Join the Roosevelt poets during the shortest month of the year as they explore the shortest poetic forms from haiku to ghazal to microgram. Find out what the Universe has been hiding all this time!
Saturday, March 14 8:00 PM	Boro Hall	Music from friends & neighbors Come join us for a variety of musical sounds, from folk to jazz to blues & more. Performances by some familiar faces as well as some new friends & neighbors.
Saturday, April 25 2:00 - 5:00 PM	Roosevelt Public School	“Festival Latino” Join us for a fiesta of Latino music and dance. The group Herencias is back after their success in last year’s Roosevelt Arts Project
Fri, May 8 and Sat, May 9 8PM	Boro Hall	“The Roosevelt String Band in Concert” David, Paul, Ed, Sam, Kai, Joe and Howie will present an evening of folk music guaranteed to stimulate great thoughts, mighty feelings, sweet sensations and a whole lot of fun
Thursday June 4, 2015 at 7:00 PM	Roosevelt Public School	Bringing a Mural to Life Culminating a year-long collaboration between the school and the community, the Roosevelt Public School will present a theatrical piece bringing the Ben Shahn mural to life.

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://www.rooseveltartsproject.org> Be sure to join our mailing list at <http://www.rooseveltartsproject.org> so that you get the brochure sent to you via email each season and timely reminders of each upcoming event. For further information call Robin Gould at (609) 448-4616.

The Roosevelt Mural
The mural shown in the header was created by Ben Shahn in 1937-38 to commemorate the New Deal resettlement community of Jersey Homesteads, now called Roosevelt, N.J. The mural can still be seen in the Roosevelt Public School. As one of the first and finest art works in the town, it is only appropriate that it should serve as the header for the RAP site.

Dear Community Members:

Thank you for your recent support of Roosevelt Public School and the referendum. The repairs are noticeably overdue, and your support shows students and staff that you care about the well being of the daily inhabitants of the building.

As I promised in the last issue, our fifth graders are submitting their reflections from their recent class trip to Stony Brook Millstone Watershed. I hope that you enjoy their reports, in this issue and in subsequent issues.

Sincerely,

Mary Robinson Cohen

Stonybrook- Millstone Watershed Orienteering

By Delaney Bright

It was a pulchritudinous autumn day. My teacher, Mr. Gershman had planned for us to take a trip to the Stony Brook Millstone Watershed. We went there to go orienteering. We were trying to find nine points in the forest. It was really exciting because we learned how to use a compass and a map. We went because we were learning in class about map skills.

First, before we actually started orienteering we learned how to use a compass. We did that by making shapes. First we got an index card. Next we got a sharpie marker and wrote our name on our card that we just got. After we wrote our names on our cards we got into a very spread out circle. When we were in our spots, we put our card down at our feet. Then we began to make shapes. We set our bearing. We made the shapes by setting our compasses to a certain degree. Once we lined it up with the arrow that was on the compass. Then we turned our

body, not the compass, our body until the red half of the arrow was in the shed. So we turned our body until red was in the shed. Then we walked ten steps in that direction. Then we set it to another degree. Then we turned our body so that red was in the shed. Then we walked ten steps in that direction. Then we did the same thing one more time. Then Ms. Alison asked what shape we made. We had made a triangle. At the end we should've been at least close to our card. I was close to my card.

Then we split up into groups. The first group was Ashlynn, Liam, and Kelby. The group that I orienteered with was Amanda, Jimmy, Jazz and me. Before we went off orienteering we looked at the map. Then Chris, the person that helped us guided us so we didn't get lost. We started off by a building on the map. We knew where we were.

Then we started to set off into the woods. When we came to an intersection there were lots of bushes. We went around it. When we went around it, we were already on a trail. Since the bush

blocked off the trail we had to go on to a completely different trail. We walked until we came to a rotten pumpkin. When we realized that there was nothing in it we just kept walking. Then we looked at our map. Then we kept walking. Then we looked on our map. We realized that we were really close to marker 1. We were looking around to see if we could see marker 1. Then Jimmy shouted, "I see it!" Since there were little spike staplers we could mark our paper. So we stapled it and went on about our business. We just had to walk for a little while then turn the corner, but first we had to find the Haiku Display. A Haiku Display is two pieces of wood shaped like sticks, and they are sticking out of the ground. Then there are two pieces of wood that are about the same size as the ones sticking out of the ground. On the sticks in between there are words that can fit into a haiku poem.

After that we stopped at the Haiku Display. We looked at our map and we saw that the second marker was near. It was hanging on a nearby tree. Then I exclaimed, "It's right there!" Then we "stapled" it and kept on going.



ROOSEVELT PUBLIC SCHOOL (CONT'D)

Then we looked on the map. We saw that we had to find the fire circle. Also we saw that the third marker was really, really close to the fire circle.

When we finally got to the fire circle we started looking around for the third marker. Then Jimmy screamed, "I found it!" Then we stapled our papers and kept on walking.

It wasn't very hard to find the marker because it was really close to marker three. We only had to walk a little ways to actually get to marker four. We were looking until Jazz screamed, "I found it!" Then we stapled our papers and kept on walking through the woods.

We had to walk through a lot of prickly bushes until we got to number five. We found this one hanging out in a tree. Some people got pricked a few times. Nobody was severely injured, so that's good. After all of that poking from the bushes we finally got to number five! We stapled our papers and set back out into the woods.

We didn't have to go very far to get to the sixth marker. There were still a lot of bushes that weren't that friendly. When we found the marker we cheered because we only had to find three more markers! Then we stapled our papers and kept going.

We walked a little ways into the woods when there was an intersection. Since Jimmy has gone orienteering before he thought that we should go on the trail to the left. So we did. We looked at our maps and we saw that number seven was right up ahead. We were all looking until Jimmy shouted, "I see it!" Then we went over to it, but Mr. Chris offered to do it for us because there were prickly bushes.

When he stapled them we just kept walking down the trail.

We were all really excited because we only had to find two more markers! We just wanted to get it over with because we were all really hungry for lunch. On the map, the eighth marker was directly diagonal from number seven. Even though it was diagonal from where we were it was still really hard to find. On the clue on the paper it said that if we meet a thorn bush we've gone too far. We walked right past marker eight! Then we had to retrace our steps! It took a long time, but we found it! We were all really excited because we only had to find number nine!

It took a long time for us to find number nine. After pricker bushes and unfriendly plants we finally found the marker for number nine. Everybody was so excited. We were literally dancing around! Everybody was singing, "WE FOUND NUMBER NINE!"

Then we all played temple run on the bridges. When we got to the end Jimmy exclaimed, "That was the worst game of temple run ever!" Then we walked back to the cars to get our lunches and then we ate them at the picnic tables! That was one of the best field trips ever!



Orienteering Field Trip

By Amanda LaRosa

Hi. My name is Amanda LaRosa. I am in the 5th grade class at Roosevelt Public School. On Tuesday, November 11, 2014, my class went to the Stonybrook-Millstone Watershed . We went there to go orienteering . Since we were learning all about maps

and compasses, our teacher , Mr. Gershman, decided to take us there. We were very lucky because it was a pulchritudinous day. Here is how the day went.

At 8:13, I arrived at school. I was waiting outside on the blacktop talking to a teacher about how excited I was for the field trip I was going on. I saw Delaney, one of my classmates, walking back from her safety patrol post. I saw her wearing her alligator rain boots. I was wearing my oversized polka-dot Hello Kitty rain boots too . She walked over to me and we started talking about the field trip. We were so excited. "RING, RING!" went the bell. Delaney and I walked up to our line where we wait to get inside the school.

When we got into the school at 8:20, the whole class was inside the room. Although, Ashlynn and Jimmy, my classmates, were at the safety patrol post at the main doors to get in the school. Finally at 8:25, Ashlynn and Jimmy came into the classroom . When they got their bags ready to go, the second bell rang. Delaney started to do the pledge. Then as soon as the parents got there, we were ready to go on the field trip.

When we finally got there at 9:30, we jumped out of the cars and went to where the leaders were waiting for us. Our leaders were Ms. Vikky, Ms. Allison, and Mr. Chris. Our teachers/leaders were explaining how we use a compass. I never realized how cool a compass really is.

After our leaders showed us how to use the map and compass, they explained what we were going to do. Mr. Greshman , our teacher, put us into two groups. We wanted it to be boys and girls, but of course, it never happens! The groups were Kelby, Ashlynn and Liam. I was in the group with

ROOSEVELT PUBLIC SCHOOL (CONT'D)

Jimmy, Jazz, and Delaney.

When we finally went into the woods, we went with Mr. Chris. When we got into the woods we were super excited. We had to walk only a few steps to get to the first marker. Jazz and Jimmy started speed walking and Delaney and I were walking a decent pace.

As we were walking to find the second marker, it was very easy to find. We found it on the tree line as we were walking down the path.

At marker 3, it was a little harder to find. We finally found it in the woods. It was like a little den in the woods. We were able to get through it easily.

When we were looking for marker 4, it was very easy to find. Jazz found that marker. The marker was in a very cool spot. It was right behind a fire pit, and right next to a tree that flipped out of the ground and its roots were sticking up from Hurricane Sandy. After we found the marker, we sat down on another tree that fell down from Sandy and looked at the map we had. Mr. Chris was telling us how we should get to the next marker. Even though Mr.

Chris told us what way we needed to go, Jimmy started before him because he already knew how to use a compass. Jazz, Delaney, and I didn't understand it as much.

After that, we started to find our way to number 5. When we got there, Jimmy and Jazz went to it first. Since Delaney and I were walking behind Jimmy and Jazz, we had to go in after them. It was very hard to get into where number 5 was because it was in between a lot of bushes. Instead of us doing it, Mr. Chris did it for us.

We started to look for marker number 6. We found that on a tree. I'm pretty sure that Jimmy found that one!

After we found 6, Jimmy had a really good idea. Instead of the path, to go to number 7, Jimmy said that we should take a small trail. That would save us a lot of time. We didn't know if it was going to work but we tried it out anyway.

When we were walking down the trail, we got to jump on some really cool boards that they had out on the ground. They probably had them out in case there was mud. Since the boards were raised and not all of them were connected, we decided to play Temple

Run! Temple Run is a game on a device and a crazy gorilla type of animal chases your character. You have to do crazy things to try to get away from it.

When we finally got to marker 7, we sat down on a log and we talked about what direction we should go in next. We also drank up some nice, clean water. It was very refreshing.

As we started to walk to number 8, we couldn't find it! We had to walk all the way back to number 7 to figure out where we went. We knew that we missed 8 because there is a bridge on our map after number 8. We were already there! We were not supposed to be! Mr. Chris told us to look at our compass again and when we put our compass back in the right place, we finally found 8! Well, Jimmy really did. When we all ran over there, we started jumping up and down because we were very elated!

We started to run to try to find number 9. We ran very fast and we found it! Although, I have to give credit to Jazz because he was the one who found it. Jimmy, Jazz, Delaney, and I were yelling and jumping, "YES!! WE FOUND NUMBER 9!!!!!!!!!!!"

As we were walking back to where we started, we were so happy. We were dancing our way back to where we were in pride and we had a very fun time! I hope that we could go on that field trip again!

A Day at Stonybrook-Millstone Watershed Orienteering

Liam O'Donnell 11-13-14

It was a splendid Tuesday at Stonybrook-Millstone Watershed. When we got out of our cars, our guide was waiting there for us with a wide smile. We walked over to the guide with our class of seven and we immediately started. Our class went to Stonybrook-Millstone Watershed



ROOSEVELT PUBLIC SCHOOL (CONT'D)

because we have been studying maps throughout the past month and a half. With all of this studying we wanted to put those skills to the test. First, the guide told us what we were doing that day and how we were going to do it. So, at first they introduced themselves. The head guide was named Allison and the two other guides were named Chris and Vicky. Then they explained everything about orienteering. They even mentioned that there were orienteering runs, yet we had an orienteering walk or jog. We used the handy tools of a map and a compass.

After they explained what orienteering was they had us practice with our compasses. Now, a compass may look like a good tool for finding your cardinal directions and it is, but you have to put in a degree for what degree you want to go. For example, a full circle is 360 degrees and there is a degree for North, South, East, and West. If you would want to go in the cardinal direction East which is 90 degrees, you would spin the dial to the degree of 90. Then you would spin in a circle until the red pointer landed in the ditch. When it

lands in the ditch you would look up from your compass and walk to the East. It may be a hard tactic if you don't learn it correctly at first, so the guides worked extra hard to get us on board with the situation.

After learning how to use the compass we learned what we were going to try to find in the woods. It was a red painted piece of wood that had a number on it and a hole puncher attached to it. When we found the marker we would hole punch our paper showing that we found the marker. Then we would look at our sheet of paper telling us the degree of where the next marker would be. Of course using this tactic we would have to have a starting point and degree. So, we started at the construction center at the "Do Not Cross" sign. They had to let the first group go ahead because it wouldn't be fair if we just followed them and didn't do any work. Although we almost caught up to the first group in the thorny woods. Sometimes there were paths and sometimes there weren't. Usually we had a choice as in taking a shortcut through the woods or taking a path and rerouting. When we got to the last marker we headed back on a path that had nicely

made bridges over certain streams and had some wooden walkways through big piles of mud. When we got to the end of the path we were right back where we started.

Finally, we headed to the picnic tables to eat lunch. After lunch we headed back to our school at about one o'clock in the afternoon. We had an agreeable time at Stoneybrook-Millstone Watershed orienteering

December Moon

May Sarton

Before going to bed

After a fall of snow

I look out on the field

Shining there in the moonlight

So calm, untouched and white

Snow silence fills my head

After I leave the window.

Hours later near dawn

When I look down again

The whole landscape has changed

The perfect surface gone

Criss-crossed and written on

Where the wild creatures ranged

While the moon rose and shone.

Why did my dog not bark?

Why did I hear no sound

There on the snow-locked ground

In the tumultuous dark?

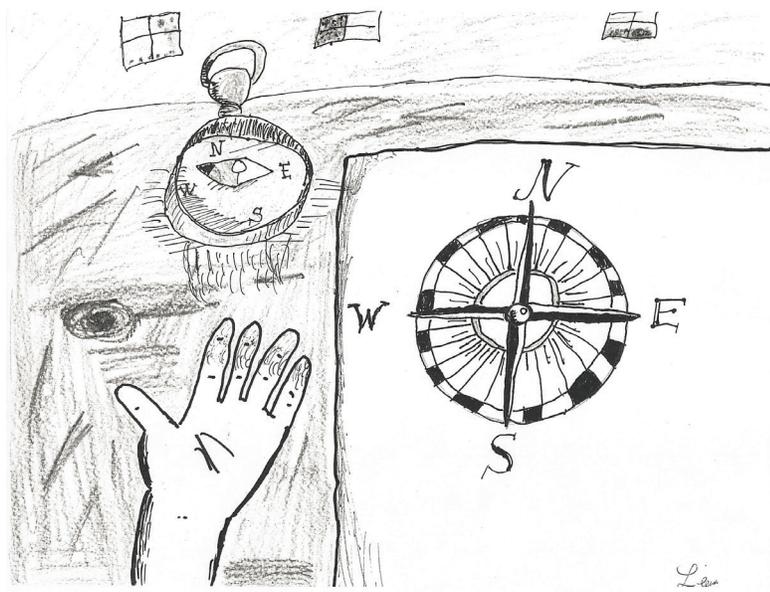
How much can come, how much can go

When the December moon is bright,

What worlds of play we'll never know

Sleeping away the cold white night

After a fall of snow.



The First Aid Squad has responded to 192 emergency calls from January 1 to October 31. For the month of October the Squad responded to 20 calls.

In October the Squad responded in Roosevelt to 5 falls, 1 cardiac, 1 overdose, 1 infant respiratory, and 2 stand-bys.

Mutual aid into Millstone Twp., 1 overdose, 1 medical alarm, 1 respiratory, 1 fire stand-by, 1 emergency transport, and 1 allergic reaction.

Mutual aid into East Windsor Twp. 1 MVA.

Training: Freehold Twp. for a Mass Casualty drill at the Freehold Mall. We transported one actor for the drill to the hospital and then were dispatched for a real medical emergency at the drill site. Transported one firefighter to the hospital.

As the Squad sent out our donation letters we included "My Personal Medication Record" form. Please complete the form with your current medication and place it on your refrigerator. This would be a great help to the Squad members if we had to come to your home in an emergency. If you misplace the form, or need additional copies, contact any Squad member.

Health Notes:

High Blood Pressure (Hypertension)

Most people with high blood pressure have no signs or symptoms, even if blood pressure readings reach dangerously high levels. Although a few people with early-stage high blood pressure may have dull headaches, dizzy spells or a few more nosebleeds than normal, these signs and symptoms usually don't occur until high blood pressure has reached a severe or life-threatening stage.

When to See a Doctor

You'll likely have your blood pressure taken as part of a routine doctor's

appointment.

Ask your doctor for a blood pressure reading at least every two years starting at age 18. Blood pressure should be checked in both arms to determine if there is a difference. Your doctor will likely recommend more frequent readings if you've already been diagnosed with high blood pressure or other risk factors for cardiovascular disease. Children age 3 and older will usually have their blood pressure measured as a part of their yearly checkups.

If you don't regularly see your doctor, you may be able to get a free blood pressure screening at a health resource fair or other locations in your community. You can also find machines in some stores that will measure your blood pressure for free, but these machines can give you inaccurate results.

There are two types of high blood pressure: Primary and Secondary Primary (Essential) Hypertension

For most adults, there's no identifiable cause of high blood pressure. This type of high blood pressure, called essential hypertension or primary hypertension, tends to develop gradually over many years.

Secondary Hypertension

Some people have high blood pressure caused by an underlying condition. This type of high blood pressure, called secondary hypertension, tends to appear suddenly and cause higher blood pressure than does primary hypertension. Various conditions and medications can lead to secondary hypertension, including:

- Kidney problems
- Adrenal gland tumors
- Thyroid problems
- Certain defects in blood vessels you're born with (congenital)
- Certain medications, such as birth control pills, cold remedies,

decongestants, over-the-counter pain relievers and some prescription drugs

- Illegal drugs, such as cocaine and amphetamines
- Alcohol abuse or chronic alcohol use
- Obstructive sleep apnea

High blood pressure has many risk factors, including:

Age. The risk of high blood pressure increases as you age. Through early middle age, or about age 45, high blood pressure is more common in men. Women are more likely to develop high blood pressure after age 65.

Race. High blood pressure is particularly common among blacks, often developing at an earlier age than it does in whites. Serious complications, such as stroke, heart attack, and kidney failure, also are more common in blacks.

Family history. High blood pressure tends to run in families.

Being overweight or obese. The more you weigh the more blood you need to supply oxygen and nutrients to your tissues. As the volume of blood circulated through your blood vessels increases, so does the pressure on your artery walls.

Not being physically active. People who are inactive tend to have higher heart rates. The higher your heart rate, the harder your heart must work with each contraction and the stronger the force on your arteries. Lack of physical activity also increases the risk of being overweight.

Using tobacco. Not only does smoking or chewing tobacco immediately raise your blood pressure temporarily, but the chemicals in tobacco can damage the lining of your artery walls. This can cause your arteries to narrow, increasing your blood pressure. Secondhand smoke also can increase your blood pressure.

Too much salt (sodium) in your diet.

RESCUE SQUAD (CONT'D)

Too much sodium in your diet can cause your body to retain fluid, which increases blood pressure.

Too little potassium in your diet. Potassium helps balance the amount of sodium in your cells. If you don't get enough potassium in your diet or retain enough potassium, you may accumulate too much sodium in your blood.

Too little vitamin D in your diet. It's uncertain if having too little vitamin D in your diet can lead to high blood pressure. Vitamin D may affect an enzyme produced by your kidneys that affects your blood pressure.

Drinking too much alcohol. Over time, heavy drinking can damage your heart. Having more than two drinks a day for men and more than one drink a day for women may affect your blood pressure.

If you drink alcohol, do so in moderation. For healthy adults, that means up to one drink a day for women of all ages and men older than age 65, and up to two drinks a day for men age 65 and younger.

Stress. High levels of stress can lead to a temporary increase in blood pressure. If you try to relax by eating more, using tobacco or drinking alcohol, you may only increase problems with high blood pressure.

Certain chronic conditions. Certain chronic conditions also may increase your risk of high blood pressure, such as kidney disease and sleep apnea.

Sometimes pregnancy contributes to high blood pressure, as well.

Although high blood pressure is most common in adults, children may be at risk, too. For some children, high blood pressure is caused by problems with the kidneys or heart. But for a growing number of kids, poor lifestyle habits, such as an unhealthy diet, obesity and lack of exercise, contribute to high blood pressure.

Complications:

The excessive pressure on your artery walls caused by high blood pressure can damage your blood vessels, as well as organs in your body. The higher your blood pressure and the longer it goes uncontrolled, the greater the damage.

Uncontrolled high blood pressure can lead to:

Heart attack or stroke. High blood pressure can cause hardening and thickening of the arteries (atherosclerosis), which can lead to a heart attack, stroke or other complications.

Aneurysm. Increased blood pressure can cause your blood vessels to weaken and bulge, forming an aneurysm. If an aneurysm ruptures, it can be life-threatening.

Heart failure. To pump blood against the higher pressure in your vessels, your heart muscle thickens. Eventually, the thickened muscle may have a hard time pumping enough blood to meet your body's needs, which can lead to heart failure.

Weakened and narrowed blood vessels in your kidneys. This can prevent these organs from functioning normally.

Thickened, narrowed or torn blood vessels in the eyes. This can result in vision loss.

Metabolic syndrome. This syndrome is a cluster of disorders of your body's metabolism, including increased waist circumference; high triglycerides; low high-density lipoprotein (HDL); or "good," cholesterol; high blood pressure; and high insulin levels.

If you have high blood pressure, you're more likely to have other components of metabolic syndrome. The more components you have, the greater your risk of developing diabetes, heart disease or stroke.

Trouble with memory or understanding. Uncontrolled high blood pressure may also affect your ability to think, remember and learn.

Trouble with memory or understanding concepts is more common in people with high blood pressure.

When in doubt see your doctor.

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.

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

Roosevelt Senior Citizens

The Roosevelt Senior Citizens will be having a Pot Luck Luncheon at our meeting on Tuesday, December 2, 2014, at the Borough Hall at 12:30pm. All our meetings begin at 12:30pm in the Borough Hall. We will be discussing the future of the Roosevelt Seniors Group. We will be holding a reorganization meeting in February 2015 to elect new board members. We need volunteers to come forward to staff our organization so we can continue providing our fun filled meetings!

So bring your favorite dish and ideas to our December 2nd meeting.

M. Schlinski
President

Contributors to the Bulletin 2013/2014

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

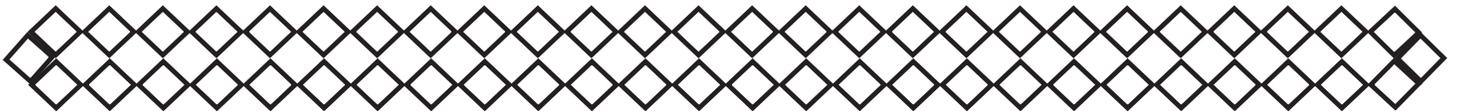
Carlo & Mary Alfare
James Alt & Susan Schwartz
Robert & Robin Axel
Helen Barth
Janet & Richard Bernardin
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Linda Block
Marvin & Karen Block
Stacey & Ulrich Bonna
Robert & Susan Cayne
Maureen & Bob Clark
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P.O. Box 221, Roosevelt, NJ 08555



Help Wanted

Looking for an opportunity to express yourself AND have a positive impact on your community?

The Roosevelt Borough Bulletin is looking for a few good men, women, or children to contribute articles of local interest.

In particular, we are looking to include articles about Borough history, information about important local issues, reports on community meetings, as well as personal recollections from individuals who have been inspired to move to Roosevelt. If you're longing to see your name in print, this could be your opportunity.

If interested, please contact Managing Editor Rick Pressler at rpressler32@gmail.com or 201.785.4490.

BUSINESS SPONSORS

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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DECEMBER

2 Tues.	12:30 pm	Senior Citizens Meeting, Borough Hall
2 Tues.	7:00 pm	Planning Board, Borough Hall
3 Wed.		Recycling Pickup 
6 Sat.		Deadline for Fire Company Santa Delivery registration
8 Mon.	7:00 pm	Council Action Meeting, Borough Hall Beth Battel, Mayor, 448-7701
11 Thurs.	7:00 pm	Fire Company Business Meeting, Chris Suk, President 490-0931
13 Sat.	10:00 am	Fire Company 50/50 Drawing, Borough Hall
13 Sat.	11:00 am - 4:00 pm	Santa's Delivery Service (with prior registration), Roosevelt Volunteer Fire Company
13 Sat.	8:00 pm	RAP "The Blues at Assifa Space" 40 Tamara Dr., Roosevelt. David Brahinsky on vocals and guitar, Guy DeRosa on harmonicas, Hank Skalka on bass. Blues of various types and genres. Robin Gould (609) 448-4616
14 Sun.	10:00 am	Roosevelt First Aid Squad, Training Jack Rindt, Training Officer
16 Tues.	8:00 pm	Roosevelt First Aid Squad, Business Meeting, Jeff Klein, President
17 Wed.		Recycling Pickup 
17 Wed.	7:30 pm	Environmental Comm. Mtg., Borough Hall, Diane Lowery, Chair.
18 Thurs.	7:30 pm	RPS Board of Education, Natalie Warner, President, 609-903-1061
22 Mon.	7:00 pm	Council Action Meeting, Borough Hall, Beth Battel, Mayor, 448-7701
23. Tues		RPS Early Dismissal
24 - Jan 2		RPS Closed for Winter Break

JANUARY

5 Mon.		RPS School reopens after Winter Break
6 Tues.	12:30 pm	Senior Citizens Meeting, Borough Hall
6 Tues.	7:00 pm	Planning Board, Borough Hall
7 Wed.		Recycling Pickup 
8 Thurs.	7:30 pm	RPS Board of Education Reorganization Meeting
11 Sun.	9:00 am	Roosevelt First Aid Squad, Training Jack Rindt, Training Officer
12 Mon.	7:00 pm	Council Action Meeting, Borough Hall Beth Battel, Mayor, 448-7701
17 Sat.	8:00 pm	NextGen Music – Techno/DJ/ Ambient Roosevelt Musicians, Borough Hall
19 Mon.		RPS Closed for Dr. Martin Luther King Birthday Observance
20 Tues.	7:00 pm	Roosevelt First Aid Squad, Business Meeting, Jeff Klein, President
21 Wed.		Recycling Pickup 
21 Wed.	7:30 pm	Environmental Comm. Mtg., Borough Hall, Diane Lowery, Chair.
26 Mon.	7:00 pm	Council Action Meeting, Borough Hall, Beth Battel, Mayor, 448-7701
29 Thurs.	7:30 pm	RPS Board of Education, Natalie Warner, President, 609-903-1061

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