

THE JAMESBURG BULLETIN

Volume 2, Number 7

Good News Travels Fast...Serving the Jamesburg Community

July, 2008

COMMUNITY CALENDAR

- Jamesburg PTA... Wed... 7/2... 7:30PM... JFK School library
- **Jamesburg Civic Association**... Thu... 7/3... 7PM... Lisco's Country Cafe
- Friends of the Library... Sat... 7/5... Library... 10:30AM
- Jamesburg Baseball Association... Mon... 7/7... 7:30PM... Elks Club
- Jamesburg Borough Council... Wed... 7/9... 7PM... Borough Hall
- Jamesburg Combined Land Use & Zoning Board... No Meeting Scheduled for July
- **Jamesburg Senior Citizens**... Wed... 7/16... 1PM... Center on Stevens
- Jamesburg Public Library, Board of Trustees... Mon... 7/21... 7PM
- **Jamesburg Revitalization Coalition**... Wed... 7/30... 7PM... Borough Hall

Meeting times are as of printing date, we have no advance notice of cancellations. The public is welcome at most of these events.

THE FARMER'S MARKET: A REALITY!

On July 12, 2008 the Farmer's Market will begin in Jamesburg. Customers coming to town will be offered fresh fruits and vegetables from local growers. Signed up as vendors so far are Farmer Al's, from the east side of Jamesburg in Monroe, Von Thun Farms from Dayton, Rachel Douglas, a beekeeper offering honey and other beeswax products who is also from Monroe and just added, New Jersey Sweet Kettle Corn.

Having a market like this in Jamesburg will increase retail traffic in town and make our town more attractive to shoppers from the communities that surround us. It will save us a little gas money and give those that do not drive a way to get fresh produce over the weekend. The market will operate from 9AM until 2PM and is slated to be open each Saturday until October 18th. The Jamesburg Revitalization Coalition is managing the market under the permission of the Borough. The JRC will have an information table along with the Historical Association promoting Jamesburg and its history. Both organizations are accepting donations.

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Lisco's Country Café

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Breakfast-Lunch-Dinner-Daily Specials...Sun-Mon-Tue: 7AM-4PM, Thu-Fri-Sat: 7AM-8PM

Down Home Cooking...Dine-In...Take-Out...Meetings...Private Parties...Catering

Early Bird Special 3P-6P, Thursday-Saturday, Includes Soup or Salad, Entrée & Dessert...\$11.95

Jamesburg Breakfast: 3 Eggs with Pork Roll, Bacon, Sausage, Homefries, Toast & Coffee...\$6.95

Breakfast Special: 2 Eggs, Homefries, Toast & Coffee...\$3.75

The Jamesburg Bulletin is a monthly newsletter with one purpose: To alert the local community and visitors to our town about what is happening in Jamesburg. The advertising within is only for local businesses and services. The Jamesburg Bulletin is not a political or spiritual platform. If you have a community event, we would like to know about it so space can be given. The deadline for any information about an event must be in by the 20th of the month. Please be sure to provide a name and phone number for contact information. We cannot proceed without these. Send all info or letters to: The Jamesburg Bulletin, c/o Stroul Entertainment Group, 110 Mendoker Drive, Jamesburg, NJ 08831. The Jamesburg Bulletin is published by Stroul Entertainment Group, LLC, Copyright, circa 2007, all rights reserved. All material is written by Elliott Stroul unless otherwise noted and edited by Barbara Stroul. Know your neighbor articles are sometimes contributed by Gini Mundy.

Here's the deal on advertising in the bulletin: Advertising Policy and Rates: It is our intention to only promote local merchants and services from Jamesburg in this publication. Space is limited to 3 1/2" X 2" business card size ads at \$50.00 per issue payable by check or money order to Stroul Entertainment Group, 110 Mendoker Drive, Jamesburg, NJ 08831. If a business wishes to purchase six issues paid in advance, they get the seventh month free. We reserve the right to approve all content and will notify the merchant and try to resolve any issues prior to publication. We do not do artwork.

LET' GO SURFING...

Remember to go to www.jamesburg.net when surfing for goods or services. The information is free and plentiful. There are many links to businesses, Government, History and more, right in town that can provide what you need. We have over 100 business/service entities in town!

ON THE SOAP BOX: RE-DEVELOPMENT IS COMING.

The only thing that does not change is change itself. Life is evolving in Jamesburg. A number of properties are up for sale in the downtown area, and they will most likely become retail or service business within the next 5 years. This is good because increased commerce is what we are trying to promote in our community. We need more retail, we need stores to shop in that provide goods and services to our residents and bring in residents from the surrounding area. Re-development needs to happen, along with the current re-vitalization effort. Developers are buying around us, and they need to see the potential that Chase and Commerce have seen in our town. Jamesburg is the right place, at the right time. All we need are the right people to see the near future as it really is. We do nothing, we get nothing. We push for change, we will get change.

RECIPES FOR LIFE... BAKE IT IN THE KITCHEN OR ON THE GRILL!

This month we are going to do a whole dinner. You decide whether to cook inside or out. This menu works either in the oven or on the grill. Remember, you can substitute turkey burger or soy burger for the ground beef and you can use egg substitute instead of real eggs. This recipe is for a dinner party of 4 people. Make adjustments if you are feeding more people. Please use organically grown or raised products as much as possible.

Ingredients: 1.5 pounds of ground beef, 1 2-ounce envelope onion soup mix, 1 cup shredded Italian cheese blend, 1 cup fresh flat leaf parsley, chopped, 2 eggs, 1 1/2 cups saltines finely ground, 1/3 cup water, 1/2 cup barbecue sauce, 3 large white potatoes, 1 pond baby carrots, butter, seasoning salt. Chef's tip: take a plastic freezer bag and put the saltines in the bag. Use a rolling pin to crush and finely grind the crackers. No mess, no fuss. Prep time is approximately 15 minutes, cooking time is 45 minutes.

Heat oven or grill to 400 degrees. In a large bowl, combine beef, soup mix, cheese, parsley, eggs, saltines and water. Mix well and transfer to a 9" baking dish. Cook for 25 minutes and cover the top with barbecue sauce. Cook for another 15 to 20 minutes. While the meat begins to cook, peel the potatoes, slice in half and place on a large sheet of aluminum foil. Season with your favorite season salt, add a tablespoon of butter for each spud, wrap well in foil and add to oven or grill. Do the same thing with the carrots. Cook time for spuds and carrots will be about 30 minutes. This results in only one dish to scrub at clean-up time. And you will be famous for a beautiful plate of meatloaf, potatoes and carrots!

Next Month: Organic recipes that will astound your stomach!

The Lighter Side:

Five days a week my body is a temple. The other two it is an amusement park!

Ninety nine percent of all lawyers give the rest a bad name.

Artificial Intelligence is no match for natural stupidity.

Fun Facts: Almonds are part of the peach family.

No word in the English language rhymes with month, orange, silver or purple.

There is no Betty Rubble in Flintstones Chewable Vitamins.

A "Jiffy" is an actual unit of time equal to 1/100th of a second.

WINNERS ANNOUNCED FOR HISTORY ESSAY CONTEST!

The Jamesburg Historical Association has announced the two winners of their recent history essay contest. They are Robby Dara and Christopher Tagliaferro, both Monroe Township residents and recent graduates of Immaculate Conception School, Spotswood. Each received a \$100 United States Savings Bond.

The great author and statesman John Buchan wrote: "History gives us a kind of chart, and we dare not surrender even a small rushlight in the darkness. The hasty reformer who does not remember the past will find himself condemned to repeat it." With this quote in mind, the Jamesburg Historical Association invited public and private eighth-graders from Jamesburg, Monroe and Helmetta to participate in the essay contest. They were asked to write on the topic: "How Knowing My Country's History Makes Me a Better Citizen." Judging the essays was not an easy task. According to Marise Burger, one of the contest judges, "Judging was difficult because all the entries were very well written and all clearly showed that these young people certainly gave the topic a lot of thought." Another judge, Marge Perrine, wrote: "It's good to see that schools are once again emphasizing history. The writers certainly put a lot of thought and effort into their essays."

The Jamesburg Historical Association was founded in 1979 to preserve Jamesburg area history, *Lakeview*, the mansion that once belonged to James Buckelew, Jamesburg's namesake, and his legacy. While focusing on local history, the Association also offers programs state and national topics. The essay contest was the Association's first step in developing a relationship with area schools. *Lakeview* is currently undergoing a major repair and restoration project. It is anticipated that the project will take approximately two years to complete. Until it returns to *Lakeview*, the Jamesburg Historical Association is meeting and presenting its programs in the Council Chambers of the Jamesburg Borough Hall. If you would like more information about the Jamesburg Historical Association, please visit our website: www.jamesburghistory.com.

GET YOUR GREEN EXERCISE!

Summer is the perfect time to incorporate more green exercise into your fitness routine. **Green Exercise** is any workout or physical activity, such as hiking, biking, walking or gardening, that occurs in an outdoor, natural environment or indoor space where natural elements such as potted plants or trees are plentiful. The benefits of outdoor exercise surrounded by nature surpass those associated with indoor exercise. While both strengthen bodies and lift spirits, exercising outdoors substantially increases the happiness and self-esteem quotient. You don't have to be a mountain climber to reap the benefits of green exercise. Think outside the box. These ideas will get you started. **Join a Green Team**. Research shows that people who participate in conservation projects report even greater health rewards because they feel connected to something of significance. "Such projects can overcome isolation, develop skills and improve employment prospects, as well as provide the known benefits associated with exercise."(BMJ 2005;331:1221-2.) **Include Animals**. Boost the health benefits by including some wildlife watching. We have a large array of bird species to view right outside the front or back door and a huge park with plenty of animals to see and even interact. The deer at Thompson park love carrots, celery, lettuce, apples, strawberries and melon. Exposure to animals has shown a therapeutic effect on children with emotional and behavioral problems, according to researchers in the United Kingdom. Recently, children diagnosed with Attention Deficit Disorders and Autism have been found to be receptive and responsive to the unconditional love of pets and contact with zoo animals. Daily walks with pets are great for both you and Fido! **Get Gardening!** Gardening is excellent exercise and a fantastic way to merge your green thumb with green exercise. Besides, a garden gives you the gratification of eating what you grow or just putting flowers on the table. **Bring the Outside In**. If you can't do it outside, make sure you have houseplants, window boxes, herbs growing in the home. Older adults who can't be outdoors still find it stimulating to green up the inside. All of the above leads to diminished levels of stress and overall improved well being. For more information, contact Dr. Debra DeMarco at 732-512-1333 and have a healthy green summer!

DRIVE SAFELY IN JAMESBURG!

Please be aware of people in crosswalks, it is the law to yield to pedestrians. The speed limit on West Railroad Avenue and all residential streets in Jamesburg is 25 MPH. The limit on East Railroad (RT. 522) is 30 MPH. Please do not block the intersections. Be aware of others. Hands free cell phone operation is now mandatory. Pay attention! Thanks.