

# The Jamesburg Bulletin

Volume 3, Number 6, Issue 30

Good News Travels Fast...Serving the Jamesburg Community

June, 2009

## COMMUNITY CALENDAR

Patriotic Committee...Mon...6/1...Borough Hall...7PM...Parade wrap-up meeting  
Jamesburg Historical Association...Wed...6/3...Presbyterian Church...7:30PM  
Jamesburg Civic Association...Thu...6/4...Lisco's...7PM  
Friends of the Library...Sat...6/6...Library...10:30AM  
Jamesburg Fire Hall...Sat...6/6...4:30PM-8:30PM...Avon Walk Breast Cancer Fundraising Dinner  
Jamesburg Borough Council...Wed...6/10...Borough Hall...7PM  
Jamesburg Land Use & Zoning Board...Thu...6/11...Borough Hall...7PM  
**Flag Day...Sun...6/14 DISPLAY THE COLORS!**  
Jamesburg Senior Citizens...Wed...6/17...Senior Center on Stevens...1PM  
Jamesburg Public Library...Wed...6/17...8AM-1PM...Job Interviewing Tips  
Jamesburg Presbyterian Church...Sat...6/20...7PM...Concert...\$5.00  
Shea Velloso, Pianist & Ashley Reid, Violist  
**Father's Day/First Day of Summer...Sun...6/21**  
Jamesburg Presbyterian Church Food Pantry Building Brunch...Sun...6/21...11AM  
Jamesburg Public Library, Board of Trustees...Mon...6/22...Library...7PM  
Jamesburg Revitalization Coalition...Wed...6/24...Borough Hall...7PM  
Jamesburg Fall Festival Committee...Tue...6/30...Borough Hall...7PM

### **Farmer's market begins: Fresh produce and more!**

The 2009 Jamesburg Farmers Market begins on Saturday June 13<sup>th</sup> and runs every week until October 3<sup>rd</sup> from 9AM until 2PM. The event is sponsored by the Jamesburg Revitalization Coalition and is being hosted by the Jamesburg Presbyterian Church, in the church parking lot, at the intersection of Gatzmer Avenue and Church Street.

This year, in addition to the returning Farmer Al's, Von Thun Farms, Sweet Jersey Kettle Korn and White Ginko Apiary (Honey and Beeswax Products), the market expects to feature some specialty vendors including The Blue Rooster from Cranbury with baked goods and coffees and the Millstone River Creamery for homemade ice cream. There are other vendors still considering attending. The Jamesburg Historical Association will have a tent set up with collectibles and membership applications and the Presbyterian Church men are expected to sell sandwiches and beverages. The number of vendors in the Jamesburg market will more than double from last year.

The JRC is planning to have a number of events throughout the season including Healthy Cooking and Wellness Events and performances by musical and non-musical artists. According to Market Manager Diane Lemelman, "We hope to enjoy a more festive and fun atmosphere in the market this season." JRC President Elliott Stroul is preparing a concert during a market day in Mid-July as a fundraiser for the Church Food Pantry building fund. There will be a number of local musicians donating their time and talent to raise money for getting the building done. Along with produce picked the day of and the night before, it does not get any better than that!

## Lisco's Country Café

49 East Railroad Avenue Jamesburg, NJ 08831... 732-521-0470

Delivery Service: Thur/Fri/Sat Evenings

**Awesome Entertainment!!! Open Mike Night... 6/11-Thurs**

Buffet Available 7:30PM to 10PM during open mike night...\$5.00

Daily Specials-Dine In, BYOB-Take Out

Sun, Mon & Tue- 7:00AM-4PM; Thu, Fri & Sat-7:00AM-8:00PM

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 20<sup>th</sup> 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. 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 \$35.00 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. Yes, we have reduced our ad price! LET'S GO SURFING... Remember to go to [www.jamesburg.net](http://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! The Jamesburg Bulletin can be found on the net at [www.jamesburg.net](http://www.jamesburg.net).

**On the Soap Box: Summer is here...YaY!!!**

By the end of the month, school will be out and teachers will begin regrouping for next year. I will be trying to teach myself how to swing more efficiently at the little white round fish over at Tamerack. I hope to spend more time with my kids and grandchildren and keep the lawn and garden looking pleasant. I want to play more gigs this summer. Lofty goals, indeed! Yes, I still have my regular job, thank goodness! I will still churn out the Bulletin each month and serve the community on the Civic Association, JHA and JRC. But I really want to enjoy the summer. I need more time to walk on the beach and around the parks, enjoying natural phenomenon. I want to see more animals in zoos and in the wild. I want to enjoy not having knee or shoulder pain this summer. I want peace and quiet at night when I am trying to sleep. Is this too much to ask? Well, how about winning the mega-cash? I'm just sayin'.

"I like to see a man proud of the place in which he lives. I like to see a man live so that his place will be proud of him." – Abraham Lincoln

"Great minds have purposes, others have wishes." –Washington Irving

"Try not to become a man of success but rather a man of value." –Albert Einstein

**Rock & Roll history..june edition!**

Sixty years ago, the very first 45rpm record was made by RCA. Our grandkids don't know what that is! Fifty years ago, for the entire month of June 1959, Billboard's weekly hits were led by "The Battle of New Orleans," sung by Johnny Horton on Columbia Records. It stayed #1 through the first week of July. According to the Rolling Stone Book of Rock Lists, the song, "Nobody but me" by the Human Beingz of Youngstown, Ohio, used the word "NO" over 100 times in 2:16(two minutes, 16 seconds). In addition the word NOBODY is used 46 times, giving the song the distinction of being the #1 most negative song in the history of R&R! The runner up is the Zombies' "Tell her No" which used the word "NO" sixty three times in 2:08. Finally, a weird sidebar, on the recording of Elvis' "Blue Moon", a soda can is heard being vended from the machine in the studio!

**For Sale: 2002 Ford Taurus Blue 4-door, 80,000 miles. Good condition, Needs minor work, can negotiate sale price of \$2,900.00. Call 732-521-1868**

**The Lighter Side: Headlines that need a little more editing! Jay Leno/Tonight Show**

Man Kills Self Before Shooting Wife and Daughter. Some shooter!

Something Went Wrong in Jet Crash, Expert Says. Y'think?

Police Begin Running Down Jaywalkers. That's taking things a bit far!

Miners Refuse to Work after Death. Those lazy so and so's!

War Dims Hope for Peace. I can see where it might have that effect.

Cold Wave Linked to Temperatures. No kidding!

Man Struck by Lightning: Faces Battery Charge. He probably IS the battery charge!

### **Our local food pantry needs to get built!**

The Deacon's Food Pantry of the Jamesburg Presbyterian Church is trying to get the new building put together but is running short of funds. Right now, the church conference room is storing the food as the Baptist Church is no longer able to donate the space needed to distribute to the nearly 130 families that are helped each month. Fundraisers will continue throughout the summer as the church men's group will be selling hot dogs at the Farmer's Market each Saturday and some other events are in the works. Donations are needed to complete the building. Please send or drop off money you can muster to the church office located at the corner of Gatzmer Avenue and Church Street, Jamesburg 08831. Please call 732-521-1711 if you need more details. Ground has been broken!

### **Jamesburg Monroe Regional Chamber of Commerce**

The JMRCC had another successful event in May as 1-800-Pack Rat storage and moving services hosted the Business-After-Hours Event at their Monroe Township location. Networking is a great way to meet other members and promote business in the area. The next event will be held on Tuesday, June 9<sup>th</sup> at New Jersey Realty from 11:30AM to 2:30PM. This Business BBQ will feature good eats and live music.. There is a \$5.00 per person cover charge for the event. RSVP the Chamber at 732-521-2008.

### **Noteworthy news notes from the JPL!**

The Jamesburg Public Library will host a series of Yoga lessons on June 10, 24 and July 1 at 7PM. Wear loose clothing, be well hydrated and come with an empty stomach (as per the instructor). Also bring a towel, blanket or mat to lie on. No pretzel poses, just acts to restore balance, rejuvenate and improve breathing. There is a nominal fee of \$5 for each session.

### **WHAT CAN YOU DO TO IMPROVE YOUR JOB HUNTING SKILLS?**

*The Art of the Interview* will be presented at the Jamesburg Public Library on Wednesday June 17, 2009 from 6:30PM until 8:30PM. Eileen Levine from the Williamsburg Group will offer a no-nonsense approach to interviewing in this difficult and competitive job market. Learn how to present yourself and your resume to prospective employers. Remember that the library is a cultural center and has many resources available to residents at no charge! Library cards are still free to residents of Jamesburg. Get yours today!!! For more information on these programs and other JPL events, call 732-521-0440.

### **Eat healthy...How about a lovely salad?**

The mission: Make a healthy meal that actually tastes good and doesn't take all day to prepare! Try an Avocado Garden Salad as a main course or side dish for either lunch or dinner. Prep time for this recipe is 20 minutes and will serve up to six people.

Ingredients: 6 cups mixed salad greens, 3 medium ripe tomatoes cut into ¾ inch cubes, 5 green onions chopped, 1 small cucumber partially peeled and cut into ¾ inch cubes, 3 tablespoons of lemon juice divided, 1/3 teaspoon garlic powder, 1 teaspoon coarsely ground black pepper, ½ teaspoon salt, 1 large ripe California Avocado peeled, cut in half, remove pit and slice into thin wedges about 1/8 inch thick.

Thoroughly mix greens, tomatoes, onions and cucumber in a large serving bowl. Toss with 2 tablespoons of the Lemon juice, garlic powder, black pepper and salt. Arrange avocado slices on top like a starburst. Brush remaining lemon juice and serve immediately.

*Nutritional information per serving:* Calories: 81, Carbohydrates: 10g, Total Fat: 4.8 grams, Cholesterol: 0mg, Saturated Fat 0.7g, Dietary Fiber: 5g, % of Calories from Fat: 47%, Sodium: 216mg, Protein: 3g.

*Source:* Courtesy Produce for Better Health Foundation (PHH). This recipe was provided by and is recommended by Nutrition Solutions, 220 Forsgate Drive, Jamesburg, NJ.

Editor's Note: All recipes presented are suggested. Your personal taste and flavor may be substituted but will net different results. For example, a less healthy but very tasty way to do a salad is make a base of cottage fries or steak fries under your lettuce and veggies with either chicken strips or beef strips and cover with ranch or honey mustard salad dressing. Yum!

### **Ice cream returns to the corner!**

The guys are back with ice cream at the corner of Forsgate Drive and West Railroad Avenue. They will be opening the pizza side soon. More details next month! Stay tuned...

### **Feeding the animals at Thompson park**

Please do not feed bread to the animals at the park. Bread products can hurt them. This is not part of their natural diet. Cracked corn, corn cobs, carrots, celery, lettuce, strawberries & all melon rinds are more to their liking. So, before you toss out those fruits and veggies that you can't use, take them to the deer and other animals at the park. They will really like it! The deer will eat right out of your hands. Take a camera for Kodak moments and paper towels to clean up after.