



Kudos to President Dan Jolly and his directors for the beautiful landscape arrangement in Mutual 5.

## Make sure your Nov. 6 midterm vote counts

By Carol De Haan

There's only one way to be sure: vote by mail.

People once thought that a mail-in ballot was only for an overseas voter, that is, an absentee ballot. That is no longer true.

Several years ago, the Middlesex County Clerk, Elaine Flynn, sent Vote-by-Mail applications to every registered voter in the county. If you filled out the form and returned it, you are undoubtedly all set to receive a mail-in ballot.

If you failed to fill it out and return it, you can do so now. Just get a vote-by-mail form in our E&R office. Fill it out and return it so it is delivered before Oct. 30. You will then receive an official mail-in ballot for the Nov. 6 midterm election. Follow its instructions.

Anyone who doesn't vote by mail must be sure to get to the Clubhouse, rain or shine, on Nov. 6 to cast his or her vote.

**Why is vote-by-mail important?**

We are all aware of elections in which the two candi-

dates received nearly the same number of votes. In a close contest, a recount is in order. On rare occasions, it happens that some error occurred and the presumed winner turns out to be the loser. It's important to get it right.

Unfortunately, New Jersey is one of a handful of states with touch-screen voting machines that lack a vote-by-vote paper record so that all we can do for a recount is to re-add the end-of-day totals. Our voting machines do not

permit us to get into their processes to check how they are working.

Mailed-in paper ballots, by contrast, DO permit recalculating from scratch.

**How are paper ballots counted?**

On optical scanners. These amazing machines can be found in the operations departments of any company that handles plenty of paper: supermarkets; banks, for counting

(Continued on page 2)

## Focus on: Groups and Clubs

### Woodshop: step by step, little by little

By Jean Houvener

Six days a week, there is a hive of activity in the woodshop. Many of you have visited the woodshop on an orientation tour or while exploring the Clubhouse. The machinery is of excellent quality. It is also potentially quite dangerous.

Residents are welcome to use the tools, but before they can do so, they must go through an orientation on the use of the machines by one of the monitors; once qualified to use a machine, a refresher for each machine as it is newly used is advised. All must sign a waiver of liability. This is done each year subsequently as well for everyone using the Woodshop.

Beryl Levitt is the head monitor and usually does the orientations. Other monitors include Dave Slimm, Doug Clark, John Oleksak, Tristan Meiselbach, and Alex Monaco. Some of the resident regulars at the woodshop make top quality furniture. Others do repair work, refinishing, or design intricate pieces as gifts. Levitt has given workshops on bird carving, so some people carve birds.

When the woodshop is open, there is always a monitor present who can answer questions, offer advice, help with a project, or do a cut on the machines for someone not oriented to use the machinery. Many residents stop

(Continued on page 18)

## Rossmoor Players prepare for their fourth original musical

By Joe Conti

In spite of the irreplaceable loss of our beloved Bill Strecker, the Rossmoor Players have forged ahead and are in the process of preparing for our fourth original musical called "Crooks and Nannies." The concept is by Bill Strecker and the book, lyrics and some new songs were written by Bob Huber. Bob, with the help of our music director Janet Wilson, has combined the new songs with songs from some of our

previous shows.

The book is a typical Bob Huber creation that includes interesting characters, twists and a surprise ending. As the title suggests, there are some good guys and some bad guys, and without giving too much away ... well I won't.

I hope I whet your curiosity. The show dates are Thursday and Friday, Oct. 18 and 19, at 7 p.m. and Saturday, Oct. 20, at 2 p.m. in the Meeting House.



Rehearsing for the musical are, from left, Debbie Sills, Sue Archambault, and Laurie Moyer

## Who is looking forward to the Bazaar?

By Diane England

It's the one annual event at Rossmoor where neighbors seem to be forever running into neighbors and almost everyone uncovers at least a few irresistible items. For that matter, most of us can't resist those hot dogs sold in the balloon cafe, either. But then, isn't that homemade sauerkraut simply fabulous?

Indeed, you're probably happy to be reminded that the Women's Guild Bazaar will be held once again the first Saturday in November from 9 a.m. until 2 p.m.

(Nov. 3). Of course, at this time the goods you've been kind enough to donate come to fill practically every room on the lower level of our Clubhouse. And the big question in your mind is likely to be: What true finds am I going to discover in each of those rooms?

It becomes quite a treasure hunt, doesn't it? For that matter, who can resist acting childlike again and having their picture taken with Santa (or Mrs. Claus)? While you're in the Red Room, make certain you check out the silent auction. My entrance hall (I

(Continued on page 3)

## CORRECTION

Last month's front-page landscape was designed and paid for by Anthony Ferrara of 334-C Nantucket Lane, with Mutual 8 directors' approval.

It is not in Mutual 5. Dan Jolly's landscape is in this month's issue. Our apologies.

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## at the governors' meeting

Daniel Jolly, RCAI President, opened the Board of Governors meeting promptly at 9:00 a.m. with the Pledge of Allegiance.

The financial report stated as of the end of August the budget was \$51,000 over budget primarily due to staff shortage in the Maintenance Department. The Golf budget was \$40,000 under budget in income and \$73,000 under budget on expenses.

The resolution status which includes amounts

paid, pending and completed was slightly over \$1,000,000 which is \$22,000 over resolution amounts.

The board authorized Resolution # 18-22 Authorization to Retain a Mechanical Engineer to Draft Equipment and Design Replacement/Upgrade Specifications for Phase III of Clubhouse and the Meeting House Air Handler Replacements.

The meeting was adjourned at 9:15 a.m.

## Your vote

(Continued from page 1)

bills; brokerage and securities firms, for counting certificates; test and survey forms, for recording a variety of answers. No doubt the IRS relies heavily on scanners. Countless firms use them.

Their speed has long been appreciated and their accuracy is recognized. Plus, scanners let you save the paper documents and run the numbers again to verify the totals.

### Why is this year's midterm election important?

Midterms have long been regarded as a report card on the administration that is in place since the national election of two years earlier. How you vote on Nov. 6 might steer the nation's course for the next two years, and perhaps beyond.

This year, 468 congressional seats are up for grabs: 435, which is the entire House of Representatives; and 33 seats in the Senate, which is a third of that body.

Also, gubernatorial elections are being held in 36 states and three territories.

So, as midterms go, this one is a biggie. Political pundits will be talking about it for a long time to come.

## Bits & Pieces

Sue Ortiz

I was searching for something in my purse today. Doesn't matter what. But, before I found the item I was looking for, I rummaged through myriad paraphernalia.

Women's purses, well most of them, I think, are bottomless pits filled with stuff and nonsense. Doesn't matter the outer size. We are taught to be prepared for any emergency or situation, and, so we must have the tools to handle one.

A long-married woman may end up carrying her husband's eyeglass case, wallet, medications, and whatnot – especially if he's prone to forgetting or losing them.

A mom's handbag does double duty. Besides her own collection, she will pull out baby wipes, diapers, sunscreen, Band-Aids, toys, crayons, baby bottles, juice boxes, grapes, Cheerios, jackets, hats, and gloves.

But, a regular, work-a-day, modern girl or woman ... well, her bag is magical! It's her life. She can pull out the most amazing bits and pieces. (See what I did there?) Her purse may contain:

The basics: A cell phone: that all-important cell phone contains her life in photos and contacts. And, the charger. That darn thing gets tangled with everything. A wallet: filled with photos, credit cards, ID cards, and money (maybe). A checkbook, in case the credit cards are maxed out. Keys to the house and the car. And, a spare set – just in case she locks the originals inside said house or car. Just make sure the purse with the spares is on the *outside*.

One might also find: A makeup kit to rival a Hollywood cosmetologist's. Enough hairspray to glue snowflakes to the wind. Hand sanitizer: both wipes and liquid, ready to kill germs – and the mood. A nail file, clipper, and maybe even some polish in that new shade of bubblegum. Three shades of pink lipstick. And a mirror to make sure everything looks good. Tissues (clean!) wadded up in a secret pocket, ready for that unexpected sneeze or to wipe her eyes at a tearjerker. A supply of Band-Aids to protect those nasty paper cuts. Aspirin, or the equivalent, for that random headache that

pops up from inhaling all that hairspray. A tweezer to pluck that errant eyebrow. A supply of her daily meds, just in case she gets stranded in a strange place for more than a day – or maybe a spontaneous overnight trip to the Shore. And, a preserved four-leaf clover, for luck.

Snacks? Got 'em! You'll find a range of protein bars, granola, and a secret candy bar. (You know that won't last long!) Even a water bottle, and it's always cold.

The handbag is also a moveable office. You could find a random array of paper clips, elastic bands, stamps, a roll of Scotch tape, a Swingline Tot stapler, a Sharpie (industrial black), a folded-up #10 envelope, a notepad, and three or four pens (oh, that stockpile of "free" pens). Even a clothespin. There are coupons for groceries and restaurants. (Have any expired?) Maybe a book (hardcover, natch) is tucked in there, as well.

Add in the aforementioned mom and wife stuff, if applicable. Whew!

What else can we pull out of our "bigger on the inside" bags? I recently saw a skit where a woman set her bag on the floor near a hotel desk. The clerk tried to pick it up, but it was unmovable. So the woman tsk-tsked, picked up the bag like it was full of air, and walked off. Later, she pulled increasingly larger and larger items, such as a coat, a chair, a table, a kitchen sink, a bicycle, and more out of the bag! Hilarious! I guess anything is possible.

There is such a thing as a man purse. I can only imagine the wonders one of those might hold ...

*Monty Hall, here we come ... Let's make a deal!*

### B&P

"I don't carry little purses. I carry big duffels, always." – Diane Keaton (American actress, b. 1946)

"I have the emergency kit in my purse that has double-sided tape and Tylenol, and a small energy bar. I'm the one that has an extra lip gloss just in case." – Busy Philipps (American actress, b. 1979)

"I'm very organized these days, and I keep my life in my handbag, like most women." – Britt Ekland (Swedish actress, b. 1942)

## Letter to the editor

I read with interest the article on Waste Management. I learned many things that I was not aware of. I looked through my recycle bucket and none of my plastic bottles had the numbers 1, 2 or 5 on them. I have one with # 704, all had the recycle ♻ stamp on them. Remove bottle caps and put in trash. Sorry but I don't remember hearing that ever.

It concerns me that even if I am diligent with what I recycle it can be rejected due to contamination.

Do only foreign countries reuse these materials?

Concerning the letter to the editor from Herb Junker: Practical nurses are not "just as qualified" as registered nurses. Unless the law has changed a practical nurse

must work under the supervision of a registered nurse or doctor.

**Leah Kinnear**

### Editor's note:

*Registered nurses (RN) have a two-year degree or three-year diploma. Many have baccalaureate degrees.*

*Most licensed practical nurses (LPN) have one year of nursing education and provide basic nursing care and tend to the comfort of the patient. They must report any changes in a patient's condition to a physician or RN.*

*RNs primarily administer medication, treatments, perform diagnostic tests, analyze results and offer educational advice to patients. They oversee LPNs.*

### Open RCAI Meetings in October

**Thursday, October 11**  
**Standing Committee Meetings...9 a.m.**  
**Maintenance Committee**  
**Community Affairs Committee**  
**Finance Committee**

**Thursday, October 18**  
**Board of Governors Meeting...9 a.m.**

*All meetings are held in the Village Center Meeting Room unless noted otherwise*

*Please watch Channel 26 for any changes or cancellations*



**Monday  
October 8**

**The deadline for  
The  
Rossmoor  
News  
is the 7th of  
every month.**



### News Board:

Joe Conti, Chair  
Carol De Haan  
Myra Danon  
Bob Huber  
Jean Houvener  
Anne Rotholz  
Linda Bozowski  
Walter Gryskiewicz

### Editorial Assistants

Alex Monaco  
Linda Monaco

The Rossmoor News a monthly periodical is mailed to every home within the Rossmoor community. News items are welcome. Appropriate news items from outside organizations will be

considered as space permits. Unscheduled volunteer writers should contact Rossmoor News Chairman Joe Conti about any article they wish to contribute. All copy and pictures are subject to editing and are accepted with this understanding.

Letters to the Editor must be emailed to PES at [pescmd@aol.com](mailto:pescmd@aol.com) and clearly marked Rossmoor News.

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## Mailing Addresses

If you are not receiving mail from Rossmoor, your Mutual, or *The Rossmoor News*, it may be a matter of our not having your correct mailing address. Many residents, over the years, filed "Winter Address" forms with Administration and failed to specify a return date. If you did not contact us when you returned, it might be possible that we still have an alternate or winter address in our system.

Please contact Resident Services manager, at 609-655-1000, to verify your address.





## From the Mayor

By Gerald W. Tamburro, Mayor of Monroe Township

### Fall gets festive with Monroe's Octoberfest

October has finally arrived, bringing with it shorter days, football games and the colors of autumn. But here in Monroe, it's also the busy season for our Recreation Department, where the staff has been hard at work planning for our annual Octoberfest.

As one of our most well attended functions, this popular street fair will mark its 25th year Oct. 21.

Each year, this highly celebrated event draws out hundreds, if not thousands of visitors and residents to our Community Center for a lively time and memorable moments with family, friends and neighbors.

It's one last hurrah that brings our community together before winter hits and the cold weather inevitably forces us indoors or out of state.

The fair, which runs from noon to 4 p.m., promises to turn out an incredible lineup of attractions, from food, vendors, businesses and

community organizations to music, kids' rides and freebies.

Feel free to explore the grounds, including inside our community center, where you'll find a cheer demonstration, free snacks and an assortment of activities.

Of course, none of this would be possible without the careful coordination from our municipal employees.

From the Department of Public Works, which helps with the setup and clean-up, to the Recreation Department, which has spent countless hours fine-tuning every detail, to our police department, who you'll routinely find immersed with-in the crowd.

Many of our municipality's departments, for instance the senior center or EMS, are also represented at booths throughout the site.

They all lay the groundwork for an event that seems to get better and better with each passing

year.

I hope you'll be able to join me in officially ringing in the fall season by attending this upcoming event.

But if you're unable to make it out, keep your eye on the calendar as our outstanding Recreation Department will open up registration starting Nov. 1 for the December 2018 Grandparent's Day.

To learn more, log onto [www.monrorec.com](http://www.monrorec.com) or contact our helpful team at the Recreation Department at 1-732-723-5000 or by dropping by the Community Center at 120 Monmouth Road.

### The Bazaar

(Continued from page 1)

share this space with the woman above me) is attractively decorated with a collection of pictures I acquired through a silent auction several years back. Let me say I'm so glad someone chose to donate this unique collection.

Talking about donations, we wouldn't have any merchandise to sell without you providing us with your cast-offs. Certainly, though, we ask that things be gently used and the type of things your neighbors, their families, and their friends are going to want to buy. Fortunately, you've been adhering to this request in recent years and thus we've continued to be complimented about the quality of our merchandise.

You can drop off your donations at the Clubhouse on either that Thursday or Friday, (Nov. 1 or 2) from 9 a.m. until 1 p.m. by driving up to the front of the Clubhouse and allowing volunteers to unload your car and deliver these things by cart to the Hawthorn Room. Of course, you're also welcome to do this yourself should you be capable and volunteers are busy with another delivery at the time.

Remember, the money we raise funds scholarships for college-bound seniors at Monroe Township High School. How many such scholarships will we hand out at our luncheon in June? It all depends upon you. So, deliver that quality

merchandise and then please, come back on Saturday and shop until you drop. And by all means, invite family members and friends to do the same. Just remember to give their names to the North Gate that morning.

Now, here is your guide to the type of things we will accept to be sold—as well as what you can expect to find in the various rooms on Saturday, Nov. 3.

- Gallery: Women's clothing, jewelry and linens
- Craft Room: Knitted and other hand-crafted items
- Red Room: Silent Auction and Pictures with Santa
- Entrance Hall: Fifty-fifty tickets
- Dogwood Room: Books, games, toys, and CDs/DVDs
- Cedar Room: Baked goods and more
- Maple Room: Men's clothing, sporting goods, and other items appealing to men
- Hawthorn Room: Household items both practical and decorative
- Ballroom: Food court serving breakfast and lunch food items

See you soon, and let me thank you now for your support. Again, we couldn't do this without the entire community participating as donors of goods, volunteers for the event itself, and/or shoppers. Plus, your presence helps create the fun and festive atmosphere!

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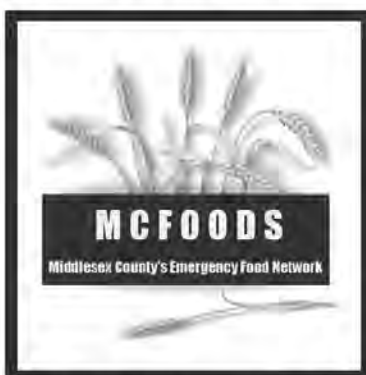
### Fall Harvest Food Drive at Rossmoor

**Oct. 1- Oct. 26**

Orange food collection bags and flyers will be available at the Rossmoor Clubhouse.

Donations will be picked up by Friday, October 26, 2018.

- Canned and packaged items only.
- Donations should be left in the **GREEN** MCFOODS containers in the clubhouse.
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The Fall Harvest Food Drive in Monroe's retirement communities is a coordinated effort among MCFOODS, Middlesex County Board of Chosen Freeholders, Middlesex County Improvement Authority and Monroe Township's Department of Public Works. Please call 732.729.0880 with any questions.

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MIDDLESEX COUNTY IMPROVEMENT AUTHORITY







## Getting to know our veterans

By Chris Donahue

Each month, The Rossmoor News will feature a story of a resident who has served in the military. This is the third in the series.

### Veteran served with twin brother during World War II



Henry Cox with his crew members

By Chris Donahue

While growing up in the Bay Ridge neighborhood of Brooklyn, N.Y., Henry Cox and his identical twin brother, Fred, got their first experience on the water thanks to their father.

He would take the boys fishing in the Narrows, which links the upper and lower parts of the New York Bay and the Atlantic Ocean; and in Moriches Bay, Long Island.

"And, the Staten Island Ferry, that was a date for a nickel a ride," Cox said with a smile as his wife of 70 years, Evelyn, sat nearby in the living room of their home. "But it was nothing like being at sea," added Cox, who served on the U.S.S. Taluga for nearly two years with Fred.

The twins enlisted in the Navy just before they were drafted but were taken out of Fort Hamilton High School before they graduated. Cox began his service April 19, 1944. He and Fred went to Sampson Naval Training School in west central New York.

Cox said he was supposed to go to radio school, but some ships about to be commissioned needed crew members. He had a choice of three or four types of ships and chose a tanker because, he said, "Some genius said, 'It is great duty. You go onshore a lot.' That was a mistake. Turned out it was a fleet tanker."

He then went to firefighting school in Rhode Island to learn how to put out oil fires and survive in burning oil in the water. "That should have been a clue to us right there," Cox said.

Eventually, he boarded the Taluga in Sparrows Point, Md., which was assigned to Task Force 38 under Fleet Admiral William F. Halsey. The ship stopped in Aruba, where it was loaded with oil, then passed through the Panama Canal en route to Pearl Harbor, then the Marshall Islands and Ulithi Atoll, their home base in the Caroline Islands. There, Cox found himself on kitchen patrol duty in the chief's quarters. "It was a very good assignment," he said. "I met all the chiefs. One asked me if I would like to

white-collar job. Better than a deckhand."

Fred, meanwhile, was assigned to the Supply Division and was an assistant to the ship's mailman.

It took only a few days before Cox experienced the horrors of war. On Nov. 20, 1944, about 5:45 a.m., there was a "tremendous explosion" because the Taluga's sister ship, the U.S.S. Mississinewa, was sunk by a manned Japanese torpedo. Cox said he watched dozens of men die in the water. "It was not a very pleasant sight. You never would forget it. They were burning in oil. A lot of yelling and screaming," he said.

From Ulithi, the Taluga traveled to the Philippines and Formosa before arriving in Okinawa April 10, 1945, nine



Henry and Evelyn Cox

days after the invasion began.

"We were known as Halsey's secret weapon because we could fuel them at sea and it kept them out there, otherwise they would have to go back thousands of miles to refuel," Cox said. "We realized we were the number one target for Japanese subs because if they got us it would

strand the fleet. They would be sitting ducks."

The Taluga tied up next to the battleship U.S.S. Texas, which Cox said fired star shells all night so Marines could seek out the Japanese soldiers in caves.

"It was tough because we

(Continued on page 6)

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## Veterans

(Continued from page 5)

saw a lot of the ships we had been refueling at sea for months before come in damaged from kamikazes," he said. "We spent three days there at general quarters, fueling ships at the same time and then we got orders to go back and rejoin the fleet with a destroyer escorting us. As we headed out to sea I was up on the bridge. Being a quartermaster, my assignment was serving with the navigator on the starboard side. Then, about a mile, two miles away, we saw two Japanese planes coming in over the mountain and yelled, 'Enemy planes!'

"One of them was shot down right away by the destroyer. We were running to battle stations when the one plane came between us and the destroyer so that neither ship could fire at it because you would hit the other. He circled back and came on the starboard side and strafed the deck. I am in the signal bridge, the highest point you could be and the bullets kept coming along and he bounced from here to the wall away from me and went forward. I got picked up and dropped, knocked for a loop a little bit. His plane had hit the mast and crashed amidships. The bomb went off in the forward hold and blew that thing to kingdom come.

"At that point, with all of us having witnessed the ship sinking next to us we realized we are a matchbox. The captain [Hans Mikkelsen] ordered all hands get ready to abandon ship because we thought if anything hit those fuel tanks we were goners. We still had about 300,000 gallons of high-octane gasoline and a load of oil and if it penetrated those tanks that would have been it.

"Everybody is running down below to get to the main deck to get into life rafts to go overboard. Three men had been blown overboard. And, my twin brother is coming up to see how his brother is."

Cox had been hit by pieces



U.S.S. Taluga under repair after kamikaze damage.



U.S.S. Taluga

of the plane. Blood ran down the side of his head and his ears rang as he prepared to get on a life raft, but the captain ordered the crew back to fight the fires. "I went back to my station," he said, "and one of the officers or someone saw me and said, 'You better get to sick bay.'"

Later, some crew members asked Cox if he knew a wing from the crashing plane went right over his head. "I don't think it bothered me until I started getting older," he said. "I think about it more in recent years than I did then and later because you have a family and other responsibilities."

Fred, who is now deceased, used to ask his brother, "Do you realize how lucky you are?"

"You don't think about it much then because you are in a battle, but we had a good life and here I am," Cox said.

Finally, the Taluga was able to get underway with a destroyer escort and returned to the fleet. "Admiral Halsey sends a message to all the ships in the Task Force, 'Salt Lick,' that was our ship, 'has just returned after knocking down one enemy plane with its superstructure.' 'I won't repeat the expletives that came from the crew,' Cox said with a laugh, "but then we rejoined the fleet."

After being repaired, the Taluga eventually anchored at Yokohama during the occupation of Japan. It later made stops in Korea and China then back to Japan.

Despite the threat of enemy attacks and rough seas, Cox said he never had trouble sleeping. Many of the sailors avoided sleeping in the bunks, which were four or five high, because of the heat. "I slept on deck or wherever I could," he said.

Cox, who entered the Navy with the rank of apprentice seaman and was discharged April 20, 1946, as a quartermaster 3rd class. He followed in his father's footsteps and became an accountant. He began working for the federal government in employment services interviewing employment candidates. He then worked at Western Electric in the installation department before working for ADT in the tax department. He worked his

(Continued on page 7)



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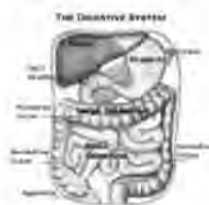
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## Magazine subscriptions – Alternatives to gift cards

By Linda Bozowski

Grandchildren, nieces and nephews, godchildren or children of special friends – these folks frequently make it onto our gift lists. So what do we purchase to celebrate a birthday, a religious celebration or a school or other accomplishment for these special young people? The easiest gift, often requiring very little thought, is cash or a check. The other is a gift card. After all, we don't have to go to the vendor, e.g. Sears, or J.C. Penney, or Game Stop, to get it. We can pick up a gift card (of which there are hundreds of choices) at the grocery, drug store, home improvement center or order it online. We don't need to know what size shirt or pajamas, the recipient's favorite color, the most-favored musical group. And if there isn't a particular store identified by the gift card, we can choose a more generic card, like a Visa or American Express.

Many of us have seen the fleeting look of disappointment on a child's face when the gift that has just been opened is not a favored present. After all, I'd bet that we as adults have experienced disappointment with gifts over the course of our own lives. Vases that don't fit in with our decor, the wrong brand of golf or tennis balls, sweaters that are too ugly to be worn in public – the list could go on and on. The ideal gift, for a child or for an adult, should reflect thought on the part of the giver and

thought about the intended recipient. But unless we know the recipient really well, selecting a great gift is a pretty dicey chore.

So how about choosing a magazine subscription as a different type of gift. I mentioned this topic to my 42-year-old son the other night and his reply was 'Oh, I remember getting Highlights every month. I was really excited. And Mike (his older brother) used to get a Boy Scout magazine.' This quote is from a grown man who used to spend as much time as possible, when not playing football, playing Nintendo. But he was excited each month when his Highlights magazine came in the mail. And he remembered that his dad had subscribed to Reader's Digest for him after he had advanced to adulthood, which he also read cover to cover each month.

What kinds of magazines are out there that might be of interest to young people? Hundreds of them! The websites I reviewed allow filtering by category and age. So if you are looking for a science magazine for a nine-year-old girl or boy, you could choose from among different versions of National Geographic, Ranger Rick, or Zoobooks. A toddler on the list – how about High Five, Babybug, or Disney Junior. preteens and teens – more available. Most of these magazines are monthly and all have moderate prices, so maybe two subscriptions

might be in order. Sure, the initial reactions might be "Yuk" but if my previous Nintendo fan is typical, that response may change over time.

In this age of technology and tablets and cellphones, reading has taken a back seat to more interactive interests. Encouraging reading and board games and conversation and playing outside are worthwhile endeavors for us as adults to promote among the young people in our lives. And maybe doing the "Can you find the hidden (whatever)" in the Highlights magazine will encourage our youngsters to do crossword puzzles or pursue other thought-provoking activities. FYI, I remember the "can you find" puzzle from my own days of reading Highlights as a girl many, many years ago. It made me smile then, and makes me smile now.

## Veterans

(Continued from page 6)

way up to engineering, then head of budgets, then head of human resources.

For 11 years, Cox worked on the 91st floor of the World Trade Center, where the first plane hit on 9/11, but he had moved two floors of the business to Parsippany about three years before the attack.

"We felt it was the safest building in the world. You could look out and see the Statue of Liberty, but on a windy day you could feel the

building sway," he said.

He and Evelyn raised five children. They have 11 grandchildren and seven grandchildren and one on the way.

One of their sons, Stephen, died May 2, 1991, of osteosarcoma at the age of 32. In his memory, some classmates from the University of Scranton (Pa.) started a golf tournament to raise money for cancer research. "In its 27 years, the Stephen A. Cox Memorial Tournament has raised more than \$7 million, said Cox, a trustee of the tournament."

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## LED, halogen, CFL, incandescent, fluorescent – shedding a little light on the issue

By Linda Bozowski

Since Nov. 7 is LED Light Day as well as Change a Light Day, maybe a little more information about these light fixtures would be in order. LED lights, the full name of which is Light

Emitting Diode lights, are highly energy efficient fixtures that take up minimal space and generate minimal heat, while producing significant amounts of light. It is expected that an LED light bulb will have a useful life of approximately 25,000 hours, compared to 8,000 hours for CFL, aka compact fluorescents, or 1,200 hours for incandescent bulbs. So considering the expected longevity of LED bulbs, the initial high price becomes very cost-effective over the useful life of the bulbs.

So how is the average homeowner supposed to make a choice in the hardware or home improvement store when it's time to buy new light bulbs? Several factors might be taken into consideration: where is the bulbs going to be used? Should the bulb be dimmable? What color light is preferred for the intended use? Does the fixture, e.g., lamp or ceiling fixture, require a particular type of bulb base? Let's look at each question and see what choices might be available.

First of all, is the bulb going to be used near a desk or a reading location? If clear and true-color is needed, then a daylight or "reveal"-type bulb might be preferred. Soft white or warm white bulbs have a yellowish tinge. While that tone is softer, it is not as clear as the other two shades. For general purpose lighting, such as in the dining room or bedroom, the softer tones might be more appealing. However, for reading or for doing needlework, the clearer daylight affect may be more desirable.

What about dimmable? Dimmable bulbs are a nice feature for the dining room, where a softer light might be attractive without resorting strictly to candlelight. Dimmable bulbs can also be used in other rooms where bright light might not always be needed – in the kitchen, low-level lighting might be helpful during the evening, after the bright lights used during food preparation are no longer required. A factor to consider about dimmable bulbs is that the light switch should be classified as a dimmable switch. Most light switches are not dimmable, so they would have to be replaced if a dimmable bulb is being used as a replacement. Not all light bulbs are dimmable, even with dimmable switches, so it's very important to match up the attributes of the bulbs and the switches, or resort to a fixed-brightness bulb.

The "color" of the light bulb is addressed in the "where will it be used" discussion. This is largely a matter of personal taste. Soft or bright – your choice.

The light bulb base is also a matter of importance. Most lamps and light fixtures use what is known as a standard base. However, some fixtures, especially chandeliers, may use a small candelabra base, similar in size to a night light base. Chandelier base bulbs absolutely will not function in standard base lamps or fixtures, and vice versa. It's a good idea to take an old bulb to the store when shopping for a replacement bulb to ensure that the correct base is selected.

So, what about LEDs? Do they really last 25,000 hours? Maybe. I've had some burn out long before that. On the other hand, I've had others that have been burning brightly for the past three years, and are still going strong. The fact that LED bulbs do not generate heat like incandescent bulbs is a real plus, especially in the warmer weather. Or if a bulb has to be changed, there is no reason to wait for a half hour for it to cool down to a comfortable handling temperature. In these days of needing many electrical outlets for each room because there are so many electrical gadgets in each room, using LED bulbs means that the lamps are not using up all the "juice" in the living room or bedroom or den. What does this mean? Well, a 60-watt incandescent bulb can be replaced by a seven watt LED bulb for the same amount of brightness. That means less power is being used for that fixture. Less electricity used in each ceiling fixture or lamp means lower electrical usage equals lower electrical bills. And less heat-producing bulbs means less air conditioning required, another plus for reduced utility bills.

One last point to consider. As stores are moving away from incandescent and fluorescent fixtures and toward LED fixtures, you may notice that the fixtures say "integrated LED." What that means is that the light elements are permanently fixed inside the fixture. There are no bulbs to change. So what? That means no climbing up on the ladder to change the light bulb in the bathroom or garage light. That also means that these newer fixtures can be a very thin design, hugging the ceiling instead of hanging down several inches. LED light bulbs built into fixtures are little tiny things, although LED light bulbs that go into lamps look similar to the incandescent bulbs that we're used to. As we become more energy conscious and conservative, LED bulbs are worthy of our consideration.

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# Be mindful, be aware

By Erin Medlicott

Many of us are officially retired, meaning we no longer work a full- or part-time job. And keeping our hard-earned money safe is one of our top priorities.

But for a minute, think about what would happen if your personal information or funds were compromised. Think about identity theft. It happens all the time.

For example, with just your name and Social Security number, an identity thief could open a new credit card account and make costly purchases that you will get billed for. If they can get their hands on your government issued photo ID, they can do even more damage, including opening new bank accounts.

What you should do RIGHT NOW:

Make photocopies of both sides of the following items and put the paper copies in a secure location (a bank safe deposit box, a safe in your home, etc.): your driver's license, your passport, your Social Security Card, a list of the passwords for your ATM and online accounts, checks from your checking account, your bank ATM card, credit cards, Medicare card, other supplemental insurance card. That way if anything goes missing or stolen, you have a record of the accounts. Listed below are additional things you can do to keep safe.

**Social Security Card**

With just your nine-digit Social Security number, thieves have all they need to open new credit card account or to take out loans in your name. ID-theft experts say your Social Security card is the absolute worst item to carry around. Memorize your number and remove the card from your wallet. Keep the original at home in a safe place.

**Spare keys**

I know quite a few residents who've said they keep a spare key in their wallets. But keep in mind that if your wallet gets stolen, the thief will find your home address and a spare key inside. That's a sure-fire invitation for thieves to do more harm by robbing your house. Don't put your property and family at risk — don't keep a house key inside your wallet. Instead, keep your spare keys with a trusted relative or friend. If you're ever locked out, it might take a little bit longer to retrieve your backup key, but that could turn out to be a mere inconvenience, compared to the alternatives.

And, speaking of keys, be careful what you hand to the valet while dining out at that fancy valet-parking only restaurant. Every time you hand your key to a valet, depending on what's in your car's glove compartment or trunk, you are making yourself vulnerable. For example, your vehicle registration and insurance cards contain your address, and potential thieves now know you're not home. Just be mindful, please!

**Paper checks**

If you're still occasionally writing paper checks, like some of us, that's not going to end in retirement. But a checkbook full of blank checks is an obvious risk. It's an easy way for thieves to quickly withdraw money from your checking account. With the routing number and account number on your check, a thief could attempt to transfer funds from your account electronically. So, carry paper checks only when you will absolutely need them, as for club dues or activities and trips. And leave your whole checkbook at home. Just bring the number of checks you anticipate needing for that day.

**Passport**

If you're planning some international travel during your retirement, remember that a government issued passport opens up a world of unlimited possibilities for a sneaky con artist. Your stolen passport could be used by an identity thief to travel under your name, or open unauthorized bank accounts under your name, or even get a new copy of your Social Security card. Be mindful of your important documents. If you are traveling around the United States, keep just your driver's license or other personal ID in your wallet, NOT your passport. When you are overseas, leave your original passport in a hotel lockbox. Don't travel around foreign city streets with it.

It's not a good idea, or a safe idea, to carry multiple credit cards around with you on a daily basis. I recommend taking only the card you will need for that day's purchases. Keep a list, in someplace other than your wallet, with all the contact phone numbers for your credit cards. The phone numbers are typically listed on the backs of cards, but that won't do you much good when your wallet is nowhere to be found, so keep a list in a safe place. Call the credit card company immediately if your card is missing.



**Birth certificate**

Your birth certificate won't get ID thieves very far. But at least don't enable thieves to steal it. Be especially cautious on occasions when you might need to present your birth certificate, and Social Security card, and other important documents, such as a home closing. If in your pile of paperwork, everything's together, someone can just come along and steal the whole thing. And whatever you do, don't leave them unattended in your car.

**Multiple shopping/retail receipts**

When you go shopping, do you keep the paper receipts in your wallet or purse? Since 2003, businesses have not been allowed to print anything containing your credit or debit card's expiration date or more than the last five digits of your credit card number. Still, a crafty ID thief can use the limited credit card info and merchant information on receipts to find your remaining numbers. Clear the receipts out of your wallet or purse nightly, shredding the ones you don't need.

**Medicare card**

Rossmoor residents, double check your Medicare card, too. If it was issued before April 2015, it has your Social Security number on it. A law signed in April 2015 requires the Centers for Medicare and Medicaid Services to issue new Medicare cards without SSI numbers, but the change is being implemented slowly, by geographic region. It will take until April 2019 before everyone receives a new Medicare card with a new ID number. You can call the Social Security's office and ask for a new card now. If you just recently turned 65, the Medicare card you get will automatically have the new ID number on it.

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## Squirrely October

By Bob Huber

I was sitting on a bench at the corner of Old Nassau Road and Rossmoor Drive, taking in the early autumn air, when a squirrel hopped up on the bench and joined me. Looking me in the eye, he said:

Are you the guy who writes for The Rossmoor News?

I'm one of a number of scribes who contribute to that publication.

Yeah, but you're the only one who talks to animals.

It's a gift.

We gotta talk.

I'm listening.

Did you know that October is Squirrel Awareness Month?

I didn't know that, but I'm certainly aware of squirrels. You guys seem to be all over the place right now.

Exactly! That's why you've got to look out for us in October.

What's so special about October?

This is the month we gather food supplies for the winter, and nothing will stand in our way.

That's a problem. You see, here in Rossmoor, squirrels are considered pests.

Pests?! How can adorable furry little creatures like us be considered pests?!

You invade our property, and get into places you shouldn't be.

Your property?! How long have you been here?

Rossmoor is over 50 years old.

We squirrels have been on this land for thousands of years! We demand the right of prior claim!

I doubt that would hold up in court.

OK, OK. You can't get rid of us, but we want to be good neighbors.

How do we do that?

Here's a basic tip: if you don't want us around, don't feed us.

I never feed squirrels.

Are you sure? How about the dumpster with the lid partially open, the half-eaten sandwich that somebody left on a bench and bird feeders! I pride myself in claiming there isn't a bird feeder I can't crack open after a few tries.

Also, I'd prefer not to have you as a house guest.

I can take a hint. If you don't want us in your attic, make sure your house is buttoned up. You might need some professional help with that. If you have a working chimney, it ought to be screened. If you don't want

us digging in your garden, plant some mint among the flowers. Squirrels hate mint. Those are some of the basics.

That's a lot of useful information. Thanks for the tips.

I feel like a traitor to my cause.

You seem like a bright fellow. I'll bet you'll survive.

I hope so. We'll discuss it again in January if I'm not road kill.

Why January?

January is Squirrel Appreciation Month. By the way, you don't happen to have a nut on you?

Sorry, I'm fresh out.

Just my luck.

And with a flick of his bushy tail, he was gone, leaving me a few minutes older and wiser.

## A very proud grandmother's story

By Dolores Grief

The 2018 USA Special Olympics games were held in July in Seattle, Wash. It was the 50<sup>th</sup> Anniversary of the Special Olympics, started by Eunice Kennedy Shriver. It has grown over the years to be a significant sporting phenomenon.

The stadium was packed and sitting in the audience was Michael Lehrer's family, most notably his grandmother Ethel Lehrer, a Rossmoor unit owner and his father Podiatrist Dr. Elliot Lehrer. They were there to watch Michael compete in the breast stroke and butterfly which swimmers agree are the most difficult strokes to accomplish. Michael won the gold in the 50-meter butterfly, a silver in the 50-meter breast stroke and a second gold in the 4x50 team medley in which he swam the breast stroke, giving the Team New Jersey a huge lead in the race.

Courage, inspiration, and determination are defined by Michael Lehrer. He faced enormous challenges early in his life – did not walk until he was 19 months old and had early neurological difficulties. At two and a half years of age, Michael started having seizures. A few years later, after putting him on a special diet, which somewhat improved his condition, and considering surgery to remove half his brain, his doctor found a drug that finally got his seizures under control. Michael helped fight to get the drug approved by the USFDA and, since its approval, that drug has aided many people in this country get their epilepsy under control.

Michael started swimming competitively just five years ago. He won 49 medals for the Old Bridge Robins Swim team and has won gold medals in state championship meets in the four years he has competed with the Old Bridge team. He swam with the Raritan Bay Masters and won 22 medals and ribbons in the two years he swam with them.

In July 2017 he and 150 other participants, who won gold medals in swimming in the New Jersey State meet, were invited to the National Special Olympic Trials for the



**Michael Lehrer with his winning medals**

six spots on Team New Jersey (three for girls and three for boys). In September 2017 Michael Lehrer was notified he was one of the three boys who would compete in the 2018 US National Special Olympics in Seattle on Team New Jersey. His dream became a reality.

Michael's achievements came from a grueling workout schedule. He has been swimming at least three times a week every week for the past five years. His workouts include five swims a week, diving practice, yoga, weightlifting and boxing. He was determined to win in Seattle.

The day after he returned from his success in Seattle, he was honored at the Old Bridge Town Council meeting by Mayor Owen Henry, who presented Michael with a proclamation and the town of Old Bridge named August 6 "Michael Lehrer Day."

## Spaghetti dinner

(Continued from page 4)

smaller groups) can be reserved in advance by calling Alyce Owens at 609-860-0866. Since seats will be assigned, please provide names of those to be seated with you when making table reservations. Remaining tickets will be sold in the Clubhouse Red Room from Tuesday, Oct. 2 to Friday Oct. 5, between 10 a.m. and noon. Checks only please.

The Community Church thanks everyone in advance for their support, and looks forward to many more great Spaghetti Dinners with all our good friends. See you on Oct. 10. Bring your appetite!

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## Butterflies: Beauty and the impact on our eco-system



Maria Rodriguez

By Maria Rodriguez

A wide variety of butterflies used to be a common sight. These days their numbers are rapidly declining and rarely seen in fields that are filled with wild flowers and plants in which butterflies love to hang out.

Today we know that these amazing insects are incredi-

bly important to the health of their ecosystems. Their feedings, reproduction, and daily life all have an effect on other species, including humans. With populations of many species of butterfly declining, it is important to understand the effect the loss of the butterfly will have on the earth. It is a common case of the "Butterfly Effect."

Butterflies play a number of roles in the ecosystem. They act as a pollinator and as a food source for other species, acting as an important connector in a thriving ecosystem web. Nearly 90% of all plants need a pollinator to reproduce. As bee populations drop, the role of the butterfly becomes even more vital.

Butterflies also assist with genetic variation in the plant species. Different species of butterfly can even provide effective pest control, naturally keeping plant populations healthy and disease free. Nearly two-thirds of all invertebrates can be connected back to the butterfly on the food chain. As populations of butterflies diminish, so will populations of birds and other animals that rely on them as a food source.

My husband John and I saw the decline while sitting in the backyard of our old house. This was in 2002 and there in the corner of our yard was a space which we converted into a Zen butterfly garden, and our journey with butterflies began. I started to read about butterflies and learned the difference between the host plant (where they lay their eggs) and the food plant (nectar producing flowers on which they can nourish after coming out of the chrysalis stage), and I dragged John along with the craziness of it.

I became intensely focused in searching, experimenting, digging, uprooting, and buying more plants than our small yard could take. One day the nursery owner finally had the courage to ask me how big our backyard was, and I told him about our quest for butterflies and that we had converted a small 10 x 10 square foot plot into a butterfly Zen garden. That's our story, and here's info about butterflies, which is pretty much the swallowtail we see once in awhile fluttering about.

Interested in helping to increase butterfly sightings again? Keep on reading. All you need is parsley, preferably the curly kind, dill, and there was a year when they liked rue (without the butterfly, I'd never have known

what a rue was or even its existence). To begin, you can start by planting parsley (curly), dill, fennel, or rue without pesticides and other chemicals sprayed on it, in a big pot and away from any structure. Then put it in a place where there is enough sunlight (butterflies, like most of us, take their energy from it). You will need to check on it, because sooner than you think, there could be some tiny eggs or instars on the leaves.

You can also adopt them by going to a nursery and look for eggs and instars on any of those host plants. Swallowtails go through various stages, including:

- An egg
- Five different instar stages
- A full fledged caterpillar
- Chrysalis
- And come out as a lovely butterfly

Butterflies' survival rate depends upon raising them inside a protective habitat, such as a terrarium with mesh lid for air circulation (we use a reptile habitat where it's all screened and caterpillars can hold on when it's ready to become a chrysalis). I'm not kidding



Butterfly release

you, it's a lot of work cleaning and providing fresh food for them (parsley), especially when they are a full-fledged caterpillar. But it's all worth it, and not only for us, but for the ecosystem as well.

I can't describe to you how fascinating it is to watch the various stages, especially



Butterfly and casing



Instar and eggs



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Dr. DeFazio has been practicing for 26 years, is married, has three children and lives in Monroe. Dr. DeFazio is a graduate of Temple University and UMDNJ. He is a past Clinical Instructor at JFK Medical Center and a past Board Director for the American Red Cross.

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## “If it’s too good to be true, it probably is”

By Jean Houvener

Melanie Hazim from the New Jersey Office of the Attorney General, Division of Consumer Affairs, repeated this mantra on several occasions: “If it’s too good to be true, it probably is [too good to be true].” I have always known this truism as “If it’s too good to be true, it probably isn’t [true].” The message is the same either way.

Hazim spoke this summer to the Computer Club, giving us valuable information so we can protect ourselves from the ever-growing scams and frauds that assail us. While the Attorney General’s office can warn us, there is often not much it can do to reach the perpetrators since many are initiated from outside U.S. borders. We all need to do our best to protect ourselves.

The number one target of phone and computer scams is the senior population. First of all, that is where the money is, and second, seniors are more trusting than younger people. Interestingly the number two target is the millennial population.

Another truism I have always known is: “There’s a sucker born every minute and two to take him.” Based on the news, that seems increasingly true. Unfortunately, our personal information is readily available on the Internet for anyone to see and to take for unscrupulous purposes. Hazim recommended not putting on any social media when you are away from home because criminals are looking for such information.

Hazim made two major recommendations to us:

1. If you don’t recognize the number displayed on your phone, don’t pick it up. If it is important, they will leave a message.
2. If you do pick it up, do not say “Yes” to anything — e.g. “Can you hear me?” Just say, “Who is speaking?”

In explaining these two recommendations, Hazim told us that marketing lists of our names and numbers are bought and sold. Shut-ins are particularly at risk since people finagling to become their best friend call them every day. Spoofing, hiding the true phone number with a number that seems more familiar, can mask who the true caller is. Often the call-

ers use your area code and exchange to entice you to answer. Sometimes if you return call that number, it is actually a dead line. It is possible even to see your own name and number as the caller. The best policy is to have an answering machine, and don’t answer until you hear the voice of someone you know. If scammers can capture your voice saying, “Yes,” they could use it to slip into a dialog indicating you accepted terms of some purchase.

Scams are usually planned either to excite you (greed, you have just won the Canadian lottery) or to frighten you (you are in trouble, your grandson is in trouble, the sheriff is coming for you). These are con men, and they know how to work your emotions to get what they want.

Hazim gave us some useful pieces of information. The IRS never calls you. The sheriff’s department or the police never let you know in advance that they are coming. If there are threats and swearing, the caller is not legitimate. Another tip-off is if the scammer asks for money paid in gift cards, Western Union, or Green Dot cards. If you send these, then when the money is gone, it’s gone. If the muffled voice at the end of the line pretending to be your grandson says, “Don’t tell Mom and Dad,” that is your reminder to absolutely check with the family whether your grandson is safely at home.

Apple and Microsoft will never call you. If you get a pop-up on your screen to call a particular number, do not do it. Shut down your computer immediately, or it might be held for ransom. Do not click on links or open unknown emails. You can check the sender’s email address by hovering over it.

Only if you initiate a call to a known phone number should you consider giving important information: social security number, Medicare number, birthday, pin number, or mother’s maiden name, for example. If you receive a call purporting to be from an official agency or from your bank, do not call the number given, but check your statement or look online for the official number and call that number first.

Scammers and con artists attack our basic humanity, our wish to care for family, or our wish for money. Make use of the department’s website to be informed about currently active scams ([www.NJConsumerAffairs.gov](http://www.NJConsumerAffairs.gov)). You can file complaints with the New Jersey Division of Consumer Affairs by phone (800-242-5846 or 973-504-6200). The counties and municipalities also have resources to help in the event of scams and frauds. AARP also has information on scams on its website. Stay informed and stay vigilant. She left us with this advice, “Take advantage of us before someone takes advantage of you.”

## Have some vanilla soup?

By Dierdre Thomson

It is good to be back home, especially from a trip out of country. There are many different kinds of foods in Ireland, Scotland, and the Orkneys. Some are very appetizing to me; others are not. For example, there is haggis, which really is just sausage prepared in a strange way. Another treat that I decided to forego, even though my oldest daughter had it several times, was blood pudding. Trifle is another favorite, especially of my son-in-law Bill.

I think some of the food I like best across the pond are the soups. I am pretty much a soup person, even at home. I keep forgetting to ask Sidna Mitchell if she knows some really good soup recipes, especially the recipe for vanilla soup. It is a very simply made soup. But more of that later.

Once I arrived home, I kept thinking about kinds of food and what times of year some of them are served. Of course, there are the various holiday fares. Turkey, yams, dressing, pumpkin pie, etc., for Thanksgiving and sometimes Christmas. Also served often at Christmas are ham or goose, with pineapple dressing, and Christmas cookies. Then we come to Easter, when it is ham, scalloped potatoes, and puddings. There is one kind of food that seems to be eaten

at any time of the year: summer, fall, winter, spring. It often accompanies pie, cake, or apple crisp. You guessed it - ice cream!


I consider myself an expert on ice cream since my father worked for a well-known ice cream company for most of his life. Now I admit I like only one or two flavors of ice cream, but I believe that ice cream should be exactly that - ICE cream. Nice and hard. I know some people enjoy the soft ice cream but not me. When I order a double decker ice cream cone, I want to be able to savor it, to take my time enjoying it, maybe as long as 20 minutes to a half hour. That is easy to do in the winter, and even pretty easy in the spring and fall.

When, however, we get to the high temperatures we have had this summer, then I am very unhappy. There is no way to enjoy ICE cream outdoors in the summer. I mentioned a simple recipe for vanilla soup - that is what happens to my vanilla ice cream outdoors in the high 90s and 100-degree weather - vanilla soup within a few minutes. So I guess I will just have to continue to stand in front of my refrigerator with the freezer door wide open and hope I can finish my ice cream cone within about five to 10 minutes before it starts to become -- vanilla soup.

## Butterflies

(Continued from page 11)

when they come out as beautiful creatures. The magic of transformation is right in front of your eyes! The hardest part is letting them go (67 times this summer so far and maybe more), but it teaches us how to let go of a precious being. The big payoff is, it’s a cycle, and raising a butterfly can lead to a dozen more. Can you imagine if all of us will just plant parsley, dill, fennel, or rue, knowing that you saved a butterfly?



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## Upgrade or replace?

By Steve Gray

"I have a computer that works fine using Windows \_\_\_\_\_ (fill in the blank with 98, NT, 2000, XP, 7 or 8). Should I upgrade the computer or replace it?"

Putting the cost factor aside for the moment, if you are not using at a minimum Windows 7 or 8 your computer has little to no security and should be used only to play solitaire, offline. Most Windows 7 and 8 computers can be upgraded to Windows 10, but should they?

At this point in time there is no free upgrade (Microsoft ended that July 29, 2016 and those needing assistive technology ended December 31, 2017) so the cost now is \$119 to license a downloaded copy.

Before deciding to do that, one must look at the computer itself. Microsoft lists the minimum requirements as a

1GHz processor, 1GB of RAM (2GB for 64 bit) 16 GB of hard drive space and a graphics card using DirectX 9 or above with a minimum display of 800 x 600. Granted, most of you will not know your computer specifications, or what the prior sentence actually means. Yes, the minimum will work – but horribly slow. To put it simply, if your computer is more than four years old and is already slow, Windows 10 is not for you.

You have now decided to buy a new computer. Desktop, laptop, or convertible? If you have always used a desktop and don't need portability, you will not be happy with a laptop. You can, however, go to any store such as Staples or Best Buy and try them out to see if you would be happy with one.

What to buy? I do not recommend brand names, but

do recommend never buying the cheapest because even though it will be faster than a four- or five-year-old computer, it will not give you the performance you want nor will it last as long as a better computer. You do not need the top of the line either, unless you are into serious gaming or do a lot of photo and video manipulation (that does not mean watching videos or printing photos). Try to go with a mid-range system because it will have a faster processor (the CPU), sufficient RAM (usually 8 GB), and a terabyte (or more) of hard drive space.

If you need portability but do not like using a laptop, look into tablets. There are some very good tablets using Android, IOS, and Windows 10 operating systems. The same idea applies, however: never buy the cheapest, and you might not need the most expensive. Definitely try before you buy.

So you just bought your new computer, now what? If you have backed up all your data (documents, photos, etc.) on a flash drive, CD, or external hard drive, you can transfer all of them to the new computer fairly painlessly. If you have not done so, think about doing a backup now, before you go shopping.

The geeks at the Computer Club can assist you in transferring all of your data even if you have not done a backup (assuming you are a member) so you need not pay to have that done. Do keep in mind, however, that programs cannot be transferred; they have to be installed. Make sure you have the installation disks of all of your programs, the Computer Club cannot supply those. Once the new computer is set up and running to your satisfaction for a couple of weeks you can get rid of the old one.

There are programs that will totally wipe a hard drive for safety's sake. Then the computer itself can be recycled at the Monroe Township Recycling Center (not at the curb). If you are thinking of donating the computer, please remember that if it is too old for you, it is too old for almost everyone else as well.

## Bob's Almanac

By Bob Huber

October is a month of change, as Mother Nature prepares her domain for the winter season. The chlorophyll, which provided our summer greenery gives way to the bright fall colors which were hidden underneath all the while.

Perhaps the biggest change to occur in October had nothing to do with Mother Nature, but it forever changed America's cultural and industrial landscape.

On Oct. 1, 1909, Henry Ford introduced his Model T automobile, putting the average American on wheels for the first time, eventually leading to unprecedented suburban expansion. America was on the move.

That same year, in an effort to improve worldwide commerce and ensure American security, we dug a very big ditch across the Isthmus of Panama. On Oct. 1, 1979, after 70 years of American control, we formally turned the Canal Zone over to Panama. An even bigger canal has been completed to accommodate the massive new container ships.

On Oct. 2, 1967, Thurgood Marshall was sworn in as the first African-American associate justice of the Supreme Court. He remained on the bench until 1991, and his decisions changed America's conscience about discrimination and civil rights.

In another cultural first, Frank Robinson was hired by the Cleveland Indians as baseball's first African-American major league manager on Oct. 3, 1974.

Robert Goddard, "the father of the American space-age," was born on Oct. 5, 1882, in Worcester, Mass. His ideas on rocketry and space flight were originally ridiculed by the scientific community and the press, but it was the Germans who

began their own rocket program by simply buying copies of Goddard's patents from the United States Patent Office, a process which was perfectly legal at the time.

On Oct. 6, 1927, New York played host to the first feature-length talking motion picture. The film starred Al Jolson and was called "The Jazz Singer." By 1929 the "talkies" were talking on a permanent basis, and they've been talking ever since. Now, if we could only understand what they're saying.

Oct. 8, 1871, was the date of the great Chicago fire. The conflagration leveled more than three square miles of the city, destroying 17,450 buildings. Ninety thousand people were left homeless, and more than 300 persons were killed. A new Chicago rose from the ashes to become the great city it is today.

Singer/guitarist John Lennon was born in Liverpool, England, on Oct. 9, 1940. As a member of the Beatles, the group captivated audiences in England and Germany and then took America by storm. No other musical group has had such a profound effect on popular music in America and throughout the world.

On Oct. 11, 1939, physicist Albert Einstein sent a letter to President Franklin D. Roosevelt warning that his theories could lead Nazi Germany to develop an atomic bomb. Einstein suggested that the United States develop its own bomb. It became the opening gun in a race to enter the atomic age.

American teacher and journalist, Noah Webster, was born on Oct. 16, 1758, in Hartford, Conn. He compiled the first American dictionary of the English language.

On Oct. 21, 1879, Tho-

(Continued on page 14)



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### Your Alma Mater or Your Family?

The new tax law doubles what you can leave loved ones tax-free when you die and that's really bad for your alma mater. Tax breaks for donations to your alma mater may no longer make the grade with you. Here's why:

**Estate Tax Exemption Rises.** The Tax Cuts And Jobs Act (TCJA) doubles a married couple's estate's tax-exemption to \$22 million. Alums now want to maximize their exemptions by leaving \$22 million to their children, nieces, nephews, and other loved ones before even thinking about a donation to favorite old schools.

**Larger Standard Deduction.** The TCJA upped the standard deduction from \$13,000 to \$24,000 for married couples and most Americans no longer will itemize deductions. But that also means you no longer may deduct college donations. Younger alumni will never get into the habit of contributing to their alma mater, disrupting the finance of U.S. educational institutions.

**Athletic Deduction Nixed.** Before the TCJA, many colleges targeted contributions from alumni who might qualify for good seats at games. The old law allowed donors to deduct 80% of such gifts. Now, the deduction is zero.

**Taxing Endowments.** Under the new tax code, schools with endowments of \$500,000 per student or more and 500 students or more face a 1.4% levy on income. Only a small number of schools are subject to this new tax, but it is a con-

sideration in making college donations.

**The Plus Side.** The TCJA is not entirely bad for all education-minded donors. Some plusses:

- If you itemize, you may now deduct up to 60% of your adjusted gross income on donations to qualified charities, including your old school. That's up from 50%.
- You can "bunch" donations you pledge to give over several years. The deduction can exceed the write-off under the standard deduction.
- You can contribute via a donor-advised fund, which entitles you to a large immediate deduction on annual donations you pledge to make over a period of years. If you suddenly strike it rich, this is a great way to go.

Old Ivy has been around since before the income tax and has managed to flourish, but the new economics of supporting education is disrupting the finances of major educational institutions and the effects are yet to be felt. If you have questions about donating money to a school or your priorities in planning your estate, please contact us.

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## Emerald Society's fall activities

By Joan Avery

Dan Jolly arranged for a day at the Crystal Point Yacht Club in Point Pleasant on Sept. 18. Vinnie Talerico entertained us again with music of the 50s and 60s. A fabulous luncheon of chicken franchise, panko encrusted tilapia, or prime rib was included and everyone had a wonderful time.

The very popular Billy Philips entertained the members at the September Emerald Society meeting and the DooOpps will be the entertainers for the October meeting.

Save the date, Dec. 9, for the Annual Emerald Society Christmas party at the Cranbury Inn. Also save

Dec. 18 for the trip to Lancaster, Pa. for the American Music Theater's Christmas Show. In addition to a stop at the Kitchen Kettle Village for lunch, dinner later will be at Good and Plenty.

A donation of \$150 was given to the Monroe Township Historical Society after John Katerba, of the Historical Society, gave a fabulous presentation at the last Emerald Society meeting. Also, another donation of \$125 was made to the Smile Train, which changes children's lives forever.

Remember, dues to the Emerald Society of \$15 are due in October.

See you at the Oct. 24 meeting.

## New Neighbors



By Christina Smith, Resident Services Manager

Robin Doherty, 75B Amherst Lane, formerly of Jamesburg, N.J.

Ann L. Walsh, 373A New Bedford Lane, formerly of Little Egg Harbor, N.J.

Mary Martin, 129D Providence Way, formerly of North Brunswick, N.J.

Safiwala, Ashwinkum and Jyoti, 524A Spencer Lane, formerly of Edison, N.J.

Zolia and Nelson Adams, 348A Newport Way, formerly of Monmouth Jct., N.J.

Gerald LaForge, 315A Sharon Way, formerly of Manahawkin, N.J.

Joan Longuillo, 457A Roxbury Lane, formerly of Milltown, N.J.

Robert and Kathleen Salter, 604A Tilton Way, formerly of Monroe Twp., N.J.

Pamela Bernardino, 153B Providence Way, formerly of Morganville, N.J.

George Baratta and Margaret Miller, 393-O Newport Way, formerly of Jersey City, N.J.

William and Carla Baros, 652A Windsor Way, formerly

of Kendall Park, N.J.

Jong Chul and Yeon Sook Byun, 326C Nantucket Lane, formerly of St. Louis, Mo.

Karen Cifrodella, 422B Onset Lane, formerly of Old Bridge, N.J.

Manuel and Diane Reed, 359C Newport Way, formerly of Somerset, N.J.

Louis and Harriet Schmidt, 526C Terry Lane, formerly of Spotswood, N.J.

Nabil and Venice Lautfi, 533N Terry Lane, formerly of Plainsboro, N.J.

Gail and George Olaszewski, 264A Middlebury Lane, formerly of South River, N.J.

Allen Chang and Chun Lin Fei, 63N Old Nassau Road, formerly of Great Neck, N.Y.

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Expires 10/31/2018

## Bob's Almanac

(Continued from page 13)

mas Edison successfully tested an electric incandescent lamp in his Menlo Park, N. J., laboratory. It is alleged that he beat several European inventors working on the same project by only a matter of days.

The Great Depression was triggered on Black Friday, Oct. 24, 1929, when the New York Stock Exchange witnessed the panic selling of nearly 13 million shares of stock. The Market crashed five days later when 16 million shares were dumped amid tumbling prices. The crisis lasted for 10 years until war clouds in Europe forced the United States to pump money into the economy by investing heavily in military preparedness.

Oct. 31 will introduce All Hallows Eve, an ancient celebration combining the Christian festival of All Saints with pagan autumn festivals. We, of course, know it better as Halloween, when little ghosts and goblins will be out and about trick or treating. Please keep them safe by being sure a responsible person accompanies them.



# Rossmoor Clubhouse News

## October 2018

### NEW YORK BOTANICAL GARDENS



Tuesday, November 27  
Departs Poolside at 9:15 am  
\$65 pp—Includes bus & museum  
entrance fee. Lunch on your own at  
restaurants in the Gardens  
ON SALE October 2

### HOLIDAY TRAIN SHOW

### WELCOME

Clubhouse  
Open daily, 8am - 10pm

E&R Office  
Open Monday - Friday, 8:30am - 5pm  
E&R Office Closed daily from  
12 noon-1pm  
609-655-3232

Melissa Vaccariello: Clubhouse Manager  
Sue Ortiz: Office Coordinator  
Sebreana Jinks: Office Assistant  
Jessica Roberts: E&R Foreman

### ON SALE THIS MONTH

### EVENTS

#### SUNDAY MOVIE LUNCHEON

"BOMBSHELL: The Hedy Lamarr Story"  
Sunday, October 28, 1:30 pm, Ballroom, \$15pp

#### AARP Safe Driving Course

Friday, November 9, 8:30 am, Gallery  
\$15pp - Members, \$20pp - Non-Members

#### "Let's Talk Nutrition" presented by Parker

Friday, November 16, 12 pm, Ballroom FREE  
Sign-up NOW!

#### "VOYAGE OF THE S.S. ST. LOUIS" PRESENTATION

Tuesday, November 27, 6:30 PM, Ballroom - FREE  
Registration Opens Thursday, October 4

#### ATTENTION RESIDENTS

All transactions of \$10 & over must be  
paid by check or credit card.

### HALLOWEEN PARTY with

**DJ Jean Marie**

Friday, October 26th  
7pm Ballroom \$10pp

Call-in—Thursday, October 11th at 12:15 PM  
Payment **MUST** be received by Monday, October 15

BRING YOUR OWN REFRESHMENTS...ICE PROVIDED  
Prizes for "Best Overall Costume," "Best Couples Costume,"  
and "Best Handmade/Most Creative"

### EXCURSIONS

#### CAPE MAY TROLLEY TOUR

Tuesday, October 9, \$77pp  
WAIT LIST ONLY

#### SANDS CASINO

Thursday, October 11, \$25pp

#### AFRICAN AMERICAN MUSEUM

Wednesday, October 24, \$77pp

### ZUMBA Free Demonstrations

Wednesday, October 10 at 5:45 PM - Hawthorn

Saturday, October 13 at 9AM - Gallery

Zumba is a Latin-inspired dance fitness program that  
introduces other world styles of dance. No dance experi-  
ence necessary. Join us for the joy of dancing, making  
friends and laughter.

Please RSVP your attendance to E&R.

### NYC HOLIDAY LIGHTS TOUR

Thursday, December 6—\$60 pp

Enjoy a buffet luncheon at Casa di Napoli, then board  
the motor coach with a NYC tour guide to see Fifth  
Avenue shops, the Rockefeller Center Christmas Tree,  
Macy's Herald Square and more!

Bus departs poolside at 1:15 PM

Registration Opens Tuesday, October 23



## CULTURAL

### AFRICAN HERITAGE GROUP

Saturday, October 6, 3:30pm, Gallery

### AVIATION GROUP

2nd Wednesday, 1:30pm, Gallery\*  
"Last Discovery Shuttle Mission"

### BOOK DISCUSSION GROUP

2nd Thursday, 3:00pm, Dogwood  
"My Brilliant Friend" by Elena Ferrante

### CURRENT EVENTS ROUNDTABLE

Mondays, 10:30am, Maple

### GERMAN AMERICANS

Last Thursday, 1:30pm, Cedar

### KOREAN AMERICANS

Contact Clubhouse for Info!

### LATINO/HISPANIC-AMERICANS

Last Wednesday, 6:00pm, Gallery

### POLISH AMERICAN

1st Friday, 1:00pm, Maple

### RECIPE GROUP

2nd Wednesday, 7:30pm, Maple

### VETERANS GROUP

Veteran's Breakfast  
Tuesday, November 13, 10am, Ballroom



## THE ARTS

### "ALL IN STITCHES" Knit & Crochet Group

Thursdays, 1:00pm, Maple

\*\*Interested in a Saturday morning class?  
RSVP your interest to E&R.\*\*

### ART CLASS/WORKSHOP

Wednesday, 9:30am—11:30am, Gallery

Resident/Artist Paul Pittari offers basic instruction. Easels provided. Supplies on your own.

### CERAMICS STUDIO

Monday & Thursday, 8:30am—12pm.

Monitor present. Molds & Kiln on site. Supplies on your own.

### GALLERY EXHIBITS

Be sure to stop in and browse each month's display of art work.

### POTTERY

Wednesday & Saturday, 8:30am—12 Noon

Monitor present. Supplies on your own.

### RUG HOOKING GROUP

Thursdays, 9am—1pm, Gallery

Bring your lunch and be prepared to have some fun!

### OPEN WOOD CARVING WORKSHOP

Fridays, 9am—12pm, Woodshop

Monitor present. Supplies on your own.

### WOODSHOP

Mon-Fri 9am-3pm Saturday 9am-Noon

Open to Residents who have completed the orientation and safety class. Monitor present.

## CARDS & GAMES

### BANANAGRAMS

Mondays & Thursdays, 2pm, Game Room

Fast paced crossword style word game to keep you on your toes. Contact Dolores Wardrop.

### BRIDGE

Contact Clubhouse

### CANASTA & MAHJONG

Contact Clubhouse

### MAY I

Contact Sophie Prata.

### MEN'S POKER

Contact Alan Lasky.

### NINTENDO Wii

Bowling, Tennis, Golf. Stop by Clubhouse Office to sign out games.

### PINOCHLE

Please call the Clubhouse if interested in playing Pinochle.

### POKER

Contact E&R

### POOL ROOM

The Pool Room is open 7days, 8am-10pm  
(Closed for cleaning Wednesdays 8am-11am.)

## GET MOVING!

### CHAIR YOGA

Tuesday mornings, 10:00am, Gallery

Enjoy the benefits of yoga while sitting in a chair. Class is conducted by a certified Yoga Instructor. Pay instructor directly

### "DOWNSIZING"—Weight Loss Support Group

Wednesday, 9:30am, Maple

Call the Clubhouse for information

### FITNESS CENTER ORIENTATION

Monday, October 15 at 10:00 am

Sign-up in the Clubhouse...Space limited

### HEALTHY BONES

Thursdays, 9:30am, Ballroom

This class is for those that have pre-registered.

### OPEN EXERCISE DVD

Monday, Thursday, 9:30am, Hawthorn

Saturday, 9:30am, Maple

Exercise at your own pace. No Instructor. DVDs are selected from our current collection. No charge or sign-up required.

### WALKING GROUP (Weather Permitting)

Mondays, 9am, Front of Clubhouse

Walk the 1 mile or the 2.5 mile loop around Old Nassau. Bring water and wear comfortable shoes.

### YOGA

Wednesday, 9:30am, Cedar

Resident instructor conducts the class. No Charge. Bring floor mat. SPACE LIMITED.

### ZUMBA—Free Demonstrations

Wednesday, October 10 - 5:45pm, Hawthorn

Saturday, October 13 - 9am, Gallery

RSVP your attendance to E&R

## IMPORTANT NOTICE

Effective January 1, all Woodshop participants will be required to sign updated **Woodshop Rules and Release** waivers annually



## SPORTS FUN!

### BOCCE

New Players Welcome!

### CROQUET

New Players Welcome. Call Betty Anne Clayton.

### HIKERS

Tree Walk, 10/6 at 9:30am—CH

Hunter's Moon Walk, 10/24 at 7pm—CH

### PICKLEBALL

Fall Classic Tournament on 10/13. Registration is closed.

### SHUFFLEBOARD

New Players Welcome.

### TABLE TENNIS

Tables available Tuesday, Friday, & Saturday 9-11AM. All welcome! Hawthorn Room

### NEW! TAILGATE GAMES

3rd Friday, 9:30am-11:30am, Hawthorn/Terrace (weather permitting)  
Cornhole, Ladder Toss, Giant Jenga

### TENNIS

Courts available 8am until dusk. Bring your own equipment.





## MOVIE CORNER

### OCEAN'S 8



#### "OCEANS 8"

Rated PG-13 / 2 hours / No Charge

Tues., October 9  
1:30pm & 7pm Ballroom

Sun., October 14  
1:30am Ballroom

TUESDAY MYSTERY MOVIES  
October 2 and 16 at 1:30pm

Movies Subject to Change

## COMING ATTRACTIONS

Details To Be Announced...

NYC HOLIDAY LIGHTS TOUR  
Thursday, December 6

KISS ME, KATE  
Wednesday, April 10

THE CHER SHOW  
Wednesday, April 17—WAITLIST



## LIBRARY ON LOCATION

"VOICES OF THE SEA" - Wednesday, October 17

In a remote Cuban fishing village, a young mother tries a second attempt at escaping to America for a better life.

A film by Kim Hopkins, C. Fahome & M. Szabo

"93 QUEEN" - Wednesday, October 31

Hasidic women in Borough Park, Brooklyn creat the first all-female ambulance corps in NYC.

A film by Paula Eiselt

1PM Ballroom No Charge

Program is in collaboration w/ Monroe Twp. Library & PBS

## FYI

- RCAI Offices will be Closed on Monday, October 8 in observance of Columbus Day.
- COMCAST Q&A...October 2nd in the Ballroom, 9am-11am
- CONTACT THE CLUBHOUSE for information regarding events and trips.
- EVENT REMINDERS: Bring Rossmoor ID when purchasing tickets for Clubhouse events. Only two tickets per manor can be purchased. When bringing a guest/non-resident, please provide their full name at the time of ticket purchase. Tickets are non-transferable.
- TRIP REMINDERS: Trips require average physical activity. You should be in good health, able to climb stairs, and walk reasonable distances. Any guest accompanying a Rossmoor resident **MUST** be at least 18 years of age. Basic information on guests must be provided when tickets are purchased.
- CLUB PRESIDENTS & GROUP REPRESENTATIVES: Channel 26 announcements and room set ups **MUST** be handed in on the official forms. Forms can be found on the website or in the Clubhouse.
- ROSSMOOR CLUBHOUSE NJ is our official Facebook page. Follow us for Clubhouse updates, ticket sales, and event photos. You just might see yourself having a good time!
- RCAINJ.COM is the official website for Rossmoor. Here you will find everything Rossmoor! Check it out!
- EVENTS & TRIPS are subject to change.

## RSVP YOUR INTEREST

To further meet programming needs and exceed expectations, we want to hear from you! Below are some educational offerings and trip suggestions.

- Studio Audience at "The View"
- Sign Language for Beginners
- CPR for Dogs
- Mozzarella Making Class

Please RSVP your interest to the E & R Office.

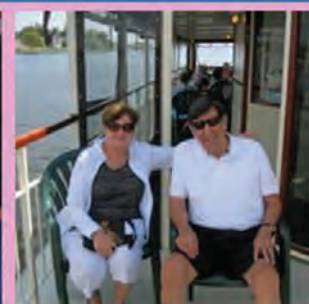
Paul Pitteri guided residents through our WINE & DESIGN class while they enjoyed light appetizers and libations.



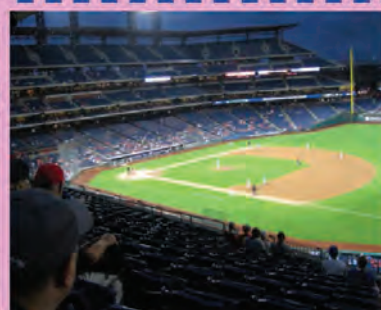
ALL ABOARD!  
Residents board the RIVER LADY LUNCH CRUISE out of Toms River for an enjoyable afternoon lunch.



Residents were doubled over in laughter through out the evening at our COMEDY SHOW WITH JEFF NORRIS & PETER SASSO.



Residents enjoyed a beautiful night under the lights at the METS vs. PHILLIES game at Citizens Bank Stadium.






# OCTOBER 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 9am –11am Comcast-BR  1:30pm Mystery Movie -BR 	3 1:30pm Monroe Twp. Library Happenings -BR	4  	5	6
7	8 COLUMBUS DAY  RCAI OFFICES CLOSED	9 9:00am Cape May Trolley Bus Trip*  1:30pm “Ocean’s 8” Movie - BR  7:00pm “Ocean’s 8” Movie - BR	10 1:30pm Aviation “Last Discovery Shuttle Mission”-BR  5:45pm Zumba Demo-H*	11 9:00am Sands Bus Trip*  9:00am Committee Meetings-VC  	12 8:00am-2:00pm Flu Shots –BR  2:00pm Mutual 17 Meeting- VC	13 9:00am Zumba Demo-GL*  8:30am Pickleball Fall Classic-C
14 1:30pm “Ocean’s 8” Movie - BR	15 10:00am Fitness Center Orientation*	16 11:00am Golf Education Seminar –MP  1:30pm Mystery Movie-BR	17 1:00pm Library on Location- BR	18 9:00am Board of Governors-VC  7:00pm Players Performance- MH	19 7:00pm Players Performance- MH	20 2:00pm Players Performance -MH
21	22	23 1:30pm Mystery Movie-BR  	24 7:00am African American Museum Bus Trip*	25 6:30pm Bingo 	26 7:00pm Halloween Dance Party-BR*	27
28 12:30pm Sunday Movie Luncheon -BR*	29	30 1:30pm Mystery Movie-BR	31 Halloween  1:00pm Library on Location- BR 		<div>Ticket Sales</div>  <div>Today!</div>	<div>Events or trips marked * require tickets or prior registration</div>



INDEPENDENT CLUBS			
Chorus	Wed	4 pm	MH
Church Discussion	Tues	1:30 pm	MHP
Computer Club	3rd Mon	10 am	GL
Dance Club	Last Sat	7 pm	BR
Emerald Society	4th Wed	2 pm	BR
Italian-American	3rd Wed	7:30 pm	BR
Players	Last Mon	7 pm	GL
Sisterhood	3rd Mon	1:30 pm	BR
Torah Study	Sat	10 am	CD
Women's Guild	3rd Thurs	1:30 pm	BR

MEETING HOUSE SERVICES		
Catholic Society Mass	2nd Thurs	7 pm
Jewish Congregation Sabbath	2nd & 4th Fri	7:45 pm
Community Church & Communion	1st Sun	11 am
Community Church Worship	2nd & 4th Sun	11 am
Community Church & Fellowship	3rd Sun	11 am
		

ROOM KEY	
BR Ballroom	H Hawthorn
C Court	MP Maple
CD Cedar	MH Meeting House
CH Clubhouse	MHP Meeting House Parlor
CFT Craft	TR Terrace
DW Dogwood	RR Red Room
GL Gallery	VC Village Center
GR Game	



This month in pictures

Photos by Joe Conti and Walter Gryskiewicz



Some of our Rossmoorites cheering their favorite blue knight at the Medieval Times Trip. From left are Jessie Romer, Fredric and Phyllis Lassman, Helene and Steven Gray, and Martin Gurvitch. Photo thanks to Steven Gray.



Monsignor Cole distributing Communion to the congregation at the Catholic Society Mass



Rossmoor Players: Music Director Janet and instrumentalist Dave working on some chord changes.



Jim Wilson and Laurie Moyer working on some dialogue



Happy Birthday Music Director Janet Wilson!

Italian American Club Rossmoor Downs

(Photos thanks to Tommy Croake and Dennis Haggerty)



Rossmoor Downs jockeys are, from left, Dave, Alex, Dan, Vince, Tom, and Dutch.



Four stallion jockeys are, from left, John, Tommy, Larry, and Dennis.

BOCCE CHAMPS



Bocce Champions for 2018 are, from left, Bob Danehy, John Schaeffer, Captain Tony Cardello, Marie Dambrowski, and Mike Cuddy. Rose Ferrara is absent.



Filly jockeys ready to race are, from left, Muriel, Chickie, Geri, Karen, Sandi, and Betty.



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Bill Tarallo, CFP®

Senior Financial Advisor, Managing Principal

1246 South River Rd Suite 105 Cranbury, NJ 08512

609-655-0202 x1

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Jerry

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The deadline for  
The Rossmoor News  
is the 7th of every month.

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Talia M. Mishkin, OD 6461

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609.495.1000

BRICK  
515 Brick Blvd  
732.920.3800

JACKSON  
2080 W County Line Rd  
732.364.5123

CULINARY CORNER

By Sidna Mitchell

This peachy dessert is really easy

By Sidna B. Mitchell

The Sundays were busy; I was a lay preacher the last Sunday in July and I also had two ordained ministers here for lunch after church at other times. A former pastor at the Rossmoor Community Church, the Rev. Dr. Don Fletcher came as a guest preacher one Sunday in July. He and his daughter came back to my house for lunch with former resident Dr. Virginia (Ginny) Allen. Then we had plans to play six-wicket croquet but the weather didn't cooperate. However, Fletcher and his daughter came back another day, just for croquet.

Fletcher, a former resident, is absolutely amazing. He proudly admits to being 99 and a half. He may have problems with his eyes, his hearing and his balance but he can preach without a note. The good reverend definitely captures everyone's attention with his message; and with his booming voice, no one could possibly fall asleep during his sermon.

Then the first Sunday in August, after guest preacher Jean Holmes was in the pulpit at the Community Church, I hosted another lunch. This time I also invited the Church Council Chair and the co-chairs of the Pastor Search Team because at one time

Jean had expressed interest in being considered as our part-time pastor. Although she and her husband had decided to stay in north Jersey, the committee members picked Jean's brain for what a church should look for in a pastor.

I fixed a really simple

meal—a Stove Top chicken bake, tossed green salad (with tomatoes, cucumbers and zucchini from the garden) and a fresh peach trifle.

The recipe for the trifle came from the Internet but I simplified it. Here's my version and you don't need to use fresh peaches.

Culinary corner

Peach Trifle

Large can of sliced 10-inch peaches prepared  
2 (eight-ounce) containers angel food cake  
peach yogurt

Preparation:

1. Break the angel food cake into small pieces.

2. Place half of the cake pieces in the bottom of a trifle dish or another type of glass dish.

3. Spoon half of the peach slices over the cake.

4. Cover with half of the peach yogurt.

5. Put remaining cake pieces over the yogurt.

6. Top with peaches, reserving five or six slices for garnish.

7. Cover with the remaining peach yogurt.

Garnish with peach slices or fresh mint if you wish.

NOTE: The original recipe called for six ripe peaches, peeled, pitted and sliced that I did use. Obviously, canned or frozen peaches make this much easier and simpler because the original recipe called for pureeing one cup of peaches with lemon zest and mixing that with plain yogurt. I skipped the pureeing step and used peach yogurt.

I can be reached via e-mail at [sbmcooks@aol.com](mailto:sbmcooks@aol.com).

Musings and Memories

By Betty Emmons

**A thankless task**

Did you ever think about grocery shopping? I mean really think about it. Well I have and I've decided that it's a thankless task. So bear with me, and I'll tell you why.

First you select items and you put them in the cart. From the cart they are placed on the counter and back into the cart. You then put the groceries in the car, drive home where they are then carried to the kitchen counter and from there they are put away. Later the food is taken to the stove for cooking and then finally to the table. Now, I don't know

if you realize it, but that is eight steps from the shelf in the store to the table. WHEW! What a tiring task.

Finally, though it is time to eat and the aroma makes us anxious for the taste. But wait, there is just one more step and that is to say: *Thank you for the food before us,*  
*The family besides us,*  
*And the love between us.*

And suddenly you forget the eight steps. The thankless task has proven to be a labor of love and I don't know about you but, personally, I can't wait to go grocery shopping again.

In Memoriam

Anita Carmen Stoeckli Floyd

Anita Carmen Stoeckli Floyd, 91, formerly of Rossmoor, died on Aug. 26.

In her youth, Anita was a professional ballerina with the Ballet Russe of Monte Carlo traveling throughout Europe. She later opened several ballet studios teaching students her perfectly refined technique. Later, she explored another realm of her endless artistic talent painting many works of art that were hung in numerous galleries. Many can be viewed in Naples, Fla.

Anita will be lovingly remembered by her daughters, Liliane Tietjen and Giselle Karounis, her grandchildren Tara and Kelly Tietjen, Anthony and Colette Karounis and her great grandson Tyler Tietjen.

Those who so desire may make donations in memory of Anita to the Abington Health Foundation, Asplundh Cancer Pavilion, 1200 Old York Rd., Abington, Pa. 19001.

Email your news to: [news@rcainj.com](mailto:news@rcainj.com)



## Clubs and Organizations

### It impacts your wallet and quality of life—so come learn about it

By Diane England

Do you fully understand Monroe Township's form of government? I'll admit that I don't, but I'm excited to be able to improve my knowledge at the Women's Guild monthly meeting on Thursday, Oct. 18, at 1:30 p.m. in the Ballroom. Our speaker that day will be Alan M. Weinberg, our township's business administrator. You may remember he replaced Wayne Hamilton in 2017.

Alan Weinberg has over 15 years of government service at the local, state and federal levels. Before arriving in Monroe, he was the senior adviser to the Senate president in the Senate Majority Office. He has also been a senior director of Public Affairs at the New Jersey Transit Corporation, worked in the Office of the Governor of New Jersey, and he even spent a year with the United States Senate in Washington.

His experience doesn't end there, either. He has taught state and local government at night for years at the community college level. He has been an entrepreneur in Westfield, N. J., where he developed a grocery store selling locally sourced fruits and vegetables.

Weinberg also has impressive academic credentials. He not only graduated with a Bachelor of Arts in Political Science from Rutgers, but this native of Edison has a Masters degree from Rutgers School of Public Affairs and Administration as well as a Masters in Business Administration from the School of Management at New Jersey Institute of Technology.

I know, what you're really interested in is school funding — or how the recent changes here will likely im-

pact your property taxes in years to come. Well, Weinberg can certainly talk about this topic. Not only can he address what happened locally, but he can tell you about what happened at the State level since he worked on this issue while with the New Jersey State Senate.

Yes, this is a man you're going to want to hear since he can address things that will impact your wallet as well as your quality of life for years to come. So, put Oct. 18 at 1:30 p.m. in the Ballroom on your calendar now. And yes, we are the Women's Guild, but as the organization's current president, I welcome any men who wish to attend and hear this talk. Let's show our guest that this township is full of concerned and engaged citizens.



### Ensemble Schumann to bring world-class performance here



**Ensemble Schumann: Steve Larson, Sally Pinkas, and Thomas Gallant**

By Gene Horan

The members of Ensemble Schumann, a lively and colorful trio consisting of Thomas Gallant, oboe; Steve Larson, viola; and Sally Pincas, piano; will present a program in the

Meeting House on Friday, Oct. 5, at 7:30 p.m. The Rossmoor Music Association sponsors the concert. Tickets for non-subscribers will be available at the door for \$15.

(Continued on page 18)

### Choosing a new printer

By Alec Aylat

He's back again. That's David Shinkfield, popular Computer Club speaker, returns 10 a.m., Monday Oct. 15, to the Gallery for a fascinating talk about the latest printers and why the prices are so low.

Whether you are planning to buy an inkjet or laser printer, you need to know the terms and understand the combination of printer and ink costs. Where the cost of the printer you buy may be low, its ink cost may be high. So, with Dave, forewarned is forearmed, and you'll learn about nonproprietary inks and cartridges.

Connecting your printer should not be a problem if you are connecting directly to your computer's USB, but what about your router and wireless system? Don't ask me. Dave will explain. And then there's the matter of printer sharing, to say nothing about Windows 10 Printer Management, settings and default colors.

It's a dizzy of a talk and you'll want to first prepare with coffee and refreshments at 9:30. Cheers.

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## Join Seabrook for a Sunday Open House



**Get an inside look** at vibrant retirement living on the Jersey Shore. Come and tour our beautiful campus and maintenance-free homes. Experience top-notch amenities and discover dozens of exciting clubs, classes, and activities.

**Sunday, October 7, 2018**

Tours scheduled at 11:00 a.m. and 1:00 p.m.

**3000 Essex Road, Tinton Falls**

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for more information and directions.

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This event will not include a formal marketing presentation, but sales associates will be on hand to answer your questions.



## A night on the town

How is this for a night on the town: Gather some friends and hire a limousine to take you to New York City for dinner and a concert at Carnegie Hall or Lincoln Center. It will be a very nice evening unless, of course, you run into a traffic jam. And you should certainly be home by midnight. How much will it all cost? I'll let you figure that one out.

Here's an alternative: Have dinner and some wine with friends in a nearby restaurant, one where the owner doesn't think your name is Rockefeller. After a leisurely dessert and coffee, drive 10 minutes to the world-class Ensemble Schumann concert in Rossmoor's beautiful Meeting House. The cost? Well, it sure won't break the bank. No fuss, no bother and you can be home in bed by 10 p.m. Try it; you'll like it!





Director Janet Wilson introduces new music at the season's first rehearsal for the Rossmoor Chorus

## Rossmoor Chorus begins new season

By Jim Wilson

The Rossmoor Chorus is off and singing again, gearing-up for the 2018-2019 season. Rehearsals began early last month for the group whose love of music reflects its love for this community.

The Chorus sings once a month during the 11 a.m. service at the Community Church, usually on the third Sunday of the month. It plays a vital role in this community. "There is nothing more unifying than the global language of music," says chorus director Janet Wilson. "And in a community, such as Rossmoor, for those of us who have enjoyed music over the years, it is not only fun and therapeutic for those who are singing, but our hope is that it brings fun and lifts up others as well. Not only do we enjoy music, but we enjoy what music does for people."

A number of special Chorus events are planned for the upcoming months. On

Friday, Nov. 30, at 7 p.m. in the Meeting House, the Chorus will sponsor a vocal concert by Soonja Nam. A soprano in the Rossmoor Chorus, Soonja has a solid background in music. Janet says, "She majored in voice a few years back in college, who has wanted the opportunity to put on one more vocal concert. We're encouraging as many as possible from the community to come and support her, because that's something we like to do here at Rossmoor. To be able to encourage each other in the Rossmoor community to share those talents that we used in our younger years is something from which we all benefit." You will be able to read more details about the concert in the November issue of the Rossmoor News.

The Chorus is also preparing for a special Christmas presentation called "A Christmas Masterpiece," a beautiful collection of inspiring music by composer and

arranger Tom Fettke, accompanied by the talented Kevin Gunia on piano. "Kevin is a senior this year at Rutgers," says Janet. "He is majoring in composition and is an absolutely incredible pianist, and anyone who has been to services at the Community Church has heard him play piano and organ. We are incredibly thankful for Kevin."

The Rossmoor Chorus also sings in area nursing homes, including Merwick and The Elms. It held a popular Sing-Along earlier this year and plans another one in the spring. Janet invites our clubs to contact her if they'd like the Chorus to provide music at social events.

The group has been around almost from the beginning of our community. Next year, it will mark its 50<sup>th</sup> anniversary. Janet credits countless, dedicated people for helping the Chorus grow into what it is today. "Over the years the Chorus has been directed by some amazing musicians, recently by Cecile Wang. They used their talents and their know-how to improve the Rossmoor Chorus and the overall quality of music that Rossmoor residents enjoy, and, along with the number of directors and accompanists who have been part of this, imagine the many singers! It's all of these people throughout the years who have kept the Chorus going and have provided music every year. When I consider the number of clubs that we have here at Rossmoor, I wonder how many of these groups can say that they have been ongoing for 50 years."

As it begins the new season, the Rossmoor Chorus is always looking for new members. While the ability to read music makes choral singing easier, Janet says that is not the only way to learn a new song. "Some of us are visual learners, some of us learn by hearing the song. I'm a semi-retired music teacher, and so, I have thoroughly enjoyed offering music workshops in our home since becoming the director of the Rossmoor Chorus. Some people

(Continued on page 20)

## October Dance Club party features pizza and prizes

By Judy Perkus

On Saturday, Oct. 27, the Rossmoor Dance Club will celebrate Halloween in the Clubhouse Ballroom. All Rossmoorites, singles as well as couples, are welcome. Join us at 6:30 p.m. for pizza and soda. Refreshments include coffee, tea, and cake (sugar-free available).

There will be prizes for Halloween costumes. DJ Bobby Picone will play all

kinds of dance music.

Please leave your check made out to the Rossmoor Dance Club in an envelope in the Dance Club folder in the E&R Office or mail it to Armen DeVivo at 449B Roxbury Lane. The cost is \$13 a person for paid-up members and \$15 a person for non-members. The reservation deadline is Oct. 17.

Call Armen at 609-655-2175 for more information.

### Rossmoor Dance Club October 27<sup>th</sup> Pizza and Dance Party

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Address: \_\_\_\_\_

PAID-UP Member(s): \_\_\_\_\_ @\$13 = \_\_\_\_\_

Non-member(s): \_\_\_\_\_ @\$15 = \_\_\_\_\_

Total: \_\_\_\_\_

RESERVATION DEADLINE: October 17<sup>th</sup>

Please send check made out to the

Rossmoor Dance Club to:

Armen DeVivo at 449B Roxbury Lane. 609-655-2175  
or leave in an envelope in the Dance Club folder  
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## Players Pastimes

By Sue Archambault

Those who attended September's monthly meeting on Monday, Sept. 24 at 7 p.m. seemed to truly enjoy Bob Huber's program titled "The Wandering Muse of Artemis Flagg." Bob produced this very well-received TV program about the history of the United States through music, which is narrated by Emmy winner Burgess Meredith.

The Players are very excited about the upcoming performances of our fourth

original musical comedy "Crooks and Nannies." All three performances will take place in the Meeting House as follows:

- Thursday, Oct. 18 at 7 p.m.,
- Friday, Oct. 19 at 7 p.m., and
- Saturday, Oct. 20, at 2 p.m.

Bob Huber has written the play and the music, with several numbers composed by Bill Strecker. "Crooks



and Nannies" will be dedicated to Bill, who first came up with the concept for the play. The price of the tickets, due to the rising costs involved in producing this play, will be \$10 in advance and \$12 at the door. Tickets will be on sale in the Red Room from 1 to 3 p.m. on Thursday, Oct. 11; Friday, Oct. 12; Monday, Oct. 15; Tuesday, Oct. 16; and Wednesday, Oct. 17.

Sal's Deli will also sell tickets from October 11 to 20. Purchased tickets may be used for any performance. Refreshments will be served to all attendees after each show.

The Players' monthly meeting will take place on Monday, Oct. 29 at 7 p.m. in the Gallery. All members of the Players are welcome to come to this yearly Halloween Party that includes fun games and treats. Costumed attendees are eligible to enter our costume contest, in which prizes in different categories will be awarded. Don't miss it because it has always been a very fun evening.

## Chorus

(Continued from page 19)

never learned to read music, didn't learn all that they wanted to about reading music or just have questions. I like to try to answer those questions, to help them and to encourage them that they can do this and that they can be a part of something."

She adds, "Music keeps the mind sharp. As we get older, we are encouraged to continue learning. This is something that we all enjoy. It is something that we work on together as a team, encouraging each other, learning together and having a good time together." In fact, a British study a few years ago found that singing in a choir can benefit a person's mental health. The study looked at 375 people who sang, either in choirs or alone, or played team sports. It found that people who sang in a choir had a stronger sense of belonging. It also found that singing in a choir was significantly more effective at improving their mood than playing sports on a team.

Janet says music can not only inspire but can help people aspire to something bigger than themselves. She has a favorite musical quote and it comes from Johann Sebastian Bach. "I play the notes as they are written," Bach said, "but it is God who makes the music."

If you are interested in learning more about the Rossmoor Chorus and possibly becoming a part of it, contact Janet Wilson at 609-655-4129.



The Dukes of Doo Wop performing at the Italian American Club meeting.

## Italian American Club

By Tony Cardello

September brought us to the end of a very hot and rainy summer and to the end of another season at the pool and the playing of bocce. In addition, we also had a few great events.

Rossmoor Downs II took place on Saturday, Sept. 8 and, as before, the sold-out crowd enjoyed an evening of fun, frivolity, and "horsing around."

At the regular membership meeting on Sept. 12, we were entertained by the doo-wop duo Remember When, who sang the songs we knew by heart and brought back memories of young love in days gone by.

A group of members went on their own to Doolan's in Spring Lake on Sept. 20 to take part in their annual San Gennaro Festival which featured a sit-down dinner, a cocktail, and the Las Vegas show of Andre and Cyrell. For those who have never been, it is an afternoon not to be missed.

The month of October will

bring us the Columbus Day party on Oct. 13 from 6 to 10 p.m. in the Ballroom at a cost of \$35 per person. It will be a sit-down dinner catered by Twin Oaks. Entertainment will be DJ Mike Malone for your dancing pleasure.

There will be a Catholic Mass sponsored by the Club on Oct. 11 at 7 p.m. in the Meeting House. Refreshments will follow. Joe Conti asks everyone to please save the date. Refreshment volunteers, please call Rosie Miller at 609-409-7793.

There will not be a regular membership meeting in October due to the Columbus Day party.

Please note that bingo will be played on a Thursday night, Oct. 25, at 6:30 p.m. in the Ballroom.

To sign up for the trip to Hard Rock Casino on Friday, Nov. 2, call Bob Terranova at 732-609-0478. For \$25 per person, you'll get \$25 in play money.

A donation of \$200 was made to the Make-a-Wish Foundation.

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At the Italian American Club Rossmoor Downs

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## SPORTS



## Ladies 18-Hole golf league's hot season winds down

By Arlene McBride

Results of the Aug. 7 tournament, revert one hole on front and one hole on back to par: first place winner, Janet Decker; second place winner: Arlene McBride (MOC). It's not easy for me to just

revert one hole, but congratulations to the winners.

Results of the Aug. 14 tournament, low gross/low net. Low gross winners: first place, Carolyn Meyer; second place, Denise Romano (MOC). Low net winners: first

place, Arlene McBride; second place, Carol Faraci. Congratulations to all.

Results of the Aug. 21 tournament: Flight A – first place, Sandy Pellicane; second place, Maria Hogan. Flight B – first place, Carol Faraci; second place Joan Semen.

Results of the Aug. 28 tournament, sweet 16. First place, Carolyn Meyer; second place, Janet Decker. Throwing out two holes wasn't a problem for me today, but I'm sure the winners had no problem. Congratulations.

Results of the Sep. 4 tournament, pick either the front nine or back nine before tee off. Front nine winners: first place, Pat Crowley; second place Sandy Pellicane. Back nine winners: first place Joan Semen; second place Carolyn Meyer. Congratulations to the winners who picked the

(Continued on page 22)



Milli Groves and Al Longo enjoying the bocce matches



Bocce captains for the 2018 Finals are, from left, Tony Cardello, Tom Hanlon, Dave Voight, and Lou Russo.

## Season 29 of Rossmoor Croquet closes with a fright-fest

By John N. Craven

It seems as if the 29<sup>th</sup> season is just getting underway when the leaves begin to change color and the warm breeze off the golf course becomes cool and crisp. At the end of October, Croquet ends its seasonal play.

The final weeks are chock full of activities. In September, the Croquet club held its annual golf croquet tournament and a rematch with Meadow Lakes. The Rossmoor-Meadow Lakes match is usually an annual event, but Meadow lakes couldn't wait a full year to avenge the defeat that Rossmoor handed them in July. This time, the Rossmoor Rampagers will take to the road looking to beat Meadow Lakes on their own turf.

October brings the annual meeting/fall luncheon to be held on Saturday, Oct. 27 at

noon in the Gallery. Final play will take place on Halloween, Wednesday, Oct. 31. "Halloween Play" is the only time during the season when members dress in other than their whites, but in Halloween costumes. Spirited games are expected and as always, Attitude Adjustment will be held in the Cedar Room afterward.

The annual holiday luncheon will be held on Wednesday, Dec. 12, at a place yet to be determined

The Club welcomes all residents. Anyone seeking a form of light exercise, enjoyment of the outdoors, an opportunity to mingle with friends and neighbors and to learn a simple yet challenging game on a professional level playing court, contact Betty Ann Clayton. Look for us on the croquet court any Friday afternoon. Come join us, you'll like it.

## 9-Holer

By Terre Martin

"Some Like it Hot!" It was a great title for a movie, but it was awful for ladies' golf. Many of our players get bad reactions to extreme heat, so tournament participation was weak all month. Terre Martin (A Flight) and Alyce Owens (B Flight) each took home three first place prizes. Joan Lundy (A Flight) and Joyce Cassidy (B Flight) each had one first place win. The A Flight scores were very close all month, making it necessary to do a "match of cards" for several tournaments.

In other news, a committee made up of 9-Holers, 18-Holers, and the Men's Club, met regularly to plan the first golf social we've had in several years. To reignite interest and reacquire all the players, a "9 & Dine" social was held on Sunday, Sept. 23. Players signed up as couples or as singles and played a "scramble" format. Everyone got to participate and contrib-



ute to their "team's" score. Following play, golfers and their non-golfing guests enjoyed a hot buffet dinner in the Clubhouse Ballroom.

Because of the excellent response, we hope to bring back more social events for golfers including a cocktail party to kick off the season in the spring and maybe an outing to a tournament somewhere in New Jersey. Anyone who plays golf is welcome to join one of the leagues. Mary Shine is the membership chair for the 9-Holers. She can be reached at 609-655-4518 or maryshine1@verizon.net. You can also contact our president, Joyce Cassidy, at 609-619-3618 or joyce3205@aol.com.

Regarding August.... "God, it was hot! Forget about frying an egg on the sidewalk; this kind of heat would fry an egg inside the chicken." — Author Rachel Caine



## Golf Course Highlights

By Ted Servis,  
Rossmoor Golf Professional

What's going on at the Golf Course? Fall is upon us but there is still plenty of golf to play. The weather in October and November can be good, and it's the perfect time to come out and play. The Golf Course is in fantastic condition thanks to Tom Tucci and his staff.

Remember that all Pro Shop credits must be used up by December 31 or you will lose them. There is plenty of Pro Shop merchandise in stock. If there is

something you need and we don't have it, we can order it for you. We are having an end of Summer sale: all men's clothing is 20% off and all ladies clothing is 50% off, in stock items only.

If there is anything we can help you with or any questions we can answer, please give us a call at 655-3182. Thank you, and enjoy the fall golf season.

Remember that the Golf Course is currently offering a referral incentive of \$200 in Pro Shop credit for bringing in new members.

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Ladies 18-Hole

(Continued from page 21)  
right nine holes.  
As of this writing, early September was at the 90-degree mark. Fall is upon us

now and it is a nice time of the year for golf. The league will continue to play until the end of October. If anyone is interested in joining next year, please contact arlenemcbride@comcast.ne or at 609-395-1017.

Community Church  
October 2018 Calendar

- By Linda Klink
- Oct. 2 Conversation of Your Life – 2 p.m.  
Women’s Guild Arts & Crafts – 6:30 p.m.
  - Oct. 4 Women’s Guild Board Meeting – 10 a.m.
  - Oct. 5 Diabetes Seminars – 9:30 a.m.
  - Oct. 7 Church Service – Communion Sunday – 11 a.m.  
Pastor, Rev. Robin Bacon Hoffman  
Music Director/Organist, Cecile Wang
  - Oct. 9 Finance Committee Meeting – 10 a.m.  
Conversation of Your Life – 2 p.m.
  - Oct. 10 Worship/Music Committee Meeting – 9:30 a.m.
  - Oct. 12 Diabetes Seminars – 9:30 a.m.
  - Oct. 14 Sunday Church Service – 11 a.m.  
Laity Sunday – Diane England, Speaker  
Music Director/Organist – Cecile Wang
  - Oct. 15 Council Meeting – 10 a.m.  
Communication Committee Meeting – Noon
  - Oct. 16 Women’s Guild Arts & Crafts – 6:30 p.m.
  - Oct. 18 Women’s Guild Meeting – 1:30 p.m.  
Business Administrator for Monroe Township, Alan Weinberg – Overview of what’s Going on in Our Town
  - Oct. 19 Diabetes Seminars – 9:30 a.m.
  - Oct. 21 Sunday Church Service – 11 a.m.  
Pastor, Rev. Robin Bacon Hoffman  
Music Director/Organist, Cecile Wang  
Music Presentation by Rossmoor Chorus, led by Janet Wilson
  - Oct. 23 Library Committee Meeting – 1:30 p.m.  
Conversation of Your Life – 2 p.m.
  - Oct. 26 Diabetes Seminars – 9:30 a.m.
  - Oct. 28 Sunday Church Service – 11a.m.  
Pastor, Rev. Robin Bacon Hoffman  
Music Director/Organist, Cecile Wang
  - Oct. 30 Conversation of Your Life – 2 p.m.  
Women’s Guild Arts & Crafts – 6:30 p.m.

We are an Ecumenical Community where all are welcome.

Religious Organizations

Italian-American Club will host Mass

By Gene Horan  
The monthly Mass of the Catholic Society will be held in the Meeting House at 7 p.m. on Thursday, Oct. 11. Msgr. John Radano will be the celebrant. The Mass will be hosted by the Italian-American Club in memory of deceased members of the Club. Refreshments and fellowship will follow.



Monsignor Cole Blessing the Prayer Shawls at the Catholic Society Mass

Other events during the month include the following:  
• • The Chaplet of Divine Mercy will be prayed at 3 p.m. on Tuesday, Oct. 16 ,in the Maple Room of the Clubhouse.  
• • The Prayer Shawl Ministry will meet at 1:30 p.m. in the Craft Room of the Clubhouse on Thursday, Oct. 11 ,and

Thursday, Oct. 25.  
• • The Catholic Society Council will meet at 1:30 p.m. on Tuesday, Oct. 9, in the Meeting House Parlor.  
• • The film “Lost Gospels or False Gospels” will be shown in the Gallery at 1:30 p.m. on Friday, Oct. 26. See separate article in this issue.



Monsignor Cole leading the Congregation in prayer

Jewish Congregation’s  
October happenings

By Adrienne Brotman  
Usually, the holiday of Sukkot is celebrated In October. Sukkot is one of three biblically based pilgrimage holidays. It is an agricultural festival that originally was considered a thanksgiving for the harvest.

During this holiday many families erect a hut- like structure and eat their meals in their huts. These hut- like structures represent the huts that the Jews lived in during the 40 years they wandered the desert after they left Egypt. The sukkah represents the fact that all existence is fragile, and therefore Sukkot is a time to appreciate the shelter of your homes and bodies.

Simchas Torah is celebrated on the last day of Sukkot. It is the conclusion of reading the Torah, (a handwritten scroll which contains the holiest book in Judaism), for the year and thus beginning to read the Torah again. The Congregation will celebrate Simchas Torah with Rabbi Lauren Levy, Saturday, Oct. 6 in the Clubhouse, at 11 a.m., in the Hawthorn room. Rabbi Lauren will unroll and reroll the Torah.

The festivities will include a smorgasbord of delicious delicacies.

A Yizkor, (Memorial Service) will be held in the Meeting House on Monday, Oct. 1 at 10:30 a.m.

Sabbath Services will be held on Friday, Oct. 12, at 7:45 p.m. in the Meeting House. Lay Reader will be Bob Kolker and Torah Reader will be Cantor Mary Feinsinger.

On Friday, Oct. 26, the Congregation is delighted and honored to be hosting the Interfaith Service at the Sabbath Service at 7:45 p.m. in the Meeting House. The Lay Reader will be Jeff Albom and Bob Kolker will be the Torah Reader. All are welcome to the services and celebrations.

Torah Study classes will be held at 10 a.m. in the Dogwood Room in the Clubhouse on Saturday, Oct. 13 and Saturday, Oct. 27 with Rabbi Lauren.

The Congregation’s semi-annual meeting will be on Wednesday, Oct. 17 at 1 p.m. in the Gallery in the Clubhouse.

If you would like more information about the Congregation, please contact Karen Seiden, membership chairperson.

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# Come and worship with your Jewish neighbors

By Diane England

Perhaps you're not part of the Hebrew Roots Movement which is composed of Christians seeking to connect to Jewish practices and teachings to better understand the life that Jesus, as a Jewish man, would have lived. But do you nonetheless have a curiosity about the Jewish faith? If so, on Friday, Oct. 26 at 7:45 p.m., you'll be able to appease it. The Jewish Congregation, one of the members of Rossmoor's Interfaith Council (the others are the Catholic Society and the Rossmoor Community Church) are inviting everyone in the community to join them for their worship service in the Meeting House that night.

Some small Jewish congregations have welcomed Hebrew Roots Movement participants to observe their practices. But they've also said this can create a zoo-like atmosphere—especially when the number of observers outnumbers those observed. Fortunately, our community's Jewish Congregation hopes the latter actually happens. In fact, not only will they be comfortable with this scenario, but they're taking special steps to ensure the comfort of all who attend.

Indeed, there's no need to fear you might embarrass

yourself if you choose to partake of this opportunity. Your Jewish hosts will be guiding their guests throughout the service, plus they'll have a prayer book available designed for those new to Judaism. Oh, and you can expect almost the entire service to be in English, not Hebrew.

There's something else exciting about this service you'll want to know. The Cantor this night will be a woman from New York who has been journeying from the city for almost a quarter of a century to serve Rossmoor's Jewish Congregation. So, this truly is a wonderful opportunity to learn about the Jewish faith in as comfortable a setting as you'll likely ever find.

As the Council Chair of the Community Church and an Interfaith member, I intend to be at this service. And frankly, I have never attended a Jewish service before. So, will you join me?

By the way, even if you do not have a curiosity about this particular religion, wouldn't you agree this is a way to acknowledge and embrace the diversity of our community, to strengthen the goodwill among neighbors? I thought you would and hence, I'm looking forward to seeing you at 7:45 p.m. in the Meeting House on Oct. 26.

# “Lost Gospels or False Gospels” to be aired in Gallery Oct. 26

By Gene Horan

Christians have long accepted Matthew, Mark, Luke and John, the four gospels of the New Testament, as the only reliable accounts of the life and teaching of Jesus of Nazareth.

However, of late there have been books and television programs alerting the public to other early writings about Jesus, some even contradicting the New Testament. These may raise doubts in the minds of some as to whether only the New Testament has the “gospel truth.”

**Alternate writings**

The alternate writings bear the names of prominent early Christians such as Peter, Thomas, Mary Magdalene, Judas, James and Andrew. Some purport to contain “secret” teachings of Jesus, others to fill in the gaps in the New Testament narrative, such as in the life of the boy Jesus.

What should an informed believer make of these writings? Are they “Lost Gospels or False Gospels”? In this thought-provoking film, top biblical scholars of early Christian writings will discuss these and other questions.

**Biblical scholars**

The participants include

Craig Blomberg, Ph.D., Distinguished Professor of the New Testament at Denver Seminary; Craig Evans, Ph.D. Distinguished Professor of Christian Origins at Houston Theological Seminary; Timothy Gray, Ph.D., president of the Augustinian Institute; and Gary Haberman, Ph.D., Distinguished Professor of Apologetics and Philosophy at Liberty University

Also participating are Amy-Jill Levine, Ph.D., Professor of New Testament Studies at Vanderbilt University; Rev. Mitch Pacwa, S.J., Ph.D., Senior Fellow of the St. Paul Center for Biblical Studies; Edward Sri, Ph.D., Professor of Theology and Scripture at the Augustinian Institute; and Ben Witherington III, Ph.D., Professor of New Testament Interpretation at Asbury Theological Seminary.

**All welcome**

The free showing of this hour-long film, sponsored by the Catholic Society, will be held in the Gallery of the Clubhouse at 1:30 p.m. on Friday, Oct. 26. Coffee, tea and light refreshments will be available and all Rossmoorites are most welcome.

# HEALTH CARE CENTER NEWS

**Flu and pneumonia vaccines**

By Kaytie Olshefski, BSN, RN-BC

It is that time of year where our thoughts turn to getting a flu shot. So what can we do to boost the flu shot to make our immune system stronger to fight the flu? A study was conducted and revealed if you are in a good mood when you receive your flu shot, it will increase the effectiveness of the flu vaccine. The positive outlook makes your immune system stronger which in turn will increase the antibodies to help fight the flu. So, come to our flu clinic and we will make sure to make you smile!

Our next flu shot clinic will be on Friday Oct. 12 in the Ballroom, from 8 a.m. to 2 p.m. No appointments are being taken. We will be offering the Standard seasonal flu vaccine and Fluzone High Dose flu vaccine that is specifically targeted for residents who are 65 years of age or older. This year we also will be offering the Flublok flu vaccine. This vaccine is for people 50 to 64 years of age.

Fluzone High Dose flu vaccine is beneficial for people who are 65 years of age and older. As we age our immune system weakens and people 65 of age and older are more susceptible to the flu. Studies have shown older adults produce 50% to 70% fewer antibodies as compared to younger adults. Fluzone High

Dose vaccine causes the body to produce four times more antibodies, which in turn causes the immune system to be stronger to protect one from getting the flu. People in this age group have the highest rate of hospitalizations with 90% of flu-related deaths.

Fluzone High Dose is not appropriate for everyone. If you are younger than 65 of age, allergic to eggs or egg products, have had an allergic reaction to the flu vaccine or if you have ever had Guillain-Barre' syndrome (severe muscle weakness), you are not eligible to get the Fluzone High Dose vaccine.

Adverse reactions to the Fluzone High dose vaccine, as compared to the Standard seasonal flu vaccine, are a

fever above 100.4°, headache, fatigue, muscle aches and pain, redness, and swelling at the injection site after receiving the vaccine.

Flublok vaccine, as mentioned, is targeted for people 50 to 64 years of age. This vaccine does not use chicken eggs in the manufacturing process. There are also no antibiotics or preservatives in the vaccine. This vaccine is safe for people who have an egg-related allergy.

Flublok is contraindicated for anyone who has a known allergy to any components of the vaccine. You are advised to speak with your physician whether you should receive Flublok, especially if you have a history Guillain-Barre' Syndrome.

(Continued on page 24)

## Lester Memorial Home

Thoughtful, Personal, Dignified Service

*“A choice for Rossmoor Residents since 1965”*

**Gregory S. Lester, Manager, Lic. #3364**

**David L. Lester, Director, Lic. #3483**

16 W. Church Street, Jamesburg  
New Jersey 08831

**732-521-0020**

[www.LesterMemorialHome.com](http://www.LesterMemorialHome.com)

The Jewish Heritage Museum  
of Monmouth County  
presents

## Jewish Film Shorts

Sunday,  
October 28, 2018  
2 PM

**\$8 members, \$10 non-members**

Join us at our second Jewish film shorts Presentation! The 8 shorts will be vintage, as well as contemporary and international, serious and funny. The shorts will be followed by a discussion led by Seymour Levin, an award-winning documentary film maker. He is the founder and artistic director of the Summer Shorts Film Festival in the Philadelphia area. He has worked on several notable projects including Steven Spielberg's Survivors of the Shoah Visual History Foundation and A World of Discovery for the Philadelphia Museum of Art.

AICHENU	5 min	Israel	2017
WINTON MONTAGE	20 min	USA	2018
WHAT ABOUT ME?	4 min	Israel	2008
THE NUMBER OF GREAT GRANDPA'S ARM	19 min	USA	2018
WITH A LITTLE PATIENCE	13 min	Hungary	2007
THE FINAL SHOW	9 min	USA	2016
TORAH TREASURES AND CURIOUS TRASH	25 min	Israel	2015
GEFILTE FISH	21 min	Israel	2008

**The Jewish Heritage Museum of Monmouth County**  
**310 Mounts Corner Drive, Freehold, NJ**  
(Located on the second floor of the historic Levi Solomon Barn in the Mounts Corner Shopping Center, Route 537 and Wemrock Road, Freehold Township)

**For more information or to make a paid reservation please call the Museum at 732-252-6990, or visit [www.jhmomc.org](http://www.jhmomc.org)**

Paid reservations are non-refundable.

**Maximum capacity is 100, so paid reservations are recommended.**

The JHMOMC is a tax-exempt organization under Section 501 (c)(3) of the Internal Revenue Code. The Museum is handicapped and listening assist accessible.



HOME SAFETY TIPS



How To Deter Home Burglary

- Invest in good quality locks on doors and windows. This includes all sliding glass doors as well. Make it difficult and time consuming for a burglar to gain entry.
- Whenever you go outside, lock the door and take the key with you, even if you are just stepping next door or out in the backyard.
- Don't put valuables where they can be seen from the window, especially items that can be easily carried.
- Be sure your garage door can be secured. Do not leave it open when you are away; an empty garage broadcasts your absence.
- When you aren't home, use a timer set to turn interior lights on and off at varying intervals as though your home was still occupied.
- Don't keep large amounts of cash or really valuable jewelry around the house.
- If a stranger comes to your door asking to use the telephone, make the call yourself. Don't invite them in.
- Don't hide a spare key under the doormat or flowerpot. Thieves know all the good hiding places.
- Invest in a good security system along with motion sensor lights installed out of reach.
- Keep any tools that could be used to break into your home locked away in the garage.
- Always double check that doors and windows are locked even during daylight hours.
- Videotape the contents of your home. Keep the video and the list of all valuables in a safe place, such as a safe deposit box.

How To Safeguard Your Home While on Vacation



- Strive to make your home look as lived-in as possible while you're away.
- Don't broadcast your plans but do let your neighbors and local law enforcement know.
- Arrange to have your mail and newspapers either stopped or picked up daily.
- Use automatic timers to turn on a radio and lights at different intervals to hide the fact you aren't home.
- Turn down the ringer on the telephone. An unanswered telephone is a dead give-away.
- Be sure you don't announce your absence on your answering machine message or email.
- Leave your blinds as you normally would if you were home. Only close them all the way if that is what you would normally do.
- Move valuables away from windows.
- Be sure to close and lock the garage as well as any storage sheds, etc.
- Be sure someone knows your itinerary and your estimated time of arrival and return.
- If you get lost while traveling, ask directions of local law enforcement, not complete strangers.
- Be sure your vehicle is in good working condition and that you have taken enough money. Do not carry large amounts of cash, use credit cards and travelers' checks.
- Arrange for a friend or relative to inspect your property periodically.
- Do not leave a key in a hiding place.
- Check and double-check all windows and doors on every level and garage doors before leaving.

Car Safety



- In traffic, keep doors locked and windows up
- Park and lock your car and remove the keys
- Park in areas that are well lighted
- Cruise around a bit in shopping centers parking lots until you find an open parking place close to a well-lighted entrance.
- When you return to your car, check in and around it, and have your keys *in your hand* and ready to use.
- If you are followed by another vehicle, go to a public place or, better, police station. If near home, stop at the staffed gate house to alert security.
- Keep valuables in trunk or hidden in the car and do not keep valuables in the glove box
- BE COURTEOUS! Confrontations often occur when drivers become frustrated about how others drive.
- If you have car trouble: Raise the hood, use emergency flashers, tie something white around your antenna or mirror.
- Carry a 'HELP' sign and keep a can of tire inflator in trunk. Stay inside the car, lock the doors and if help is offered, ask for the police. Do not allow strangers to help you "fix that flat." Thieves, especially near banking institutions, are known to ice pick car tires, so they'll go flat in a short distance then come to your "rescue" with theft in mind.
- Remember to regularly check your car's oil, gas, water and tires. Service your car regularly.
- Invest in an auto club membership, such as AAA, so you may have roadside assistance help you in any emergency, from fixing a flat to towing.
- Keep a charged cell phone with you when away from home. You can preprogram important numbers so that they are immediately available.
- Keep a flash light in your auto and attach a light-weight, slimline flashlight to your keychain.

Health Care

(Continued from page 23) drome.

The common side effects from Flublok are tenderness, redness, and pain at the injection site. Other reactions are headache, fatigue, muscle pain, and joint pain.

We are offering flu shots to residents who are home-bound. Please call the Health Care Center at 655-2220 for more information to arrange to have a nurse come to your home to give you your flu vaccine.

Pneumovax and Prevnar 13 are two pneumonia vaccines being offered to seniors. The "new" pneumonia vaccine, Prevnar 13 is also known as Pneumococcal Conjugate Vaccine (PCV 13). PCV 13 protects against 13 strains of pneumococcus bacteria. Please note the recommended guidelines for Prevnar 13 and the flu vaccine is that they not be given at the same time. It is advised that Prevnar 13 be given 4 weeks after the flu vaccine. Arrangements will be made and the nurse will give you your Prevnar 13 in the Health Care Center.

Pneumovax, also known as PPSV 23, has been the pneumonia vaccine given before the change in guidelines. PPSV 23 protects against 23 strains of pneumococcus bacteria and these 23 strains are different strains of bacteria from PCV 13. Pneumococcal 23 and the flu vaccine can be given at the same time, in different arms.

The Advisory Committee on Immunization Practices recommends both PCV 13 and PPSV 23 be given to adults over the age of 65. These two pneumonia vaccines cannot be given at the same time. The recommendation is if a person has never received a pneumonia vaccine, PCV 13 be given first, and 11 months later be given PPSV 23. If the person has already received PPSV 23, the recommendation is to give PCV 13 at least one year later.

We will have both these pneumonia vaccines available at our flu clinics. We will require a physician's prescription indicating which pneumonia vaccine your physician wants you to have. Included in this prescription must state if this is the first time you are receiving a pneumonia vaccine or if this is a booster shot. We want to administer the pneumonia vaccine as recommended by your physician.

We accept all insurances including Medicare, commercial, HMO, PPO, POS, and Managed Medicare. Please bring your primary insurance card with you because we need to see it.

In our lineup of Saint Peter's University Hospital lecture series, Lori Morell is an exercise physiologist who leads the healthy bone exercise classes in the Clubhouse. She is speaking on "Boning up on Osteoporosis" on Oct 8 at 1 p.m. in the Maple Room. If you would like to attend this lecture, please call the Health Care Center at 655-2220 or stop by to sign up.

Your Garden

The praying mantis

By Mel Moss

Most insects are at best pests to us in one way or another. But there are a few that are considered beneficial. In fact, there is one that has, to some people, been made into a pet. A few pet stores (not around here that I know of) actually sell them as pets. This insect is the praying mantis.

Now I'm not ready to buy one as a pet but this insect is one I would like to have in my garden. They primarily feed on the sucking and cutting insect types that do large amounts of damage to our food crops and ornamental plants and flowers in our farms and gardens.

The praying mantis can be found on every continent except Antarctica. There are around 1,800 known species, most being one to three inches long and normally a green or tannish-brown color. Some species will take on the color of their immediate environment. Some tropical varieties can grow up to eight inches in length or even a little more and have been known to take on a hummingbird for prey. But that's not going to happen here with our more common three-inch variety.

Most mantises are able to fly although some females may not. They conceal themselves on plants and wait to ambush any insect that comes along. A mantis has six legs, the two toward the rear and the two in the middle part of its body are used for moving about. The two foremost legs are used to catch their prey. These front legs are bent in a praying position which is why they are called praying mantises.

One of these mantises can spot an insect dinner from 60 feet away and wait without moving for their target to come within striking range. The one downside of this pest destroyer is that any insect looks like dinner to it: they sometimes eat other beneficial insects such as ladybugs or small spiders. Their natural enemies include birds, bats, large spiders, snakes, and lizards.

Mantises have small, triangular shaped heads with large compound eyes. Their long, flexible necks bend easily, letting them swivel their heads 180 degrees from side to side. If you were to come upon a mantis hiding on a plant, it might turn its head and look directly at you as if to ask, "What are you doing here"? If provoked, it might try to bite you, but its bite is not venomous, although it could be irritating for a short time.

In the fall season, the female mantis will mate with a male and then build a nest by secreting saliva that forms a casing about one inch in diameter, in a light tan color, attached to whatever plant she is on. Before the casing

hardens, she will lay 150 to 200 eggs in the casing. She sometimes eats her mate after this, but if not they both will die with the onset of winter. The egg casing will overwinter on the plant and the eggs will hatch sometime in the latter part of spring after 10 to 15 continuous days with a temperature of 60 degrees or better.

Each year in the fall, my father, who was an avid gardener, often came across praying mantis egg casings in our garden. He would bring them into the tool shed in our back yard, feeling that the casing was safer there than out in the open. They would hatch from the shed in the spring.

One fall, he found a casing, put it in his jacket pocket and forgot to put it in the shed. He hung the jacket in a small, unheated lobby just inside the back door off the kitchen. He did not wear that jacket for the rest of the season because it was too light with colder weather coming on. Next spring in early April my mother, who was not a gardener, found over 100 baby mantises, each 1/4 to 1/2 inch long, swarming all over her kitchen. She was quite upset and spent the whole day chasing them out of the house and into the back yard.

If anyone wants to acquire some mantis egg casings for their garden, they can be purchased online. Just look up Praying Mantis on your computer and you can get the information you need.

A few more words about praying mantises

- "When we were kids we knew that no one was allowed to mess with a praying mantis. We figured the police would come and arrest us if we did." Joe Conti
- "Our first house was built on farm land where the bugs were wild and large. One day, perched on horizontal branch about a foot off the ground, I saw an enormous praying mantis that was engaged in a boxing match with our month-old kitten. Neither was winning but they kept at it." A Rossmoor resident
- "We were painting the exterior of our house. A praying mantis suddenly flew/jumped into an open paint can. Its head and forelimbs were OK; only its wings and large abdomen were now a pale gold color like the house. I got a pan of lukewarm water and dunked the bug's hindquarters before the paint could harden. With cotton swabs, I got most of the paint off before its wings were glued to its abdomen with dried paint. Put the undoubtedly terrified bug on a nearby tree branch to dry off. Couldn't find him later. Did some bird get him? Or did he fly away from the worst nightmare of a bug's life?" Carol De Haan



# From League of Women Voters of Monroe Twp.

## The vote — bedrock of democracy

By Ruth Banks

This is the voting season when the public starts to seriously consider the candidates who are striving to win the right to govern you – from the local level to the national level. Who should vote? A simple question? When and where can one vote? How safe will be your vote? These are important questions in today’s world where “hacking” has been on people’s minds.

To address a few of these questions, the League of Women Voters of Monroe Twp. has invited two guests to its meeting on Oct. 22. County Clerk Elaine Flynn and James J. Vokral, administrator of the County Board of Elections, will be present to share their knowledge and experience of electoral issues.

The program will be held at the Township’s Municipal Building in the Courtroom at 1 p.m. The public is invited to attend.

Both Flynn and Vokral have many years of experience in the field of electoral issues. Recently, the use of paper ballots has arisen as a topic of conversation, as well as the safety of our present voting machines. Newspaper articles have questioned the status of these machines and Vokral has indicated he would address these issues.

This article began with a question, who can vote? But in today’s world, it’s not a simple question. Consider that since the Founding Fathers gathered to try to figure out how to organize this new country that they had just liberated from the British king, the question of who should be allowed to vote, to elect who was going to organize and run the new government, was a bone of contention. Conservatives like John Adams, James Madison and Alexander Hamilton believed that only those who were propertied or had a sub-

stantial investment in the country, who had status, in other words, should have a say in the government. Their ideology was an expression of the elite’s overarching desire to preserve their exalted status. Their class-based, antidemocratic spirit would remain the driving force behind much of conservative philosophy for generations to come.

State by state, laws and regulations have been put in place regulating who, when, where and how, and under what conditions, a person could vote. The Voting Rights Act of 1965 was supposed to right many of the state laws, but since the Supreme Court eliminated Section 5, many states are scrambling back to change their regs. Many states in the South, Midwest, and West, forced to open voting access, have now imposed strict limits: requiring voter ID, to which many residents have no access; shortening the number of days the polls are open; curtailing evening and/or weekend hours; or even eliminating early voting days.

So when it comes time for you, the public, to vote in New Jersey, think carefully what a privilege you have, what a hard won right. Exercising your right to vote supports the concept of democracy in its fullest form.

The League’s annual holiday luncheon will be held on Monday, Nov. 12, at the Cranbury Inn.

The League of Women Voters is a nonpartisan political organization which encourages informed participation in government. For more information, feel free to contact: Andrea Pellezzi, 609-664-2146; Judy Perkus, 609-395-1552; Marsha Rosenbaum, 609-409-0930; Adrienne Fein, 609-860-5984; Ruth Banks, 609-655-4791. The League may also be contacted at P.O. Box 6661, Monroe Twp. NJ 08831.

# A Message from High Tech Landscapes, Inc.:

By Jeff Voss

- We have edged all sidewalks, driveways, and curb lines each month up to date.
- Please call the East Gate phone and leave a message with any questions or concerns. (609) 655-5134.
- The last lawn application of the year will be done between Oct. 25 and Nov. 30. This is a fertilizer and agricultural ground limestone on all turf areas except the outside perimeter along Forsgate Drive and Applegarth Road. Gypsum will be applied to the outside pe-

- rimeter.
- The second pruning of all bushes and flowering shrubs started in September.
- Fall cleanups have started this month.
- Annual flowers will be replaced with a fall pansy.
- Winter pruning will start Jan. 1.
- Please remember to put any debris out front Sunday night for us to pick up Monday morning.
- Just a reminder, the newly installed soil and seed needs to be watered at least twice a day, 45 minutes in the morning and evening.

# Monroe Township Chorus presents: The Bright Side of Life

By Sheila Werfel

On Sunday, Nov. 18, the Monroe Township Chorus will perform an uplifting, joyous, fun filled concert for everyone.

We will look at, and sing about, the bright side of our lives. This performance will look back at our yesterdays and sing its way into your hearts today. You will be surprised to realize how many of the heartwarming words you know. Joyful images will fill your heads, hearts, and

eyes. You will be flooded with memories and will most likely know the songs and the celebrities who first sang them.

The Chorus, together with Sheila Werfel, director and conductor, and David Schlossberg, music director, will look at the bright side of life. Members of the chorus who reside in Rossmoor are Natalie Becker and Tom Smith. This performance is not to be missed, and when you exit the theater, you will be humming

and singing the tunes.

We look forward to seeing you at the Richard P. Marasco Center for the Performing Arts at 1629 Perrineville Road (Monroe Township Middle School). The doors open at 1:15 p.m. on Sunday, Nov. 18. The performance will begin at 2 p.m.

**This is a free concert. No tickets required. Everyone is welcome!**

For additional information, contact Sheila Werfel, director at 609-619-3229.

# October 2018 Calendar of Events for Monroe Township Public Library

**Registration not required unless otherwise noted.**

## Book Café

Wednesday, October 3. Session 1 at 11 a.m. for existing group members. Session 2 at 1 p.m. for new members. Discuss books that you have read. Light refreshments will be served. Register at the Welcome Desk.

## Emily Dickinson Lecture

Thursday, October 4 from 2 p.m. to 4 p.m. Irene Curran presents Emily Dickinson. Sponsored by the Friends of the Library. Register at the Welcome Desk.

## Sit-N-Stitch

Fridays, October 5 and 19 at 10:30 a.m. Stitch a project; assist others, share tips, projects and patterns. Bring your own supplies.

## Poets Corner

Friday, October 5 at 11 a.m. A workshop and reading group for all ages. Please bring 10 copies of your work.

## Performance by Hudson Shakespeare Company

Saturday, October 6 at 2 p.m. Free live performance of "The Spanish Tragedy," presented by the Hudson Shakespeare Company. The Spanish Tragedy, or Hieronimo is Mad Again, is an Elizabethan tragedy written by Thomas Kyd between 1582 and 1592.

## Short Story Discussion Group

Wednesday, October 10 at 11 a.m. Leah Wagner moderates a discussion about 100 Years of the Best American Short Stories. This month we will discuss "Old Boys, Old Girls" by Edward P. Jones and "Refresh, Refresh" by Benjamin Percy. Register and reserve your copy at the Welcome Desk.

## Boheme Opera NJ Series

Wednesday, October 10 at 1 p.m. "Leonard Bernstein at 100" Presented by the Cultural Arts Commission. This celebration of centennial anniversary of Leonard Bernstein's birth will feature selections from "On the Town," "Wonderful Town," "Candidate," "West Side Story," and others. Songs featured are "New York, New York," "Christopher Street," "Glitter and Be Gay," "Tonight," "Maria," "I Feel Pretty" and "Somewhere," plus others.

## Genealogy Club

Wednesday, October 10 at 1:30 p.m. Guest lecture "Relatively Speaking: How to Be the Best Ancestor" presented by Donna Atkins, "The Life Story Lady." Donna presents a brand new program in her Life Story series with this one-hour interactive lecture. She will discuss the reasons why it is important to document your life story and give tips on how to begin. Beginner and experienced genealogists are welcome.

## International Film presented by The Friends of the Library

Thursday, October 11 at 2 p.m. Drama /Comedy (Japan - 1999) A young, naive boy sets out alone on the road to find his wayward mother. Soon he finds an unlikely protector in a crotchety man and the two have a series of unexpected adventures along the way. Shown in Japanese, with English subtitles. PG-13, 2 hours. Tickets are \$1.00 and are available at the Circulation Desk and at the door before each showing.

## Midterm Elections 2018: What You Need to Know

Thursday, October 11 at 6 p.m. Part two of the Civics Education Series in Memory of Joan Leon. Learn who is on the ballot and what public questions Monroe residents will vote upon this election season. Find out how to register and locate your polling place. Presented by Andrea Pellezzi, President and & Marsha Rosenbaum, Chair, Voter Services Committee of the Monroe League of Women Voters. Voter registration table open immediately following the program. To register to vote, please bring a valid driver's license or non-driver's license identification card issued by Motor Vehicle. Light refreshments provided. Sponsored by The Friends of the Library.

## Artist Reception

Friday, October 12 at 2 p.m. There will be a reception for the opening of the George Ivers Memorial Art Exhibit.

## Friday Afternoon Movies

Friday, October 12 at 2 p.m. Movies are free.

## Current Events Discussion Group

Saturday, October 13 at 10:30 a.m. Enjoy a discussion about the latest in global

and domestic affairs. Light refreshments provided. Register at the Welcome Desk.

## Non-Fiction Book Discussion

Monday, October 15 at 2 p.m. Irene Goldberg leads a discussion about What Unites Us: Reflections on Patriotism by Dan Rather and Elliot Kirschner. If you want to read more about this topic, you may be interested in Things That Matter: Three Decades of Passions, Pastimes and Politics by Charles Krauthammer, as well. Register and reserve a copy at the Welcome Desk.

## Coffee and a Book

Tuesday, October 16 at 10:30 a.m. Join a book discussion moderated by Monica Teixeira. This month's title is The Nest by Cynthia D'Aprix Sweeney. Coffee and cookies provided. Register and reserve your copy at the Welcome Desk.

## Tech Express

Wednesday, October 17 from 2 to 3 p.m. Drop-in with your electronic device to get personalized help from a Librarian. Bring your charged and registered device and necessary passwords.

## Page Turners

Thursday, October 18 at 11 a.m. Looking for something to read or add to your reading list? This new, ongoing event takes place on the third Thursday of every month. Library staff will present and recommend a variety of new titles pertaining to a different topic each month, both new and old titles. This month's topic is War Stories. Light refreshments provided. Register at the Welcome Desk.

## Library Foundation Meeting

Thursday, October 18 at 7 p.m.

## Friends of the Library Meeting

Tuesday, October 23 at 6:30 p.m.

## Sewing Class

Monday, October 29 from 3 p.m. to 5 p.m. If you are new to sewing, please plan to take one of the Meet Your Sewing Machine classes before signing up for a project class or open sewing. Ages 18 and over.

Register at the Reference Desk, by phone or online at [www.monroetwplibrary.org](http://www.monroetwplibrary.org) beginning Tuesday, October 2 at 9:30 a.m.

**Events are open to the public.**  
[www.monroetwplibrary.org](http://www.monroetwplibrary.org)



# ROSSMOOR COMMUNITY ASSOCIATION, INC.

## SNOW POLICY AND PROCEDURE

### POLICY

When a snow or ice event occurs, it will be the objective of RCAI to make reasonable efforts to ensure that the 17 miles of roadways and 43 miles of sidewalks within Rossmoor are passable for motorists and pedestrians as soon as possible, in a safe and efficient manner. The safety of **Rossmoor residents** is the goal of this policy.

### PROCEDURE

When a storm is predicted, all equipment and supplies will be checked and staff as well as the snow removal contractor will be informed of the response plan.

Snowfall accumulations of **up to two inches** are handled by pre-salting the streets and carport lanes prior to the storm to try and prevent snow/ice from bonding to the surface. Salting of the streets and carport lanes will continue as needed. Depending on weather conditions and the forecast, typically, no further action will take place.

Snowfall accumulations of **more than two inches**, typically, require the initiation of the full snow removal operations as follows:

1. Pre-salting streets and carport lanes to prevent snow from bonding to the surface.
2. Plowing all main and secondary streets (see list of streets under "Priorities") continuously after an accumulation of 2" or more or as required by RCAI management.

3. **Once the storm ends**, separate crews and separate equipment will begin plowing lanes and carports; plowing perimeter and main sidewalks; plowing driveways and finally shoveling of the main, front entrance walks and stoops leading to the main entrance doors of the manors. Secondary walks and/or stoops on the sides or backs of manors will not be shoveled or treated with ice melt.

In a typical snowstorm (2 to 6 inches of accumulation), it takes approximately **12 hours once the storm ends** to complete the full snow removal operation. In the event of a major snow event (6 inches or more) and/or icing conditions, it may require more time to complete the full snow removal operation.

4. **Once the full snow removal operation is complete**, ice melt may be applied to perimeter and main sidewalks and the front entrances walks and stoops leading to the main entrance doors of the manors depending on accumulations, ice conditions, ground and air temperatures and the forecast for the next 24 hours. Reasonable efforts will be made to maintain the perimeter and main sidewalks and the front entrances walks and stoops leading to the main entrance doors of the manors and driveways after each storm and for the days to follow until the conditions clear, but it is impossible to be everywhere all the time. A full ice melt application takes approximately six hours and is not effective in lower temperatures and without sunlight. Secondary walks and/or on the sides or backs of manors will not be shoveled or treated with ice melt.

5. Reasonable efforts will be made to rotate the snow plowing schedule of driveways and carport lanes each storm.

**Extreme caution should be used if residents must use the walkways during a storm and during the thaw/freezing cycle that typically follows each storm until all the snow/ice has melted. Each resident should consider having a supply of ice melt or grit for their personal use.**

### COMMUNICATION

#### Fire/Police/First Aid Emergencies 911

Upon notification of a pending fire, police or first aid emergency requiring emergency personnel, the snow re-

moval staff/contractor on site will make reasonable efforts to clear the road, walkway and/or driveway in the area where emergency personnel require access prior to or simultaneous with emergency personnel arrival.

*In those instances where there is no notification in advance, upon learning of the emergency and/or arrival of emergency personnel, the snow removal staff/contractor on site will make reasonable efforts to clear the road, walkway and/or driveway in the area where emergency personnel require access.*

**Snow Removal Operations Concerns**  
Maintenance Office 655-2121  
Monday–Friday 8:30 a.m. – 12:00 noon  
and 1:00 p.m. – 5:00 p.m.  
North Gate 655-1868  
After hours/evenings/weekends

*North Gate personnel may take messages for supervisory staff on site during a winter storm and snow/ice removal operations.*

*Residents are responsible to leave accurate and pertinent information.*

### Snow Removal Operations Updates/Cancellations/Bus Service Channel 26

*Reasonable efforts will be made to keep residents informed during a snow emergency, but it may not always be possible.*

### RESIDENTS' RESPONSIBILITY

It is **imperative and** the responsibility of all residents to know and participate in the procedure by moving vehicles to ensure proper and complete snow removal from our streets, carport lanes, **and driveways**. Vehicles should be parked in residents' assigned carport spaces or garages. Second vehicles or guests' vehicles may be parked in the lower level of the Clubhouse parking lot.

**NOTE: Snow cannot be removed and road salt or ice melt cannot be applied in the area where a vehicle is left on a street, carport lane, parking space on a carport lane or in a driveway. Due to the nature of the size of the Community, the miles of roads and carport lanes and the number of driveways, the contractor cannot return and remove the snow or apply road salt or ice melt where a vehicle had been parked during the snow removal efforts.**

**IT IS THE RESIDENTS RESPONSIBILITY TO REMOVE SNOW FROM THE AREA WHERE THEIR OR THEIR GUEST'S VEHICLE WAS PARKED AND TREAT THE AREA FOR ICE.**

The following 26 main and secondary streets are cleared continuously after an accumulation of two or more inches or as required by RCAI management:

Stonaker Road (South Gate to Prospect Plains Road)		
Gloucester Way	Sharon Way	Troy Way
Mayflower Way	Sheldon Way	Victoria Court
Mt. Vernon Road	Spencer Way	Waverly Way
New Haven Way	Springfield Way	Windsor Way
Newport Way	Sussex Way	Yale Way
Old Nassau Road	Sutton Way	Yarborough Way
Providence Way	Terry Lane	Yardley Way
Revere Way	Thurman Lane	
Rossmoor Drive	Tilton Way	

The following 51 carport lanes are cleared when the snowfall ceases:

Amherst Lane	Mystic Lane	Roxbury Lane
Bradford Lane	Nantucket Lane	Salem Lane
Concord Lane	Narragansett Lane	Sanford Lane
Dorset Lane	Nautilus Court	Somerset Lane
Emerson Lane	New Bedford Lane	Stockton Lane
Fairfield Lane	Northfield Lane	Stowe Lane
Glenwood Lane	Norwich Lane	Stratford Lane
Greenfield Lane	Onset Lane	Sturbridge Lane
Hanover Lane	Orrington Lane	Sudbury Lane
Lowell Lane	Oxford Lane	Sunset Circle
Madison Lane	Pelham Lane	Thorton Lane
Malden Lane	Plymouth Lane	Westfield Lane
Manchester Lane	Portland Lane	Westport Lane
Marblehead Lane	Prescott Lane	Winchester Lane
Meeting House Lane	Putney Lane	Wingate Court
Middlebury Lane	Redding Lane	Yorkshire Lane
Milford Lane	Rockport Lane	Yorktown Lane

Revised by the RCAI Board of Governors, September 2016



It is incumbent upon each resident to be attentive to the surroundings and exercise extra care for their safety when walking on exterior surfaces during periods of inclement weather. If it is absolutely necessary to drive during a snow storm, please drive slowly and give snow removal vehicles the right of way.

If residents, their guests or employees use an entrance other than the front entrance walk and/or stoop leading to the main entrance door to their manor, it is the resident's responsibility to remove the snow and treat the secondary walk and/or stoop for ice.

Snow removal is an arduous and time-consuming task. Please be patient. It is best for residents to stay in the safety of their manors. Typically, bus service and most activities are cancelled during a snow/ice storm. For your safety, residents should not approach active snow removal equipment.

### PRIORITIES

The safety of Rossmoor residents is our priority. Supervisory RCAI personnel are on site during snow removal operations to lead staff and the outside snow removal contractor to oversee procedures and respond to emergencies. All main and secondary streets and entrance gates will be plowed continuously to provide emergency access. Sidewalks to the Club House and Meeting House are continuously cleared and the buildings remain open during snow/ice storms for residents use in case of power outages and/or loss of heat.

Residents with medical conditions that require outside treatments such as, but not limited to, dialysis or chemotherapy, must register with the Healthcare Center prior to a winter storm emergency to guarantee access for these appointments.

Regular medical/dental appointments, going to work, grocery shopping, filling prescriptions, leaving for vacation etc. are not considered priorities and staff will not respond to such requests.

Residents that return to the Community during a winter storm or during storm removal efforts is not considered a priority. Safe access to a resident's manor may not be possible. It is advisable to check with the North Gate prior to returning to be sure snow removal efforts have been completed.

## Senior Center Highlights

12 Halsey Reed Road, Monroe Township, NJ 08831  
609-448-7140

Registering with the Office / Senior Center is free and available to Monroe Township residents, 55 years of age and older. Around the 15th of the previous month and members can sign-up for the special, monthly activities either via phone or in-person for all programs with a fee. Visit the Senior Center, your Township Library or Community Center to pick up a newsletter. From your home, visit [www.monroetwp.com](http://www.monroetwp.com), and look for the "Office of Senior Services" link under "Departments" to access the calendar/newsletter as well as the Friendly Tidbits online.

Advance registration is recommended to ensure easy admission into a program; and, if needed, transportation to and from the Senior Center. Registration is also available on the same day, if space permits, from 8:30 a.m. to Noon. For members unable to attend a registered program, a cancellation phone call is appreciated. For more information, please call the Office/Senior Center at: 609-448-7140.

### HERE'S TO YOUR HEALTH

#### Register in Advance

**Men's Pelvic Health: On Thursday, October 4, at 10:30 a.m.**, Iram Fatinma Shah, PT specializing in pelvic wellness, with Princeton Rehab., discusses common pelvic floor problems in men and how physical therapy can help.

**Bagels Plus: On Friday, October 5, at 10 a.m.**, Linda M., The Gardens at Monroe, and Sheli M., Life Care, VanDyck Law, hosts this program on Veteran Benefits, presented by Veteran-Care Services.

**Abuse Awareness: On Friday, October 5, at 2 p.m.**, join Carl Archer, Esq., as he discusses a report drafted by the New Jersey State Task Force on the Abuse of the Elderly and Disabled, and presents warning signs, tips to identify abuse, and resources to get help. Space limited.

**Healthy Lungs: On Monday, October 15, at 10:30 a.m.**, join Saswati Chakraborty, from Springpoint Senior Living, as she ex-

plores the importance of healthy lungs and how to keep them that way, during National Healthy Lung Month.

**Tinnitus & You: On Monday, October 15, at 11:30 a.m.**, join Regina Criscione, audiologist from JFK Outpatient Center in Monroe, as she discusses the cause of tinnitus and how it relates to hearing loss.

**Meditation: On Tuesday, October 16, at 10:30 a.m.**, we welcome back Judy for her meditation session that will help you decompress while focusing on breathing technique. Space limited!

**Rx Brown Bag: On Wednesday, October 17**, by appointment, receive a personal consultation with a pharmacist about your prescriptions and OTC meds (including vitamins and herbal products). Pick up a "brown bag" and record sheet at the front desk. Limited appointment times available. Please register early.

**Standing Tall: On Thursday, October 18, at 10:30 a.m.**, learn about common postural changes and exercises to prevent neck and back pain. Presented by CentraState.

**All About Reiki: On Friday, October 19, at 10:30 a.m.**, join Jordana, owner of A Healing Touch and Reiki Practitioner, discusses the origins of Reiki, its effects and principles. A demonstration will also be included. Space limited.

**iPhone Basics: On Fridays, October 19 and 26, at 2 p.m.**, with the help of Joel and Arthur, gain confidence and learn some new techniques with your iPhone, during this interactive 2-day workshop. (Not intended for Android users.) Space limited! Course fee: \$10 p.p., due upon registering, in-person, in advance.

**Memory and Aging: On Monday, October 22, at 10:30 a.m.**, join Right at Home's Nurse Practitioner to discover the difference between dementia and memory loss as well as how to keep your memory sharp as you age.

(Continued on page 27)

## TRANSPORTATION TIDBITS

### Important phone numbers:

Rossmoor Bus ..... 609-655-4401  
Hours 10:00 -11:00 a.m. and 2:30 p.m.- 4:00 p.m.

Monroe Township Transportation ..... 609-443-0511

Middlesex County  
Area Transportation (MCAT) ..... 1-800-221-3520

St. Peter's University Hospital  
On Time Transportation ..... 1-800-858-8463

All schedules are available outside the E&R office (near the copy machine) or via the Web at [rcainj.com](http://rcainj.com) and following the links Facilities, Clubhouse and Activities, and Bus Info.



Classified Advertising

Transportation

**CALL DOREEN** – I’m back! My new number is (609) 284-4308. Thank you.

**NAT TRANSPORTATION** – Monroe resident. All airports, shipyards, NYC and local. Doctor and hospital visits. (917) 657-5611.

**AMERICAN CAB & LIMOUSINE** – We’ll take you anywhere. Reservations available. Credit cards accepted. (609) 529-6943.

**EXPERIENCED LIMO DRIVER** – NYC, airports, anywhere. Former Clearbrook resident. Call John (732) 610-0703.

**LIMO GUY, INC.** – Our 15<sup>th</sup> year. We go to all airports. Late model Lincoln Towncars. Holds four passengers in total comfort and style. SUV’s now available with approximately \$40 additional charge. \$75 to Newark, \$150 Philadelphia, \$170 JFK airports. We go almost anywhere 24/7. Call (732) 452-9222.

**AAA TRANSPORTATION** – Monroe area (Encore resident). Transportation to airports, trains, piers, NYC and reasonable rates. Call Howard (732) 979-3085.

Home Improvement & Services

**LANDSCAPE** – The falling leaves are upon us; they pile up quickly. Patch work on lawns as well. Local resident. Call (609) 468-3412.

**RELIABLE HANDYMAN SERVICES** – Local resident. No job too small. All labor guaranteed. Call me to discuss – no obligation. Reasonable rates. Call (609) 409-7096 or (908) 385-5869.

**T-K-S HOME IMPROVEMENTS** – Full service contractor. Kitchen, baths, basements, painting, tile and more. No job too big or small. License #13VH05970500. (609) 259-2574.

**MIKE THE HANDYMAN** – See my display ad in this edition. (732) 780-0468.

Miscellaneous/Services

**AVON CALLING** – Just in time for the holiday season. Call Mary (609) 860-8047.

**HAVE SCISSORS, WILL TRAVEL** – All hairdressing services. Will come to your home. Licensed hairdresser. Call Georgianne (732) 985-8129.

**PHOTO RESTORING** – Fix cracked, faded or damaged photos. Call (609) 409-6096.

**PET SITTERS (MONROE)** – for a day, a week, or up to a month. Our home or yours. True animal lovers. Barb (732) 735-4243.

**ALTERATIONS/SEWING NEEDS** – I can come to you. Joan (609) 655-4363.

**BRIDGE LESSONS** by licensed teacher for beginners or intermediates who have fun enjoying the world’s most enjoyable card game. Play Bridge and you will never be lonely. More info call (609) 655-3211.

**TECH BUDDY** – Simple step-by-step help with smart-phones, computers and tablets.

Large print solutions for low tech problems. Beginner to Advanced. Patience and enthusiasm included. Wireless printers, Netflix, Amazon Alexa setup and training. Have Alexa remind you of your appointments, read audiobooks, more. Welcome back, Snowbirds - \$5 off setup. Free quote. (732) 589-4974. techbuddybarb@aol.com

**COMPUTER REPAIR** - RJF Sales Company LLC. Is your computer running slow? It may need a tune-up. Desktop and laptop repair in your home. Custom built computers. Virus removal and protection. Monroe resident with over 20 years of computer experience. Free cordless mouse with service. (732) 723-9537 or (732) 967-3400. Please leave message, all calls returned same day.

Tax/CPA Services

**CERTIFIED PUBLIC ACCOUNTANT** –Don’t let your tax questions linger. Talk to a CPA today. Rebecca (732) 718-4359.

For Sale

**TWO BURIAL PLOTS** - Local cemetery. Best offer. (609) 409-2900.

**NON-SECTARIAN DOUBLE GRAVE** – Oaklawn Memorial Park, South Brunswick, NJ. Well below market price. (609) 395-0990.

Wanted to Buy

**BUYING & SELLING GUNS** – Call for pricing. (609) 558-9509. Ask for David. Licensed Firearms Dealer.

Wanted

**WANTED** – Person who can repair pendulum movement wall clock. (609) 642-6399.

Help & Health Services

**RELIABLE ROSSMOOR WOMAN** looking to be home friend for someone house-bound. Can take you shopping, shop for you, errands, sit in the park, ride in the countryside. I volunteered for the Princeton Senior Resource Center for fifteen years helping seniors. Fee negotiable. Call Blanche on her new number (609) 664-2142.

**ANNA’S HOME CARE** – Certified professional caregiver is looking for live-in/live-out job in Monroe Township. Experienced, references. Driver’s license. Accepts long-term care insurance. Low prices. Private care option. Call Anna at (609) 409-1600 or (908) 337-7462.

**CERTIFIED HOME CARE-GIVER** looking for private job, hourly or live-in. Call (609) 510-6631.

**CERTIFIED PROFESSIONAL CAREGIVER** looking for part-time work caring for clients seeking help with personal care, running errands, light housekeeping, or some company. Rossmoor resident. Call Annmarie (914) 906-7648.

**CARING ELDER CARE** – We will help you with personal and household tasks. Call for a free consultation. We’re experienced and caring. Elizabeth (646) 413-0813.

**LEASE A NIECE** – Assistance with household activities, cooking, shopping, paperwork, appointments, companionship. Local transportation. Live in or hourly. NJ born and bred. Tracie (732) 904-3885.

**AT ANGEL TOUCH HOME CARE** we provide excellent care for the elderly with licensed, insured and bonded thoroughly screened aides. We are a company that cares for our patients and makes sure they are treated by the best. 24-hour care (living with resident). Elderly companionship. Call (609) 907-6059.

House Cleaning Services

**HOUSE CLEANING** to clean your home expertly and thoroughly. References, honest, courteous and experienced. Reyna (609) 371-4775. You’ll be glad you called.

**SANDRA’S PERSONAL HOUSE CLEANING** – Working 22 years in Rossmoor. References available. Call Sandra (609) 529-6209.

**HOUSE CLEANING** – Several year of honest and quality work. Call Laura (609) 902-9951.

**NICE JEWISH GIRL’S HOUSE CLEANING SERVICE** – Trustworthy, reliable and reasonably priced. Bonded and insured. In business for 25 years. Please call Eileen (609) 860-9050.

**HENRYKA’S CLEANING SERVICE** – Professional house cleaning. Quality work. Call (609) 586-0806.

Senior Center

*(Continued from page 26)*  
**LAUGHS, LYRICS, & LECTURES**  
**Register In Advance**  
**Fun with Yiddish: Starting on Wednesday, October 3, at 10 a.m.,** join Naomi Miller for this fun and interactive, 8-session class for students familiar with the language. Course fee: \$18 p.p., due upon registering in-person, in advance.  
**Hitchcock Classic: On Wednesday, October 3, at 1 p.m.,** enjoy a blast from the past as we feature a classic starring Grace Kelly, Ray Milland, and Robert Cummings. (Can you guess this suspense thriller?)  
**It’s Magic Time! On Thursday, October 4, at 2 p.m.,** be prepared to be amazed as Joe Holiday, Magician/Comedian, takes center stage to entertain us with his performance.  
**Between the Covers: Starting on Tuesday, October 9, at 10:30 a.m.,** book lovers unite on the second Tuesday of every month to share and discuss the books they love. Space limited.

**Twenty Years of Ghosts: On Tuesday, October 9, at 2 p.m.,** celebrate the NJ Ghost Hunters Society’s 20th Anniversary with founder, L’Aura, as she highlights early cases and the growth of knowledge in the field of paranormal investigating.

**Jimmy McHugh: On Wednesday, October 10, at 1:30 p.m.,** Dr. Karen Z. returns to provide a musical program on the life and career of Jimmy McHugh, best known for “*I’m in the Mood for Love*” and “*On the Sunny Side of the Street*.”

**The Pit and The Pendulum: On Thursday, October 11, 10:30 a.m.,** Irene Curran, literary lecturer, discusses the content and figurative language in Edgar Allen Poe’s short story, “The Pit and the Pendulum.”

**Secret Travels: On Tuesday, October 16, at 2 p.m.,** Jim DelGuidice, photojournalist and junk detective, returns to rummage through the little things that we unknowingly use, collect, and discard every day from pencil stubs to bookmarks. Where do these things come from and where do they end up?

**Other Ocean Liner: On Thursdays, October 18 and 25, at 1:30 p.m.,** Julian returns to explore the devastating account of a German Luxury Ocean Liner that played a distressing role in World War Two. When registering in advance, you will be enrolled in both program dates, unless otherwise noted.

**Oldies, But Goodies, with Phylliss Mckoy Joubert: On Friday, October 19, at 7**

**p.m.,** enjoy our evening musical show as Phylliss performs your favorites from Frank Sinatra, Nat King Cole, Ella Fitzgerald and more.  
**Leslie, The Medium: On Monday, October 22, at 2 p.m.,** experience the healing, enlightening and often light-hearted messages from the other side while gaining insight into the work of a medium.

**Michael & Ted Present: On Tuesday, October 23, at 2 p.m.,** join our friends from WWFM’s The Classical Network, as they explore the untapped works of composing team, Jerry Bock and Sheldon Harnick, who are best known for *Fiddler on the Roof*. Please register.

**Grant and Lincoln: On Wednesday, October 24, at 2 p.m.,** Ulysses S. Grant returns (with the help of Ken Serfass, Historian) to share stories about his initial meeting with Lincoln, the letters during the war, and insight into the circumstances that wove their lives together.

**Table ‘N’ Treat: On Monday, October 29, from 10:30 to 1:30 p.m.** learn more about this fun wellness fair, with an autumnal twist by picking up a flyer at the Senior Center or by viewing it on our webpage!

**Meeting the Macabre: On Tuesday, October 30, at 2 p.m.,** two professional actors delve into the lives and thoughts of Edgar Allan Poe and Bram Stoker during this dramatic reading presentation. Transport yourself into the spellbinding world of the macabre.

**Jazzy Halloween: On Wednesday, October 31, at 2 p.m.,** enjoy David Aaron’s Jazz Trio while enjoying assorted sweets and treats prepared by Chef Rob, of Parker at Monroe. Register in advance.

Classified Information

All Classified ads must be received by no later than the 14th of the month preceding publication month.

Mail to:  
Princeton Editorial Services  
P.O. Box 70  
Millstone Twp., NJ 08510

RATES

\$14 for 10 words, 50 cents each additional word per publication

Choose any below

- ☐ Clearbrook ☐ Rossmoor ☐ Encore ☐ Concordia ☐ GW Voice ☐ Regency ☐ Renaissance

- Note: Phone numbers count as one word. Do not count punctuation. Do not abbreviate.
- Check or money order must accompany insert, made payable to Princeton Editorial Services
- Phone number or address which appears in ad must appear on check or money order to ensure proper credit.



**MONROE TWP.  
FIRE DISTRICT #3  
AT YOUR SERVICE,  
ANYTIME.**  
**www.mtfd3.com  
609-409-2980**



# NEW DIRECTIONS IN HEALTH AND WELLNESS

An educational medical series brought to you by AllCure Medicine

## ARE YOU A CANDIDATE FOR SPINAL DECOMPRESSION?

Types of symptoms that can be relieved include:

- Back/Neck Pain
- Leg Pain/Numbness
- Chronic Low Back Pain
- Sciatica
- Stenosis
- Neuropathy
- Failed Back Surgery
- Herniated/Degenerated Discs



# Get Back the Active lifestyle you Have Always Enjoyed!

## SAY GOODBYE TO BACK AND LEG PAIN... WITHOUT SURGERY!

NEW Non-surgical, FDA approved treatment for Back Pain now available locally

30 Million Americans suffer from back pain every day, affecting everything that you do, from work to play...and ultimately your quality of life.

With 7 out of 10 people experiencing low back pain at some point in their lives and low back pain being one of the most common reasons for patient visits to primary care physicians as well as hospitalization, there is no doubt that low back pain exists in epidemic proportions today.

### BACK PAIN: CAUSES AND COPING

There are many causes of back pain. Some people develop it over time, others are injured in sports, work or auto accidents. A good deal of sufferers also complain of pain and numbness in their legs, usually the result of spinal conditions such as sciatica, stenosis and herniated discs.

Regardless of the cause, people cope with pain differently. Many people try to wait back pain out only to find that it keeps getting worse. They buy new mattresses, try different stretching exercises, learn new techniques for sitting and standing, etc., yet their condition doesn't improve. Some make repeated trips back and forth between their medical doctor, chiropractors and/or physical therapists. Others opt for surgery, and while it is true that surgery may be the answer for certain types of back injuries, it is highly invasive and not without serious risks.

Therefore, when considering your treatment options, ask yourself...if there is a solution to back pain that doesn't require surgery, all under one roof, is it worth exploring?

### A NEW HOPE FOR LASTING PAIN RELIEF

We at AllCure Medicine are here to tell you that the answer is YES! Our integrated treatment program offers effective non-surgical relief for back pain. In fact, we have helped thousands of back pain sufferers just like you get rid of their back pain and return to a higher quality of life since 2002.

After years of study, training and trials, we have developed a mode of care incorporating a combination of advanced FDA-cleared treatments with breakthrough technology that aids in the restoration, stabilization, and relief of your specific condition. The options are non-surgical, provided under one roof and covered by most insurances, including Medicare. Healing effects can be felt on the first few visits.

### SPINAL DECOMPRESSION: FDA-APPROVED, NON-SURGICAL RELIEF FOR BACK PAIN

Spinal decompression therapy can be used to treat disc bulges and herniations, disc degeneration, sciatica, spinal stenosis, arthritis, facet syndrome, and chronic pain in the low back. This type of treatment employs a motorized traction machine that gently stretches the spine, relieving pressure that builds up on the discs and nerves. By creating negative pressure within the disc, referred to as *negative intradiscal pressure*, a vacuum is formed, drawing the bulging and herniated disc material back into the disc space, relieving pressure. Over time, this may cause bulging or herniated disks to retract, taking pressure off the nerves and other structures in your spine, which helps promote movement of water, oxygen, and nutrient-rich fluids into the disks so they can heal. This process of non-surgical decompression allows the body to heal itself naturally.

### VAX-D SPINAL DECOMPRESSION

There are many types of decompression machines available today. At AllCure Medicine you will find the latest medical technology, including Vax-D Non-Surgical Spinal Decompression. Vax-D's state-of-the-art decompression tables have been successfully operating for over 25 years throughout the world and is one of the FDA-cleared technologies available at AllCure Medicine. More than 3,000 patients a day receive this treatment in the U.S. alone. Numerous clinical studies are available for review at [www.vax-d.com](http://www.vax-d.com).

In addition to Vax-D, we employ a variety of other wellness modalities as part of our integrated back pain treatment program:

- **Acupuncture** - Through clinical trials, acupuncture has been proven effective in treating various medical conditions, including back and neck pain, and has been expanded into conventional medicine practices throughout the world.
- **Physical Therapy** - A traditional treatment methodology aimed at the treatment and curing of certain ailments common to patients suffering with chronic or severe pain. Its primary aim is to bring back the patient to his/her normal self, free of any pain or suffering.



**CALL TODAY!**

**732-521-9222**

**FREE MRI/X-RAY REVIEW!**

Get the non-surgical, FDA-cleared treatment for sciatica, stenosis, and herniated discs.

Limited to the first 30 callers!  
Call today to secure your appointment!

Offer expires 10-31-18



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Monroe Township, NJ 08831