



Rossmoor IN News



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Monroe Township, New Jersey

OCTOBER 2021



Clear sky over Rossmoor

Photo by Y. A. Lee

Flu season

By Kaytie Olshefski,
BSN, RN-BC

Last year's flu season was unusually quiet as we followed recommendations from the Centers for Disease Control and Prevention (CDC) by wearing a mask, washing our hands frequently, and socially distancing. Compared to previous years, last year's flu season had low levels of related illnesses, hospitalizations and deaths.

This year's quadrivalent flu vaccine is made up of these four strains: A/Victoria (H1N1), A/Cambodia (H3N2), B/Washington/(B/Victoria lineage), and B/Phuket/(B/Yamagata lineage). When you are vaccinated, it will take two weeks to develop partial immunity/antibodies for protection from

the flu. Full immunity develops by four weeks. People will say they came down with the flu even though they had the flu vaccine, and that is a very real possibility. This is because as the flu season continues, the flu virus continues to mutate, and a new flu virus starts circulating. If you do come down with the flu after vaccination, symptoms will be milder as you have some protection from the mutated flu virus from the four flu strains in the flu vaccine. The flu vaccine continues to provide some protection from the more serious influenza-related complications.

Flu symptoms come on suddenly. It is not like a cold where it takes days for the symptoms to develop. When

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Answering many questions – Summary of the Aug. 30 meeting

By Linda Bozowski

On Aug. 30, several members of the RCAI Board of Governors, key administrative staff, Manager of Maintenance Dave Salter, General Manager Jane Balmer and Board President Dan Jolly participated in a lengthy and sometimes heated discussion and question-and-answer period with residents who had suffered damage from the flood on Aug. 22.

Balmer was the principal speaker during the meeting and began with two significant items of note: There were still electrical outages in some units, and that RCAI had a one-million-dollar insurance limit that could be used to assist residents as they attempted to repair their homes. She went on to say that after lengthy consideration and Board discussion with our insurers and legal counsel, Phase I would be performed by Serv-Pro. This phase would consist of demolition of walls, flooring, cabinetry, woodwork, appliances, and electric baseboard units, with some degree of chemical mold remediation. It was stated that there would likely be no funds available for restoration of any components of the damaged homes.

According to Balmer, there may not be any FEMA funds available to residents. She said that President Biden would have to declare a state of emergency, which had not been done at that date.

Property owners will be required to obtain necessary work permits through the Maintenance Department and offer Certificates of Insurance for those firms doing repairs within the community, as they have been obliged to do in the past. All work that requires permits, for example, electrical and plumbing, will be inspected, as is the usual practice.

It was reported that there were 142 homes that had damages and that 17 were covered by the Flood Portion of RCAI's insurance, since those homes are located in a U.S. Geological Survey designated flood hazard area. The other 125 homes were not part of the Flood Insurance Policy, since they are not located in a federally-designated flood plain.

Numerous resident questions

Several residents asked when we would be hearing how work would proceed. It was explained that residents would be contacted by Administration. Order of work would be based in part on the severity of the damages. The \$1 million of insurance funds would be allocated based on the extent of the work required in each home, but would average out to about \$8,000 per home. Those residents with minimal damages would require less effort from Serv-Pro or from our Maintenance Department. Since Serv-Pro will perform certain designated tasks, the Rossmoor Maintenance Department will also shoulder part of the load, for

(Continued on page 3)

Beware of possible scam: “The Future of Social Security” ballot

By Lisa Robinson,
Monroe Administration

Residents of Monroe Township have been receiving a ballot from an organization called “The Seniors Center.” This Organization has no affiliation with Monroe Township's Senior Center/Senior Services.

While “The Seniors Center” has a website, the ballot you received is from a third party called Engage USA, which is a call/mailling service center for “The Seniors Center.” The phone number

on “The Seniors Center” website, 301-631-5444, directs you to Engage USA. Engage USA could not provide a direct contact number or a name for a representative at “The Seniors Center.”

To avoid becoming a victim of fraud or identity theft, it is strongly recommended that you do not complete this ballot, do not send a donation, and do not provide any personal information. You can contact me at 732-521-0222 or lrobinson@monroetwp police.org

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ATTENTION RESIDENTS

TROPICAL STORM HENRI

In an effort to assist those affected by Tropical Storm Henri, residents have expressed an interest in donating some household furnishings to those in need. RCAI staff is coordinating these efforts by compiling a list that will be made available to those residents.

If you are looking to donate any home furnishings, please forward a picture of the item along with your name, address, and telephone number to:
Melissa Barnard at melissav@rcainj.com

Thank you.

FEMA says “Be prepared”

By Carol De Haan

Hurricane Henri did a lot of damage in Rossmoor. Hurricane Ida bypassed us but hit towns like Manville pretty hard. So we know that global warming is not the hoax that some had hoped it might be. It's real and it's here.

The Federal Emergency Management Agency encourages us to be prepared for whatever might lie ahead. This is from their checklist for a basic emergency supply kit:

- Water – one gallon per person per day for at least three days;
- Food – at least a three-day supply of non-perishable food and a can opener;
- Battery powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both;
- Flashlight and extra batteries;
- First aid kit;
- Whistle to signal for help;
- Dust mask, to filter contaminated air;
- Plastic sheeting and duct tape to shelter in place;
- Moist towelettes, garbage

bags and plastic ties for personal sanitation;

- Wrench or pliers to turn off utilities;
- Local maps;
- Prescription medicines and eyeglasses;
- Food and water for pet;
- Important documents such as copies of insurance policies, ID and bank account records, in a waterproof, portable container;
- Cash or Traveler's checks and change;
- Sleeping bag or warm blanket for each person.
- Change of clothing including a long sleeve shirt, long pants, and

sturdy shoes;

- Household chlorine bleach and medicine dropper. When diluted, nine parts water to one part bleach, can be used as a disinfectant;
- Fire extinguisher;
- Matches in a waterproof container;
- Feminine supplies and personal hygiene items;
- Mess kits, paper cups, plates, and plastic utensils, paper towels;
- Paper and pencil.

We might add, keep some gas in your car so it's ready to go if worse comes to worst.

People we shouldn't take for granted

By Linda Bozowski

During the night of August 22, many of us slept through the at times torrential rain that blanketed our area, as well as many other parts of the east coast. As many of our cell phones awakened us with a notification of flash flooding at 5:30 that morning,

we might have turned over for a few more minutes or hours of sleep. Some of us might have heard unfamiliar sounds, like the gurgling of the shower or toilet drain, and we might have decided to explore the noise, even though we had now lost our electrical power. And we might have put our feet into a few inches or 12 inches, or 18 or more inches of cold, dirty water.

What many of us have endured over these past few weeks has been very difficult. We have lost beloved possessions as well as those that were more mundane, like the coffee scooper or the bathroom scale. We have thrown away our clothing and the dresser that housed it, family photos, CDs, electronic equipment, pots and pans – the list goes on and on. The roll-top desk that belonged to a grandmother, the National Honor Society sash that was worn at high school graduation, the first karate belt that a grandchild earned.

We have struggled to take dripping wet pillows and sweaters and throw rugs out to the curb in trash bags, leaving a trail of smelly water along the buckling flooring as we walked outside. Friends

(Continued on page 5)

Open RCAI Meetings in October

**Board of Governors Meeting...9 a.m.
Thursday, October 21**

The meeting will probably be held via Zoom

**Please watch Channel 26 on your TV or on
www.rcainj.com
for more information**

Our Website

Go to rcainj.com to access the Rossmoor website.

The Amenities page features the ability to access Channel 26 slides anytime. Check it out.

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

Bits & Pieces

By Sue Ortiz

Find a pin, pick it up, and all day long you'll have good luck. See a pin, let it lay, and all your luck will pass away. This was one of the first superstitions my Mom taught me. To this day, I will still pick up a pin, rusty or not, for good luck. The superstition doesn't say you have to keep it, so I place it somewhere where it can be found by the next person. Sort of "pay it forward."

Same goes for a penny, nickel, dime, or any currency. Superstition says it has to be heads up, though, for good luck. Well, I'm not one for letting money stay on the sidewalk, so I will flip the found coin obverse up, let it sit a few seconds, then pick it up. Once home, the coin is deposited in my found money bank, which I've been filling since I was young. I must have at least a whopping \$13.86 in assorted coinage.

If a black cat crosses your path, that means bad luck will come your way. This probably started from belief in witches and their *familiars*, which supposedly took the form of domestic animals, especially cats. This one doesn't bother me too much. I used to have a black cat visit me regularly and sit on my front porch. He belonged to a neighbor. It was more like bad luck for the birds that perched in my tree than me, if you know what I mean.

Opening an umbrella in the house was another no-no according to my mother. I knew it meant bad luck, but recently found out why. Umbrellas can also shade us from the sun. If we open them inside, out of the way of the sun's rays, it offends the sun god, which brings ill fortune to the house. Or, maybe, it just might break a bunch of bric-a-brac in the process.

Numbers have an association with good – and bad – luck. Fear of the number 13 is called *triskaidekaphobia*. It is one of the most common superstitions around. Many people fear Friday the 13th. Tall buildings omit the 13th floor – it's there, but the floor numbers jump from 12 to 14. Some airlines don't have a 13th row. (Did you ever notice that Rossmoor has no *Mutual 13*?)

Hexakosioihexekonta-hexaphobia is the fear of the number 666, which is associated with the devil. Try saying that three times! In folklore, numbers 3 and 7 are considered good luck probably because of the Holy Trinity and casino gambling, respectively. Two total opposite reasons, but both good reasons, I guess. (But what about the saying that bad luck comes in threes?) If you look at a digital clock at 11:11, make a silent wish, as it signals a spirit presence or synchronicity.

Speaking of wishes, it was a Thanksgiving tradition in my house to carefully extract

the wishbone from the turkey carcass, let it dry a couple of days, then either my Mom or Dad and I would make a silent wish while playing tug-of-war. Whoever got the largest bit, got their wish. Lore has it that ancient Romans would fight over dried wishbones, believing whoever got the biggest piece got their wish.

My grandmother had the best superstitions. If your right palm itches, you'll meet someone new; the left palm, money is coming. If the bottom of your right foot itches, you're going on a trip. Itchy nose? You're going to have a fight with someone. Dropping silverware signifies company's coming. Specifically, dropping a fork denotes a woman will come; a knife, a man; a spoon, a child. If you drop many pieces of silverware, then look out – an entire family will be coming over! And, whenever you turn around in someone's driveway, be sure to say, "Company's coming, get out the cookies."

Finding an errant string on your person means that you'll be receiving a letter in the mail. The more tangled the thread, the more complex the letter.

I have found a multitude of four-leaf-clovers in my lifetime. Good luck should be showered on me. I used to have a rabbit's foot keychain for luck. (Wasn't lucky for the rabbit, was it?) Hang a horseshoe over your door for good luck. Just make sure the ends are point up, so the luck stays within the shoe and doesn't flow out.

Getting pooped on by a bird flyover might seem like bad luck, but it's just the opposite. But, if a bird crashes into the house or window and dies, that's bad luck. If salt is spilled, that's not good, but it can be countered by tossing a pinch over your left shoulder to repel the evil spirit.

Cardinals are beautiful birds, and if you see one in your yard, it is a good omen that a loved one who has passed has come to visit and check in on you. I've been seeing a lot of them lately. (They compete with my squirrels and blue jays for peanuts.)

Dictionary.com defines superstition as a belief or notion, not based on reason or knowledge, in or of the ominous significance of a particular thing, circumstance, occurrence, proceeding, or the like. From breaking a mirror to not saying the name of "The Scottish Play," there are myriad superstitions all around the globe. Like conspiracy theories, they are usually laced with little nuggets of fact that give them the air of believability.

I'm keeping my fingers crossed that I won't walk under any ladders, and I'm hoping some good luck comes my way soon. Knock on wood.

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Rossmoor News

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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

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Letters to the Editor must be emailed to PES at pescmd@aol.com and clearly marked *Rossmoor News*.

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Aug. 30 meeting

(Continued from page 1)
example, with flooring or carpeting removal.

Questions were asked about funds saved during the COVID closure and the likelihood that those funds could be applied to the current damages. Balmer explained that those savings were very limited, but that some funds had been transferred to the Reserve Fund, which was used to keep our Homeowner Association fees from rising.

Some residents explained that they had already engaged external companies to assist with demolition and repairs, and asked if there could be any reimbursement for those out-of-pocket expenses. Balmer did explain that, based on the degree of damages and with the value of services that Serv-Pro might have assigned, some degree of reimbursement might be possible as long as detailed receipts are provided by the homeowner.

In a similar manner, one renter asked if there might be any assistance to renters. Balmer stated that no funds would be available for personal property replacement, for example, furniture or clothing, and that the renter would need to deal with the property owner, since RCAI had no responsibility for personal items. She indicated that she would discuss this with Monroe's Mayor Dalina to determine if any other as-

sistance might be available from the Township.

Comments were made by several residents about the infrastructure at Rossmoor, including the storm sewer system. Road drainage was mentioned as an inadequacy in the engineering of the development. Balmer replied that the systems were not designed to handle rainfall of six to eight inches in an hour, and that such rainfall could not have been anticipated.

One resident inquired if HOA fees might be waived while residents were residing outside of the community while their homes were being repaired. The reply was that such fees would not be waived.

A suggestion was made by one resident that State Senator Linda Greenstein be contacted to see if she could facilitate any federal aid. Another resident suggested that we, as residents, contact the Office of the New Jersey Public Adjuster to inquire about any available aid.

As part of her comments, Balmer briefly discussed the

far more limited flooding that occurred in 2005 and 2011. It was following the event in 2005 that RCAI bought flood coverage, but the community was limited in how much coverage it was able to purchase, since the community as a whole is not in a flood zone.

A comment was made by one resident about the lack of retention ponds being required by the Planning or Zoning Departments in the widespread commercial building throughout the Township. Perhaps we residents need to become more involved with Township decisions that affect residential areas.

Although there was much more commentary throughout the course of this meeting, it concluded after nearly three hours. A separate meeting was scheduled for those homeowners who are in the designated flood zone. (I did not attend that meeting, so I cannot report the discussion.)

DR. OLGA ROZIN, Family Dentistry

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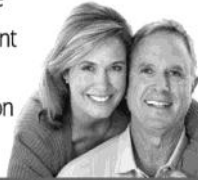
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Bits

(Continued from page 2)
B&P

"I had only one superstition. I made sure to touch all the bases when I hit a home run." – Babe Ruth (American baseball player, 1895-1948)

"There is a fifth dimension, beyond that which is known to man. It is a dimension as vast as space and as timeless as infinity. It is the middle ground between light and shadow, between science and superstition." – Rod Serling (American writer, 1924-1975)

Rossmoor will send robocalls to advise in case of bad weather or emergencies

The Rossmoor administration will send automated robocalls to residents' telephones whenever it is necessary to advise about predicted snow storms, severe weather warnings, or other emergencies.

If you are not home to answer, a message will be left in your voice mail or on your answering machine.

Please be sure to check your phone or answering machine. All necessary information will be included in the message so you will not need to call the office in return.

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- ✓ Numbness
- ✓ Pain when you walk
- ✓ Sharp, electrical-like pain
- ✓ Burning or tingling
- ✓ Difficulty sleeping from leg or foot discomfort
- ✓ Muscle weakness
- ✓ Sensitivity to touch?

PERIPHERAL NEUROPATHY

is a condition that affects millions of Americans, commonly resulting in pain, tingling, numbness, and other painful symptoms in the hands, legs and feet. This pain changes your life and affects how you work, how you play and how you live.

NEW FDA-CLEARED TREATMENTS PROVIDE HOPE

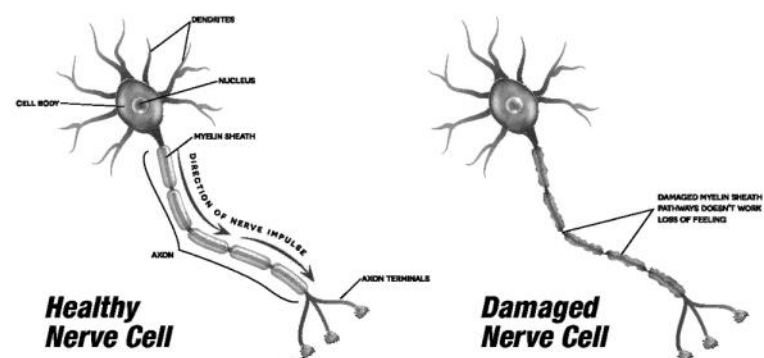
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HOW DO YOU KNOW IF YOU HAVE NERVE DAMAGE?

Peripheral neuropathy is the consequence of damage to your peripheral nerves. There are over 100 different kinds of peripheral nerve disorders or neuropathies – some are the result of a disease like diabetes, while others can be triggered by a viral infection. Still others are the result of an injury or compression on the nerves. No matter where the problems begin, it is imperative nerve disorders are resolved as soon as possible to prevent permanent damage. Many people suffer with pain for years, not realizing that their symptoms may be due to Peripheral Neuropathy. Symptoms start gradually, then get worse, including numbness, burning or tingling sensations and sharp, electrical-like pain. Treatment options have been limited to a small assortment of pain medications, which can lead to further issues. Ignoring the problem or masking the symptoms has never been a viable solution. If you suffer from any of the aforementioned symptoms, we can help.



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People

(Continued from page 2)

and family members may have come to help pack items that were salvageable or to help make decisions about items that had to be discarded. All who have helped us have felt our pain at losing important memorabilia and at fretting over the yarn and fabric and screwdrivers and drills. We have engaged contractors and plumbers and electricians, if we could find those professionals who had any availability.

In the midst of all of this disruption and sadness, we have been aided by those who don't often come into our thoughts unless we need a light fixture installed or have a leaking sink: we have had the assistance and kindness of those men and women who are part of the Rossmoor Maintenance Department.

Have they been able to be at our homes the first or third or ninth or 13th day? Maybe, maybe not.

Have they been able to provide unlimited aid to those who need their help? No – there are not enough staff members to provide one-on-one assistance.

Have they worked long days, with no days off until Labor Day weekend, helping remove furniture and carry out heavy bags of refuse? Yes.

Have they torn out sopping wet carpeting, soaked with who knows what? Yes.

Have they torn up hardwood flooring and laminate and ceramic tile? Yes.

And have they been gracious throughout their hard work? A resounding YES!

And who have our staff worked closely with? Their counterparts who are members of the Monroe Township Department of Public Works. The men and women who left dumpsters and drove Kubota tractors with our trash and who parked in front of some of our homes so that the sofa and dining room furniture and the black trash bags and even the piano could be hoisted into the jaws of the big yellow garbage trucks and be crushed and taken away. The folks who took off only Labor Day holiday and even emptied trash-filled sidewalks and driveways and lawns on Saturday and Sunday. The kind and generous folks who even brought me a stein of candy kisses and butterscotch hard candies for my birthday and made me cry. (Thank you, Kevin!)

The trash trucks, now, happily fewer in number, are still trolling our community, ready to collect whatever trash we still have to contribute to the East Brunswick Landfill. One of the gentlemen said the other day that we have deposited (if I'm quoting this correctly) 30 times our usual amount of cartage compared to what we usually pay to dispose of. And we're not done yet.

Others we cannot thank enough for their concern for our well-being

Within a day or two of the flood, electrical professionals, members of another of the Township's Departments, made the rounds and took 220-amp breakers from our electric breaker boxes. How curious – we had no electricity – why were these folks making adjustments to our circuits? For a very good reason, it turns out. JCP&L would not turn our electricity on until they were assured by the Township that our residents would not be in danger from our electrical heaters which certainly had been damaged in most homes and which probably still had wet components. As an additional precautionary requirement, other professionals made the rounds measuring the distances up the walls that the water had risen to ensure that our outlets had likely not been submerged and would not become points of potential electrocution. We were

urged to throw away any surge strips that had lain on our floors, check our lamps and other electrical appliances that had low-hanging cords.

We have also been cared for by other local departments and volunteer agencies: The Senior Center staff, the Red Cross, the Library, the Food Pantry, several church groups (sorry for not specifying), our health care providers and ambulance, fire and police departments, Social Services, Monroe Township High School volunteers. The lists go on and on and on – we are so fortunate to have so many folks all around us who care about our residents.

Last but not least, our own Rossmoor Administration

In another article in this edition of The Rossmoor News, I will try to present a factual summary of the questions and answers that were part of the discussion at the Meeting House on Aug. 30. This article is not about that topic, this is about the help

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LINDA M. BOZOWSKI FOR MONROE BOARD OF EDUCATION



Questions or discussion?
Email me at :

lindabforboe@gmail.com

Add your comments to my
Facebook page

Linda B for BOE

PRIORITIES

- * Facilities construction and maintenance
- * Students - equitable opportunities for all
- * Support faculty, staff and administration
 - * Continued financial stability
 - * Community participation

BACKGROUND

- * Educated in Monroe schools, Rutgers, BS Accounting
- * 36 years in healthcare finance
- * Active with Rossmoor News, Music Association

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REMEMBER TO VOTE NOV. 2

VOTE FOR PROGRESS LINE 6



Sarah Aziz, CPA

Neha Desai

- Offer better educational opportunities
- Fight for more state aid to lower taxpayer burden
- Find fiscally responsible solutions

Important dates:



October 12 --Voter Registration Deadline



October 26 --Deadline to apply for a vote by mail ballot



November 2 --Election Day

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For my next job ...

A parody by Allan Kaufman

By the time you read the October issue of the Rossmoor News, I will have retired from my job. After spending 44+ years in pharmaceutical sales and sales management it was time to call it a career at age 70. The retirement announcement to my friends, invariably led to some of them asking me, "What am I going to do after I retire? The ink wasn't even dry on my resignation and here are my friends busting my chops.

I thought long and hard about that question as I contemplated life after work. The more I thought about it the more I tended to agree with my friends. I thought to myself, "Everyone should have a plan." Going forward, here are some of my options.

BBQ judge

When my wife, Diane and I were visiting Philadelphia, in early July we were having breakfast at a quaint breakfast nook called Eggcellent when I had this vision. Eggcellent is a place where you go up to the counter, order your food then sit at a table and the staff brings the food to you. With the pancakes and French toast came a small dish of berries, blueberries, and strawberries. I'm probably the only person in Rossmoor who does not like either so the dish sat untouched next to my plate. A woman sat at the next table, looked over at the berries and said, "They look great."

"I said to her, "They're yours. I didn't touch them and I'm fully vaccinated." Without any hesitation she reached over and grabbed the fruit. Her husband sat down, having placed their order and a discussion between the four of us took place. We found out that they were from Kansas City and I told them that I was there forty-four years ago when I was working a scientific meeting. I mentioned that I went to the legendary Arthur Bryant's for BBQ ribs and brisket. The gentleman mentioned a few other places and I said

to him, "You really know your BBQ!"

"I should. I'm a BBQ judge." I had my first Ah-ha moment. "This is what I can do. This is my next job," I said as I banged my hands on the table, scaring half the room.

My neighbor said, "It's not that easy. You have to take a course."

"Take a course?"

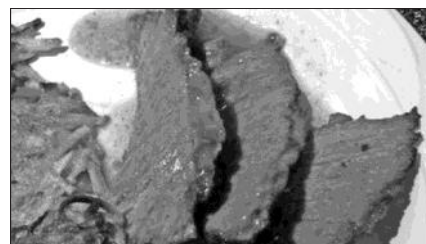
"Yup."

I was crestfallen, but as Diane and I left the restaurant I said to her, "How hard can this be? I've been eating brisket since I was three years old. Take a course? I've watched some of the BBQ contests on TV when there is nothing worth noting on, and I can't believe what they look for when judging brisket. The size of the smoke ring, the tenderness, does it go well on white bread?" That last point is a no-no, a big no-no.



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My Wife's Brisket

To me the quick down and dirty is, How good does it taste? I have three of these to judge. As I care mostly about the taste, I choose my wife's brisket if I know what's good for me. How hard is that?

The highway sign person

You are driving in town and you see a sign or a few signs that say construction ahead. Perhaps on Perrineville Road by the library. It's a two-lane road and somewhere there's a water main break. One lane is closed for repair. As you approach the construction site you see a man or a woman who look like this:



Memphis BBQ Brisket

Traeger.com

First of all, I have my own safety vest, so I would be saving the construction company money. Secondly, I also have a pair of slick sun glasses, so sun glare will not be a factor. I can face any direction, north, south, east or west, even north by northeast without a problem. Another reason I would be an ideal person for this job is the fact that I can read the sign. I would have no problem distinguishing the word "Slow" from the word "Stop."

I would have to buy some ear buds. Also, this job would require me to stand for long periods of time. That may present a problem with two surgically repaired knees, but I have a solution. They could set me up with a bar stool that swivels. I could place it behind one of the reflective cones and I'll be set. And during slow periods, I could check my Facebook posts.

There is only one last question. "Can I get a Union card?"

I've thought about other jobs, but nothing worth discussing at this point. In fact, come Oct. 1, the only job I want is to wake up at 8 a.m.

I can be reached at allan.kaufman0125@gmail.com. or 732 690-2145. Your comments are always appreciated.



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Dad and clouds

By Tom McMahon

For years during his lifetime my father attempted to teach me about clouds. For my part, I paid more attention to the Judy Collins' song than I did to my dad. He would try to tell me about clouds for which he had a real feel. I now realize my father must have also had deep feelings about clouds in general.

He served in the North Atlantic during World War II. When the weather was clear at sea, the German U-boats were beckoned to the scene of the convoy enroute to Europe, and as many sailors lost their lives to exploding steel as opposed to when the water churned during the many days of disastrous weather.

When no enemy was sighted, my father and his shipmates would have

looked to the clouds wisping above and imagined riding one back to their country and their loved ones. They would look at the high-, mid- and low-level cloud formations while their imaginations probably ran a little wild.

With me, my father would talk about the scientific names for clouds, such as cumulus, cirrus and his personal favorite, cirrocumulus. Sixty years later, I finally realize he may have been describing his best friends.

Imagine losing nine ships around yours during a vicious North Atlantic nor'easter and surviving to view the clouds later populating a clear sky. Imagine being overcome with sorrow for shipmates lost, but still rejoicing in the realization you were not similarly taken.

Clouds must have been as important as a friendly home

field crowd cheering your every move. They were certainly important as harbingers of future weather with which the courageous sailors had to contend.

The silence of introspection would have suddenly been rudely interrupted by the blare of warning as the conning tower of a submerged death-laden shark was spotted by focused eyes straining through 1940s binoculars. Then trying to avoid death once more.

I remember my father would hold his upward gaze a bit too long for his impatient son. He nonetheless hammered away describing his cirrocumulus clouds.

I finally get it. I learned that cirrocumulus clouds are usually white, but sometimes gray, and very small. When there are a lot of them, the sky can look like fish scales (commonly known as a mackerel sky). They're most common in winter and tend to show cold, but fair, weather.

The sailors would have probably wished for fair weather at their backs as they thwarted U-boat death and delivered goods to the soldiers in the European arena. Clouds would always define their future better than any person could have at the time.

During this upcoming winter, perhaps we can mentally join our forbearers by welcoming a high-altitude sky that calls for cold but fair weather ahead. The place where we may be at the time will only be invaded by someone we must avoid talking with, as we stay absorbed in our drifting thoughts and mentally ride back to earlier days, while we focus upon the ones we love and perhaps lost.

20 Years after that day

By Anabel Barash

It was my freshman year at Southwestern University, 20 years ago today. I was geographically far-removed when the planes struck the Twin Towers, but, man, did it hurt my heart to see such a travesty.

The news played the horrid images over and over and over again, driving it farther home that

we were not safe, even in our own homes and country. New York City is an icon no matter where you're from and to see it vulnerable was hard to digest.

I visited the site as a volunteer the following year and it was unfathomable, unbelievable, inconceivable. They were still digging through the



Twin Towers

Photo by Y. A. Lee

gravely grave and finding lost ones underneath. This event has changed us and will never be forgotten.

Thank you to the people who responded with bravery and fearlessness to make right what was heavily wrong. Always tell your loved ones you love them every chance you can.

People

(Continued from page 5)

that was made available to us in these very difficult several weeks.

There was much confusion at the outset of this devastation. Immediate concerns had to be addressed – resident safety, power outages, further potential danger to property. Depending on whom you may have spoken to, you might have received different information and misinformation.

As we called our insurance carriers and were told what our policy limits were, we were largely unaware that RCAI also had insurance and legal limits in terms of what it could do for those of us affected by this flood. We were told to wait, not to hire our own contractors, or to try to solve our issues independently, or to wait for more information.

Communication was less than stellar, and I think that everyone here can acknowledge that point. Nonetheless, as folks in Administration attempted to be responsive to residents, it seems to this writer that there was a genuine effort to provide answers and to offer kindness. For some residents, frustration was higher than it was with others, and those who were trying to be helpful may not have had that help acknowledged.

As we all move toward rebuilding and restoring our lives, let us take the time to thank those who have done their best to help all of us – our families, our friends, neighbors, volunteers and our RCAI and Township employees. And let's do our best to lend a helping hand to someone else who might need it.

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It's just not fair!

By Allan Kaufman

A few months ago, my 12-year-old granddaughter, Zoey Aleixo, told me that she would like to play golf. While the request surprised me, in reality it shouldn't have. While her mom was the Director of Sales at Top Golf in Edison, Zoey would hit golf balls, not too often, but a good number of times.

My initial reaction was great, "I will have someone to play with!" Continuing my thought, I was wondering

when she would have the time? She plays soccer for the Liverpool club team and basketball for the East Brunswick Fast Break Travel Team.

The spring turned to summer and she finally asked me to buy her clubs. After speaking to the Pro at Rossmoor, Ray Bridy, he suggested I purchase a starter set. In mid-July I purchased the clubs and Zoey was ready to hit the links. However, before I would take her onto a course, I wanted Ray to give her a lesson.

Clubs in hand, I grabbed a

bag of balls and headed for the driving range, waiting for Ray. Zoey started warming up. Using a 7-iron, her balls went about 100 yards and straight, no more than a yard off center. When she took the driver out, the results were the same. I told her, "It's just not fair, hitting the ball that straight using the clubs for the first time."

Ray came by and said, in so many words, "No lessons for you just yet." He adjusted her swing slightly and told her to check back with him in a few weeks.

A few days later I took her to Tamarack Golf Course in East Brunswick. Two of my friends were joining us to form our foursome. I had some reservations about playing at a prime time for golf, 9 a.m., with someone who had never been on a course before. However, my reservations were unfounded as she smacked her drive about 150 yards down the middle of the fairway. "It's just not fair!"

Taking advice from Ray, she placed her ball on the tee

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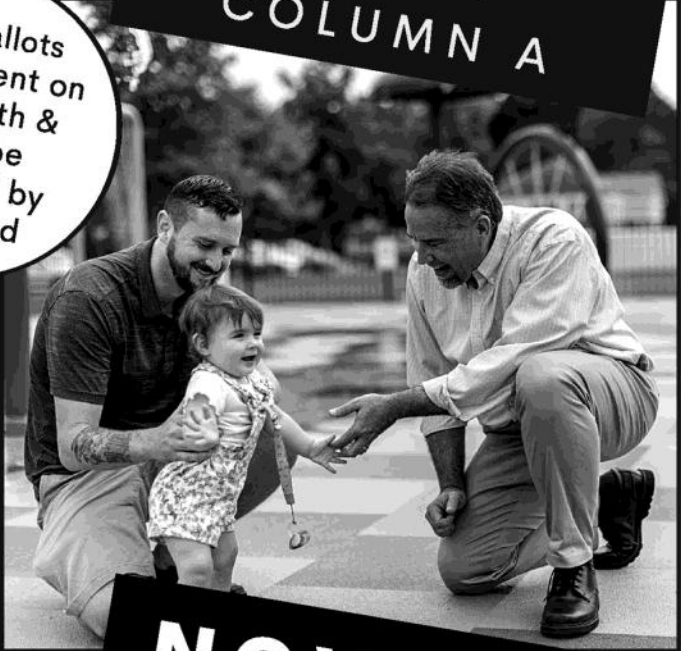
Zoey Aleixo teeing off on the golf course

(Continued on page 9)

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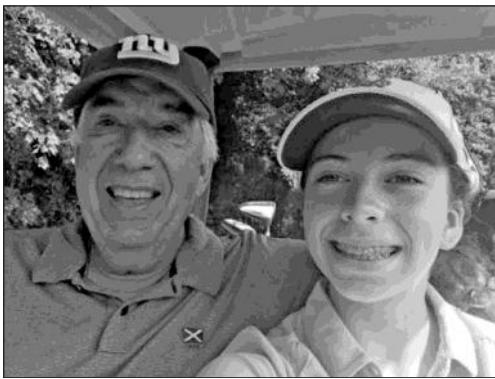
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Not fair!

(Continued from page 8)
for every shot. This was an excellent suggestion as it allowed her to focus on her swing without worrying about where the ball was sitting. During the course of the round, there were some shots that were truly amazing and, as you would expect, some clunkers. At the end she had a great time, wanting to know when we could go out again.

During July and August, we will have played about five or six rounds. One early round was truly memorable. On Aug. 14 most of her drives were between 150 and 170 yards, with one or two 180 yards. "It's just not fair!" She was not using a tee to hit her other shots. From the first time she was on the course until this writing, she had steadily improved. On our latest round together, she used her 7-iron on two different holes and from 125 yards from the green put one shot 20 feet from the pin and the other just on the green. "It's just not fair!"

One part of her game that is a work in progress is her putting. I told her, "The putter is not a hockey stick." It will



Alan and Zoey

take some time to get the feel around the green. We have played a few more rounds and she continues to improve each time out. After getting a putting lesson from my friend and fellow hacker, Ed Feldman, her putting was better on the round she played with him. She enjoys recognizing the improvement in her game.

Her playing time will be restricted based on her soccer schedule, but we should be able to get in nine holes after school every once in a while. With Zoey playing soccer in the fall, basketball in the winter I told her that golf was a spring sport once she got to high school. She just smiled.

I can be reached at allan.kaufman0125@gmail.com or 732 690-2145. Your comments are most welcome.

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Halloween costumes

By Ken Thomas

Remember the days when everyone made costumes for Halloween. For parents, “Who shall I be,” was a test of their imagination and “hands on” ability for a child’s costume.

With luck, the child would describe a person, character and costume parts. Their input and imagination resulted in the “Who shall I be” costume. How many boys were Superman, cape with chest “S?” How many girls were a fairy princess, crown and gown? Who was the fanged Dracula on Halloween?

A party for adults required costumes that wouldn’t embarrass, but would receive compliments. Remember Charlie Chaplin with cane, mustache and waddle. Forget the New Year baby with extra-large diaper and binkie. He was always some salesman at our parties.

Today, homemade costumes are a rarity for adults and children. Halloween costume stores and special departments in large stores sell a huge variety of the “Who shall I be.” Except for the New Year baby, does anyone miss making those costumes in their hands on days?

Halloween costume competition has become the Walmart special or the new su-

per hero design. For children or adults, the best costume award is cash related. The costume categories are numerous, so every child is awarded. The adults skip the competition and go to the bar. Yet, the costumed line of competitors passing in front of the judges was almost a tradition, now fading.

I remember my judge appointment. The children smiled and attempted the movement or pose of their costumed character. The adults weren’t very different. The hundreds of children parading past our door was part of a holiday procession I have not forgotten, but I wouldn’t volunteer as a judge. As a past participant in “Mischief Night,” forgetting my teenager Halloween pranks and costume disguise is not easy. I sincerely apologize to all my neighbors for the toilet paper and mutilated pumpkins.

The Halloween tradition of trick or treat stops at homes in the neighborhood has changed, but still continues in some new manner, car trunk inventories, central locations, etc. I hope trick or treat never stops. Opening my front door was the treat. The variety of costumes was a tribute to the imagination and skill of some child or adult Halloweeners.

(Continued on page 11)



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My grandson, my hero

By Rosemarie Capobianco Miller

My grandson, Nicholas Dirla, 22 years old, is a UPS Driver from Bridgewater, N.J. He was coming back from his last stop in Garwood, N.J., Wednesday evening, September 1, 2021, heading back to his UPS Terminal, located in Bound Brook, NJ, when his truck broke down and became stuck in floodwaters of Hurricane Ida on Route 22 West, near Mountainside

Avenue in Bound Brook.

He saw a woman stranded in flood waters on top of her car. Her car floated toward his truck and he pulled her to safety through the window into his truck. He did that for five additional people.

As they all watched their cars floating away, they soon realized that the UPS truck was also filling with water and the current was getting stronger.

They put their devices into

plastic bags and decided to lock arms and cross the divider onto eastbound Route 22.

Then they proceeded to walk down Mountain Avenue knocking on house doors. Finally, a woman named Janice answered the door. She said that it was her parents' house and that she could drive them a few blocks down to her boyfriend Jim's house. The roads to her home were getting flooded but by the grace of God, they all made it to her boyfriend's home.

Jim and Janice were kind enough to feed them, give them dry clothes and let them stay the night.

The next morning, my son was able to pick up my grandson, Nicholas, and drive him home.

Many thanks to Jim and Janice for helping my grandson and all those he rescued.

Meeting Bobby Rydell

By Allan Kaufman

Listening to "Forget Him" on the car radio, my wife Diane would tell me that Bobby Rydell was her favorite singer of all time. She said that she always bought his 45s when they were released. I thought she had realized her biggest dream when I took her to see Bobby Rydell perform, along with Fabian and Frankie Avalon in Atlantic City, a good 15 years ago. Rydell was the featured singer and his voice was as golden then as it was in the 1960s.

Rydell, born in Philadelphia, had his first million seller with "We Got Love." What endeared him to New Jersey was his 1963 hit, "Wildwood Days." That song put the quiet town on the map and became a vacation destination soon thereafter. The city politicians were so pleased with Rydell they had a mural painted of him that sits on the Wildwood boardwalk. Hits like "Volare" and "Forget Him" soon followed.

Additionally in 1963, he starred as Hugo Peabody, along with Ann-Margret and Dick Van Dyke, in the movie "Bye, Bye Birdie."

As his fame waned, with the music revolution of the 1960s, he continued to perform in smaller venues and

in the late 1990s he was part of the Golden Boys; Frankie Avalon and Fabian made up the other members of the group. They often played in Las Vegas with Rydell always being the last singer on stage.

Unfortunately, he started to

(Continued on page 13)

Costumes

(Continued from page 10)

For me, the only negative part of Halloween was guessing the number of children knocking on my front door. What kind of candy and amount should be stocked for trick or treat distribution? Treat shortage was a terrible thought. If the children had a choice, trick or treat would be a weekly event.

Remember searching through your treat bag for a favorite candy? Remember saving the treats as snacks in the following days? Did your parents raid your bag for a candy bar?

As a father, another treat was holding the hands of my children as we walked through the neighborhood in costume on Halloween. All the houses were decorated and a pumpkin sat on every porch. Neighbors gave us treats and said, Happy Halloween! I pinched a Kit Kat from my son's bag.

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By Joe Conti and Walter Gryskiewicz



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Stripped walls and staircase



Cleaning up

Better times: A walk through Mutual 1



Trees in bloom



Pretty landscaping



Around the Manor



Carport landscaping



The trees on the 6th fairway

Bobby Rydell

(Continued from page 11)
have health problems and in 2012 he had a double transplant, kidney and liver. After he recuperated, he began performing again and Diane and I saw him perform in Atlantic City. His voice was still golden.



Bobby Rydell

In 2018, my wife found out that he had written a book and had me order it for her. After finishing the book, she asked me would it be possible for me to find out where to send the book to get it autographed. I found out that he had a website and even better than sending the book to his fan club, he was doing a book signing at a library in Somerset as well as Woodbridge. We signed up for both only to be disappointed when he canceled one and postponed the other from June to December. Then, in December, we received word that he had to cancel the date because of health issues.

We didn't give it a second thought until we saw that he had scheduled a book signing and discussion at the East Brunswick Public Library on June 11, 2019. This time there was no postponement. That evening with friends, Bob and Claudia Scherzer, we took our seats and at 7 p.m. in walks Bobby Rydell.

He talked about his career for about 20 minutes, then entertained questions for



Diane, Bobby, Alan

almost an hour. Now it was time to get Diane's book signed. We lined up and then it was our turn.

He could not have been more genuine. Diane and I spoke with him for a minute or two. My wife expressed just how much she loved his music. We thanked him and I wished him continued good

health. From the beginning of the program to the end, he was gracious, funny, and accommodating to his fans. Diane will always remember meeting Bobby Rydell.

I can be reached at allan.kaufman0125@gmail.com or 732 690-2145. Your comments are most welcome.

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Sound Advice

Norman J. Politziner, CFP®, CFP® President of NJP Associates

Making a life-changing financial difference to a spouse and needy loved ones

Tax law and estate planning might bore you to death, but this brief tip could make a life-changing financial difference to your surviving spouse, and other loved ones, including disabled and chronically ill family or friends, as well as any minor children in your life.

These individuals are among the five exceptions to the usual distribution rules on the inheritance of assets in IRA, 401(k), or other federally qualified retirement plans.

New rules, that went into effect on January 1, 2020, with the enactment of The Secure Act, require the beneficiary of inherited IRA or 401(k) accounts to deplete the money in those accounts within 10 years. It was a technical change that many overlooked in the rush of tax law changes that occurred in 2020 during the pandemic. But it made a big difference in tax planning.

To be clear, until 2020, beneficiaries of an inherited IRA or 401(k) were not required to liquidate an inherited

account within 10 years, as is now required, which had left open a major tax break: They had the option to stretch out distributions over their actuarial life expectancy, thus, leaving the assets to compound tax-free for a much longer period. The 10-year mandatory distribution rules carved out some key exceptions for certain individuals that now require attention, if you intend to pass on your retirement plan, IRA or other qualified plan assets to a spouse, chronically ill or disabled individual or minor child.

For a disabled individual, who inherits federally qualified retirement assets, for instance, stretching out distributions over decades could transform the inheritance into an income stream for life. The same is true for a widower, chronically ill individual, or minor child that inherits your retirement account.

In addition, a fifth exception to the usual distribution rules applies to a beneficiary that is less than 11 years younger than the retirement account owner. A sibling or friend who is 10 years or less your junior,

who inherits qualified retirement account assets, also may use their life expectancy – instead of taking required distributions over 10 years.

If you own a sizable IRA, 401(k) or other qualified account, and your beneficiary is your spouse, a friend or sibling 10 years or less younger, an individual with a disability, chronic illness, or a minor child, the five exceptions to the 10-year rule pose complicated tax planning as well as legal and investment issues requiring personal advice from a professional knowledgeable in these matters.

Norman J. Politziner, CFP, a resident of Encore, is an Investment Adviser Representative of Kingsview Asset Management.

For more information, questions, or comments, we encourage you to visit our website at www.poltziner.com or call us at (732) 296-9355. ©2021 Advisor Products Inc. All Rights Reserved.

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Thanks from your Mailman

To the Editor:

I am a mail carrier and resident of Rossmoor for 10 years now.

Like many other residents, we had to evacuate our home with our pets due to the flood on Aug. 22. Also like many other residents, we lost all our furniture, appliances and two automobiles. We did not have flood insurance because we do not live in a flood zone.

Many of my customers participated in a donation drive for me and I am deeply grateful.

I would like to thank all

those who donated money, food, gift cards, etc., with a special thank you to Nancy Fichtelberg, who organized the donation drive and Aline Carroll and Nancy Schofield, who both took care of our dog, Meeko, over the first two weeks.

The outpouring of heartfelt support and caring is greatly appreciated and has nourished me as we navigate the stress of reconstruction. Thanks again to the fine people of Rossmoor. Your kindness and generosity are greatly appreciated.

David Benson, Sudbury Lane



NEW NEIGHBORS

By Christina Smith, Resident Services Manager

Young Koo and Myong Soon You, 631A Yale Way, formerly of Parlin, N.J.

Jean Baiori, 579A Old Nassau Road, formerly of Hamilton, N.J.

Jannes Hamilton, 49-O Old Nassau Road, formerly of South Plainfield, N.J.

Julius and Elizabeth Dekovics, 573A Old Nassau Road, formerly of Lake Ariel, Pa.

Dana and Harlin Schwartzman, 659B Yale Way, formerly of Sacramento, Calif.

Lesya Matsyshyn, 157C Pelham Lane, formerly of Port Washington, Wis.

James D'Alessandro, 47D Concord Lane, formerly of Brooklyn, N.Y.

Ellen Cooperman, 4N Village Mall, formerly of Edison, N.J.

James and Joanne Ciezak, 605A Winchester Lane, Point Pleasant, N.J.

Bertram Fuhr, 157B Pelham Lane, formerly of Jamesburg, N.J.

Patricia Carole, 66N Amherst Lane, formerly of Cranford, N.J.

Edward Borgese, 160N Pelham Lane, formerly of Hightstown, N.J.

Hector and Sheila Rose Kelly, 54A Old Nassau Road, formerly of Stanhope, N.J.

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Tell us a story

By Ken Thomas

"Tell us a story, a scary story." The eyes of six young boys stared at me with Halloween anticipation, so I circled some chairs and turned out the lights in the basement of the church. The room was very dark and quiet as I began a "true story about my father."

My father, a truck driver, picked up a young woman, dressed in a long, flowing, white gown as he started up Jones' Mountain. She told Dad she lived at the top of the mountain and was going home for the first time in many years. They talked for a while as the truck slowly climbed toward the top, but when they reached her house, the young woman did not open the truck door. When Dad asked her why, she cried that her mother may not want her back. She begged him to tell her mother she was home.

My dad knocked on the door of the house and explained to the woman about her daughter in his truck. The elderly woman looked puzzled and asked, "What is she wearing"? My father described the gown. She gasped, "My God, I buried my daughter in that dress." They went out to the truck, but no one was there.

The boys weren't very scared and begged for scarier. I didn't want Halloween nightmares, but I changed my voice and told another story.

During World War II this soldier was seriously wounded; his left leg had to be amputated. With his family inheritance, the soldier bought a replacement limb made of gold. He became "the man with the golden leg."

Later, he married a much younger woman and the problems started. In the following years, she grew to hate him and his golden leg. Finally, the wife lost control and bought a gun. That night, the wife killed her husband, insanely emptying the gun; one bullet to his head, five bullets in his leg. The wife sent all the household servants away, remaining alone in her bedroom.

Suddenly, a voice echoed throughout the empty rooms, "One golden leg on the first cellar step, one bloody leg on the second cellar step."

"Who's that," she stuttered. "Who's that?" The voice repeated for the third and fourth cellar steps, "One golden leg starting down your hallway, one bloody leg starting down your hallway." The wife screamed, but no one could hear her. "One golden leg coming toward your bedroom, one bloody leg coming toward your bedroom." She screamed again. "One golden leg standing at your door, one bloody leg standing at your door." She screamed again and again, watching in horror as the door knob turned. One golden leg. "I GOTCHA!"

My extra loud "I GOTCHA" caused extra loud "EEKS" from the boys, so this story was obviously scary enough.

Afterward, my son and I dropped the boys off at their

homes. The first two boys ran from our car to their front door as fast as any boy could run. One boy even asked me to walk him to his door. Only the last boy showed no fear. He laughed at the others. With boy bravado, he told me that my stories would only scare little girls. When we dropped him off, he casually waved and

started to walk toward his house.

As our car pulled away, I watched him in the rear-view mirror as he ran to his front door. My son waited for me in the car until I walked toward our house. Give a story teller a dark room on Halloween and even Emily Post will be "EEKY."

CULINARY CORNER

By Sidna Mitchell

Don't be corny; eat chowder

Once again "Farmer" Ken planted corn in one of our sites at the Monroe Community Garden on Applegarth. He also planted lettuce, summer squash, acorn squash, radishes, cucumbers, okra and tomatoes. We had an abundance of everything except the radishes.

I made several breads from the summer squash as well as curried squash soup and chocolate bread from the acorn squash. Joe and Coralie, our friends from Doylestown, Pa., so enjoyed the curried squash soup and a salad Nicoise using our lettuce, sliced radishes, yellow squash and cucumbers that Coralie duplicated that lunch recipe for some of their friends back in Pennsylvania.

We had so many tomatoes, especially from the cherry tomato plants that my son-in-law Michael gave us, that I was giving them away to any friends or neighbors who would take them. Ken actually admitted that Michael's plants, grown from seed, did better than the plants he bought at the nursery.

From the plum tomatoes, I made sauce or as my Italian friends would say -- gravy -- that was delicious if I do say



so myself. Now I just have to remember where I got the recipe! Our heirloom tomatoes looked unappetizing but were so delicious.

The tomatoes, corn, okra and squash went into a big pot of vegetable soup that I froze for cooler months. Ken shared some of our produce with fellow farmers and in return we received some of their cooking efforts.

Back to the corn. This is the first year that we got many ears of corn that were full of tasty kernels. Obviously, we had corn on the cob but I also made cream corn, or what my Southern mother called fried corn, as well as corn chowder. I served the corn chowder at a couple of our dinner parties.

Here's my easy recipe for the soup.

Corn Chowder

1 small potato, diced
3 tablespoons butter
1 small onion, chopped
2 tablespoons finely chopped carrot
2 tablespoons finely chopped green pepper

Cook potato in water to cover.
Set aside when tender.
Meanwhile melt butter over low heat in a large saucepan.

Add chopped onion, carrot, green pepper and ham to the melted butter and sauté until vegetables are tender.

Add corn, potatoes and water or chicken stock; cook over medium heat.

When ready to serve, add half and half along with salt and pepper to taste; gently heat.

Serves three to four.

NOTE: I used chopped country ham as a garnish but chopped chives also work. If you don't have fresh corn, you can always use a 14.75-ounce can of corn.

I can be reached via e-mail at sbmcooks@aol.com.

Culinary Corner

1/4 cup finely chopped ham (optional)
1½ - 2 cups corn
1 cup water or chicken stock
1/2 cup half and half
salt and pepper to taste



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Clubs and Organizations

Reading, writing and yoga still going on

By Norman Perkus

The Book Discussion Group is reading "The Burgess Boys," by Elizabeth Strout for its meeting on Oct. 21 at 3 p.m. The Group is continuing to meet monthly over Zoom on the third Thursday of the month until E&R figures out how to schedule monthly meetings on the app.

On Oct. 28, the last Thursday of the month, the Writers Group will meet virtually at 10 a.m. to discuss what they

have written.

All Rossmoorites are welcome. Call Norman Perkus for Zoom access. If we can meet in the Clubhouse, you will be notified. Watch Channel 26 for updates.

In person yoga classes, led by Norman Perkus, are back in the Clubhouse every Wednesday at 10 a.m. There is no charge. Wear comfortable clothes. You must reserve your spot in advance with E&R (same procedure as for the pool).

October Dance Club Party features pizza and prizes

By Judy Perkus

Memories: In 2021, that's an eye-catching headline, but if you have saved your October 2018 issue of The Rossmoor News, you would be able to read it. Back in the olden days, before COVID, Dance Club members celebrated Halloween in costume.

In 2018, we ate pizza before we did the Monster Mash, our annual parade of costumed members. I remember the year that now-President, Armen DeVivo, won. She was dressed as a shower. Somehow, her shower cap and bar of soap were accompanied by a shower curtain. In October 2019, we had a fried chicken dinner and in 2013, party sandwiches.

I, for one, am looking forward to post-COVID times when dances in the Clubhouse will not be just memories.



Players Pastimes

By Sue Archambault

Last month, an article appeared in The Rossmoor News with information about the return of the Rossmoor Players with performances in The Meeting House. If you missed the article, the following is the information.

On Thursday, Oct. 14, and

these performances, however, there will be a box for donations for the Monroe residents who were flooded by Hurricane Henri. (There were only a few homes affected by this storm outside of Rossmoor.)

Everyone must wear masks.



Rehearsals will take place in the Meeting House on Tuesday, Oct. 12, and Wednesday, Oct. 13 from 2 until 5 p.m. each day. All per-

(Continued on page 18)



Players Board honored Bob Huber

Friday, Oct. 15, we will present our popular "This & That" show. The performances will take place in the Meeting House at 2 p.m. each day. "This & That" consists of composed of songs, jokes, anecdotes, and skits.

All performers and audience members must be registered with E&R, which can be done at the Village Center. Obviously, all participants must be Rossmoor residents. Also, you must call E&R to reserve a spot for yourself.

We do not anticipate any problems with reservations. There will be no charge to attend or ticket purchase for

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With gratitude for your many years of dedication to the Rossmoor Players, for your limitless talent as a storyteller, your writing, your lyrics, your music and for your encouragement to others to be their best. You have made a profound difference in the lives of each one of us.

The epitome of dedication and selfless devotion to others, you are a shining example to us all. It is our privilege that we honor you today. Bravo!

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Plaque presented to Bob Huber by Players Board

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Indian American Club celebrates Heritage Day at the Monroe Senior Center



Dignitaries visiting on Indian American Heritage Day

By Shatrughan Dawani

The Fifth Annual Asian Heritage Day of the Indian American Club was celebrated in a grand manner at the Monroe Township Senior Center auditorium on Saturday, Aug. 28.

The occasion was graced by the presence of Mayor Stephen Dalina; Council President Miriam Cohen; Council Vice-President Elizabeth "Betty" Schneider;

Councilmen Leonard Baskin, Charles DiPierro, and Terence Van Dzura; County Commissioner Deputy Director Shanti Narra; Public Utilities Commissioner Upendra Chivukula; and Board of Education member Anand Paluri.

Presented by the Siddhendra Kuchipudi Arts Academy was "Kalyana Srinivasam" - a classical Indian Dance Drama in Kuchipudi style

produced by Guru Padmasree, Dr. Sobha Naidu and directed by Guru Swathi Gundapuneedi Atluri.

Grant funding for the event was provided by the Middlesex County Board of County Commissioners through a Grant Award from The Middlesex County Cultural & Arts Trust Fund.

On this occasion, foreign-born Americans were recognized for their work and efforts in positively influencing some aspects of American society.

Democratic Club welcomes Team Dalina

By Lisa Evans, Democratic club secretary

A large contingent of Rossmoor Democrats gathered, on the evening of Aug.18, to welcome Mayor Steve Dalina and his re-election team to their new headquarters at 1 Rossmoor Drive, next to The Bank of Princeton.

Candidates greeted attendees:

- Mayor Steve Dalina, who is the director of Rutgers University Business and Administrative Services, and who became mayor after the passing of former Mayor Gerald Tamburro;
- Terence Van Dzura, attorney and chairman of the Monroe Township Planning Board, incumbent, who seeks election as councilman-at-large;
- Betty Schneider, member of the Township Human Relations Commission and incumbent Council member seeking to represent Ward 1;
- Rupa Seigel, Board of Education member and former PTA and PTO president, seeking to represent Ward 2;
- Alton Kinsey, M.D., former assistant director of anesthesia at Harlem Hospital and former director of anesthesia at East Orange Medical Center, seeking to represent Ward 3.

Club members chatted with candidates and other elected representatives, including our friend State Senator Linda Greenstein, Assemblyman Dan Benson, prominent Township members John Riggs, Andy

Paluri, and Hemant Patel, among others.

We are honored that Team Dalina chose this headquarters location so near our community and we encourage all Democrats to make their voices heard on election day, Nov. 2.

September meeting

About 30 Rossmoor Democrats met on Sept. 14 to plan for future events. President Mike Markel accepted suggestions on how members could assist candidates in the Nov. 2 election, and ideas about growing our membership.

The Bagel Rally

This extremely popular traditional event will be held on Saturday, Oct. 16, at 9 a.m. in the Senior Center. Because capacity will be limited, persons interested in attending should respond ASAP to pcoveny@mcDonj.org

Attendees will be asked to contribute what they can to offset the expenses of the event.

Poll workers needed

If you are interested in serving as a poll worker for the Nov. 2 election, please call Club President Mike Markel at 914-844-6957. (This is a paid position.)

Next meeting

Nov. 16, at 7 p.m. will be the Club's next meeting at the Team Dalina Headquarters at 1 Rossmoor Drive. Come to meet Claribel Cortes, the Middlesex County surrogate who will bring us up-to-date on her department and its services.

Rossmoor will send robocalls to advise in case of bad weather or emergencies

The Rossmoor administration will send automated robocalls to residents' telephones whenever it is necessary to advise about predicted snow storms, severe weather warnings, or other emergencies.

If you are not home to answer, a message will be left in your voice mail or on your answering machine.

Please be sure to check your phone or answering machine. All necessary information will be included in the message so you will not need to call the office in return.

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Bikers – Always ride with the traffic (on the right). 

Rossmoor Veterans Club



Rossmoor Veterans met for lunch at the Tavern on the Lake, Hightstown. Good turnout! Of course, there was food and drink and lots of repartee!

Players

(Continued from page 16)

formers must attend at least one of these rehearsals.

If you would like to be accompanied by the piano, you must contact Janet Wilson at 609-655-4129 by Tuesday, Oct. 5. After contacting Janet, please provide her with sheet music for your song in the key you require. Sheet music can be purchased online with key options (musicnotes.com).

If you do not require piano accompaniment to perform a song, you will need to have a CD as accompaniment at the rehearsal. Sue Archambault and Beverly Masters will make production decisions at the rehearsals.

Any questions, call Sue Archambault at 201-981-5959.



After lunch the vets visited Tom Pabisch who has been housebound since the pandemic.

Religious Organizations

Two very special members

By Adrienne Brotman

Judy and Norm Perkus came to Rossmoor from Brooklyn in 1993. Norm had retired from the Postal Service and Judy retired soon afterwards from New Utrecht High School where she taught math.

Norm and Judy met at a square dance in Manhattan and have been happily married for almost 65 years. They were blessed with three children, two boys and a girl. They have four grandchildren, three grandchildren-in-law, one great granddog, one great grand bearded dragon and three great grandcats.

They are and have been very active Rossmoorites. Norm is an active member of the Hikers, Book Discussion, Writers, and Players groups. He conducts a weekly Yoga class. Both Judy and Norm are members of the Dance Club, Great Decisions, the Rossmoor Democratic Club, and the League of Women Voters of Monroe Township.

Way back when, here at Rossmoor, there was a Weekenders Club. Since on the weekends there were no activities scheduled, Rossmoorites took matters into their own hands and organized activities on the weekends such as; pizza and bingo night. Movie nights often had themes. If it took place in Spain, Spanish food was served. For Chinese New Year, Chinese food was served and Chinese dancers entertained. Judy stated the movie "Chocolat" was her favorite because she is a chocoholic. Chocolate desserts and hot cocoa were served. Norm was in the Barbershop Chorus years ago.

When Judy and Norm moved to Rossmoor there were over 500 members of Congregation. There was a Yiddish Club, a Men's Club, and a Sisterhood.

To the Jewish Congregation, Judy is our "glue." If you need to know something about Congregation, she is the go-to gal. She has been the editor of the Congregation's Bulletin since 2014. She is our Co-Gabbai, organizing the running of our services, Torah Reader, and my editor for the articles I write. Through the years, Norm and Judy have held various board positions and

are always lending a helpful hand, whether it is giving out prayer books during the pandemic, organizing zoom services, setting up for services and always lending a helping hand wherever it is needed. They are giving and generous individuals. The congregation is grateful for all they do.

There will be a New Members Sabbath Service, Friday Oct. 8 at 7:15 p.m. in the Meetinghouse. There will also be a Sabbath Service, Friday, Oct. 22 at 7:15 p.m. All welcomed! Remember to sign up on the American Pool app or call E&R. Torah Study will be on Saturday, Oct. 9 and Saturday, Oct. 23 at 10 a.m. Meeting place to be determined. Wednesday, Oct. 13 there will be an Interim Congregation Meeting in the Gallery at 1 p.m. Again, remember to sign up on the app or call E&R to attend.

The congregation's thoughts and prayers are with all our neighbors who have been affected by the devastating flooding that occurred here. We pray for strength for all!

Please help the Community Church raise funds for flood victims

By Alyce Owens

The homes of at least 100 Rossmoor residents were severely flooded on Sunday morning, Aug. 22, when a record-breaking rainfall turned streets into rivers, filled cars to window-height with muddy water, and washed away the memories and furnishings of many homes in our beautiful community. Many people had to be rescued by boat from their homes, two taken to the hospital. Most won't be able to return without extensive interior reconstruction. In one hour, roads were made impassible both in Rossmoor and surrounding communities. Some residents lost power for a day, others for two.

Unrelenting water rushed down Newport Way, picking up cars in carports and banging them against each other. It swept benches off their foundations, lifted refrigerators and carried them across the kitchen. Unbelievable amounts of water entered homes — some up to 24" — destroying flooring, furniture, appliances, clothing and countless irreplaceable family albums and memorabilia.

For days afterward, in what seemed like a morbid never-ending parade, vehicle transports carried away more than 75 flooded-out cars, some still bearing the two-, three-, or four-foot watermark on their sides.

A few people had flood insurance; most did not. Either way, this was a traumatic experience for all who were affected. For those with financial stability, restoration will probably be manageable. But for others, living on an already tight budget, this will be a devastating recovery. And no one can put a price tag on the additional toll of mental an-

guish for these folks.

In an effort to comfort those who have lost so much in this historic flood, the Community Church extends its love and prayers, and will endeavor to help those in serious need with some financial assistance. But we need your help.

The Community Church is asking for your donations in this effort for those who suffered unbearable loss. To contribute to the church's Flood Relief Fund, please make your tax-deductible checks payable to Rossmoor Community Church (with "Flood Relief Fund" on memo line) and place them in the drop box in front of the Meeting House, or mail to: RCC Flood Relief, 1 Village Mall, Monroe Twp, NJ 08831.

Thank you and God bless you for your generosity.

League of Women Voters meeting to focus on fraud and identity theft

By Judy Perkus

Monroe Township Police Officer Patrick McCann will be the speaker at the October meeting of the League of Women Voters of Monroe Township. He will discuss "Fraud and Identity Theft" on Monday, Oct. 25, at 1 p.m. in the Monroe Township Municipal Center Courtroom.

It is still election season and LWVMT continues its Voter Service work by sponsoring a Meet and Greet for candidates for the office of Surrogate, County Commissioner (formerly Freeholder) and the Board of Education on Thursday, Oct. 14 from 6:30 to 8:30 p.m. at the Monroe Township Recreation Center.

Members of the public are welcome to both events. There is a mask mandate in effect for all indoor events as I write this.

Early in-person voting will be available from Oct. 23 to Oct. 31, at the Monroe Township Public Library. Vote-by-mail

What's on your ballot?

VOTE 411

ELECTION INFORMATION YOU NEED

LEAGUE OF WOMEN VOTERS OF NEW JERSEY

LWVNJ.ORG

VOTE411.ORG

ballots were to be mailed in mid-September. Election Day is Tuesday, Nov. 2. For more election information, check VOTE411.ORG.

The League of Women Voters is a nonpartisan political organization with state and national affiliations. For over 100 years, the League has continued to focus on access to voting, and public policy issues involving government, health care, environmental issues, social welfare

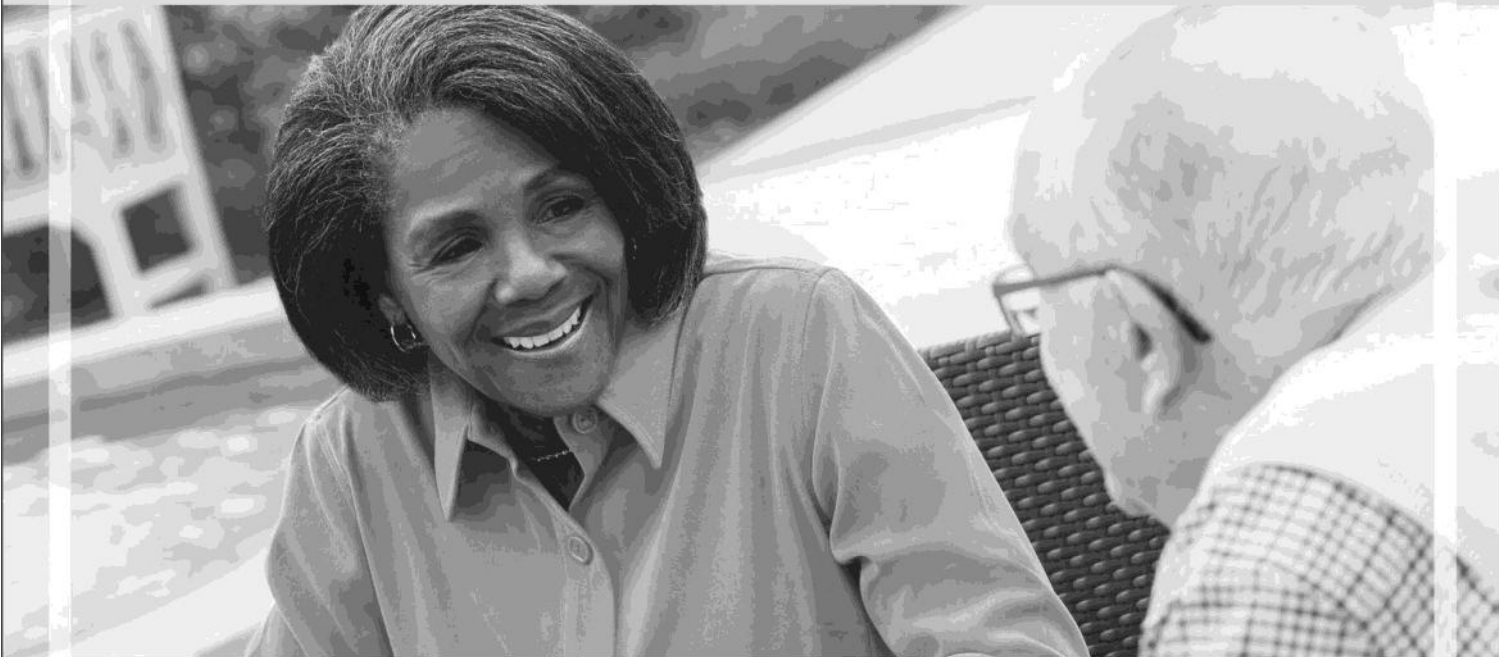
and women's issues. Locally, the Monroe Township League has been active with the Green Fair committees, ethics in government, human trafficking, and education. The League does not support or oppose candidates for elective office, but encourages its members to be politically active. It is open to men and women over 16. For more information on the League and its programs, please contact Judy Perkus, 609-395-1552.

Keep these contaminants OUT of your recycling bin:

- Plastic bags
- Food and liquids
- Electronics and small appliances
- Textiles, bedding, rugs and carpet
- Hoses, holiday lights, hangers, extension cords
- Film, sheeting, flexible film packaging
- Paper napkins, plates, cups, tissues
- Polystyrene foam
- Tires, auto parts, scrap metal
- Concrete, wood, construction debris
- Yard waste, wood
- Non-recyclable plastics

Adhering to these standards can save you money by reducing Rossmoor's trash pick-up charges.

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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 lit
- 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 CENTER NEWS

Flu season

(Continued from page 1)

exposed to the flu virus, it takes one to four days, with an average of two days for a person to develop symptoms. Flu symptoms include sudden headache, dry cough, runny nose, sore throat, achy muscles, extreme fatigue, and a fever. Your temperature could go as high as 104°F. An infected person spreads flu germs through respiratory droplets in the air when exhaling, talking, sneezing, and coughing. The flu is also spread when a person touches a contaminated surface like a door handle, phone or a counter that has the flu virus on it and then touches his or her eyes, mouth or nose. These are ports of entry for the flu virus. The symptoms start to subside in a couple of days, but the tiredness and cough could persist for two weeks or longer. The flu could cause further complications especially for seniors with medical conditions such as chronic heart or lung disease, asthma, diabetes, kidney disease and a weakened immune system. Some of the complications include bacterial pneumonia, bronchitis, sinus and ear infections, asthma and congestive heart failure. There have been flu-related deaths.

What can you do? Your first line of defense is to get your flu shot. It is so important for people who are at high risk to get a flu shot. It is recommended to get seven to eight hours of sleep, eat a well-balanced diet with green leafy vegetables, and to exercise regularly to lessen your chance of getting the flu. As we have been doing during this pandemic, continue washing your hands frequently with soap and water. If you are not near a sink to wash your hands, use hand sanitizer. Stay away from people who are sick and if you become sick, stay home.

Research studies are ongoing, but evidence is showing vitamin D may help improve the immune system, which in turn may reduce a person's chance of developing a respiratory infection like a cold and the flu. But before you start taking or increasing your vitamin D on your own, ask your doctor if you should start taking vitamin D or increasing your present dosage.

If you come down with the flu, call your physician immediately to start on an antiviral medication. There are antiviral medications: Tamiflu®, Relenza®, Rapivab® and Xofluza® that will shorten flu symptoms. The antiviral medications should be started

within 48 hours of when symptoms began. These medications will reduce symptoms, shorten the length of time of being ill, and reduce the risk of developing complications from the flu such as pneumonia. Getting prompt treatment is the difference between having a mild case of the flu versus having a serious illness leading to hospitalization. Speak with your physician about all medications you are taking as there are possible side effects. The potential side effects of antiviral medications include nausea and vomiting.

It is more important than ever this year to get your flu shot as we are still in the midst of the COVID-19 pandemic. Both the flu and COVID-19 are respiratory diseases that have similar symptoms and can cause serious illness and even death. The flu vaccine will lower your chance of coming down with the flu and protect you, especially if you are vulnerable to serious illness from the flu. Getting your flu shot will help to minimize two respiratory outbreaks occurring at the same time.

Our second flu clinic is scheduled for Wednesday, Oct. 6 in the Ballroom from 2 to 5 p.m. We have the Standard flu vaccine, Flublok flu vaccine, and Fluzone high-dose flu vaccine. Flublok is approved for people over the age of 18. Flublok is a recombinant flu vaccine, meaning it is not grown on eggs. It is an egg-free vaccine with no preservative and no antibiotic is used in the processing to manufacture the vaccine. The Fluzone high-dose flu vaccine is for people over the age 65 years of age.

The flu vaccine consent forms are located in the foyer of the Healthcare Center on the black bench. The pink consent form is for the high-dose vaccine and the yellow consent form is for the standard vaccine. If you are interested in the Flublok vaccine, those consent forms are in the nurse's office. Please fill out all the paperwork that is in the packet and bring it back with you when you come for your flu shot, along with your primary insurance card.

We will maintain CDC guidelines at our flu clinics. We require appointments to minimize the number of residents in the Ballroom at one time. All our tables will be six feet apart from one another and everyone will be masked at our flu clinics. After receiving your flu shot, you will be allowed to leave. If this is your first time receiving a flu shot,

you will have to stay for 15 minutes so we can monitor for any adverse reactions. We have emergency medication at the flu clinic in case someone has an adverse reaction to the flu shot. All our flu shots are preservative-free, meaning there is no thimerosal in the vaccine.

At our flu clinics, we accept most insurances. We do not accept AmeriHealth Local Value Network, Out-of-State Medicaid, Out-of-State Blue Cross Blue Shield (except for PPO), and cost sharing plans as these insurance companies do not have a contract with Saint Peter's University Hospital.

Please bring your primary insurance card with you as we must see it. There is a fee for those who have the four above insurances or those without insurance.

Residents will be able to make an appointment online. Please log onto www.sppanj.com/fluclinic to schedule your appointment. Choose Rossmoor and the date and time of the flu clinic you would like to attend. Follow the prompts and complete all fields.

Residents who are not comfortable using a computer or do not have one may call 732-867-1059 to make an appointment. The phone line is open from 8 a.m. to 2 p.m., Monday through Friday and on Saturday from 8 a.m. to 12 noon. Please note: the phone will not accept messages. If the phone line is busy or if it is before or after those hours, please call back. Do not call the Healthcare Center, because the nurse will not have access to the appointment schedule.

For homebound residents who would like a flu shot, a community nurse can administer the vaccine at the resident's home. Please call the Healthcare Center at 609-655-2220 for more information.

We will not give pneumonia vaccines at the flu clinics. Pneumonia vaccines will be given in the Healthcare Center. We have Prevnar 13 and Pneumococcal 23 (Pneumovax 23). If you are planning to get a pneumonia vaccine, please bring the prescription from your doctor indicating which of the two pneumonia vaccines he or she wants you to have prior to your appointment at the Healthcare Center. Please call the Healthcare Center at 609-655-2220 to make an appointment for the pneumonia vaccine.

Remember you are the most important member of your healthcare team – get your flu shot!

October at the Monroe Township Public Library

Sit-N-Stitch

Fridays, October 1 & 15 at 10:30 a.m.

Socialize with stitchers & crafters of all skill levels. Bring your own supplies. This program will be held in person. *Registration is required. Register in advance at the Reference Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Community Yard Sale

Saturday, October 2 from 9 a.m. until 1 p.m.

Love shopping a good yard sale? We have just the answer! The Library will host a community yard sale in the Library parking lot on Saturday, October 2nd from 9 a.m. to 1 p.m. Sellers will have use of a table with a donation to the Friends of the Library and will keep all proceeds of their sales. Come shop for bargains in one convenient location in the heart of the community. Interested in selling? <http://www.monroetwplibrary.org/yardsale>

Monday Meditation

Mondays, October 4, 18, & 25 at 9 a.m.

Grab a chair or mat and enjoy guided breathing exercises, meditation, and simple stretches to start your day! We will not meet on Monday, October 11. This program will be held via Zoom. Registration is not required. Please visit the Library's website at www.monroetwplibrary.org/virtual-programs for meeting

ID and password information.

Book Café

Wednesday, October 7 at 11 a.m.

Wednesday, October 7 at 1 p.m.

What have you been reading? We want to know! Join other book lovers for a lively discussion. Book Café is a perfect place to find your next great read or share what you have enjoyed. This program will be held in person. *Registration is required. Register in advance at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Genealogy Club

Wednesday, October 13 at 2 p.m.

Beginner and experienced genealogists welcome. This program will be held in person. *Registration is required. Register in advance online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

International Film

Discussion

Thursday, October 14 at 2:30 p.m.

Hosted by the Friends of the Monroe Township Library. This month we will watch and discuss "The Page Turner" (France, 2006). After failing an audition to a prestigious music school because of the disruption of one of the judges, the girl plots an elaborate revenge 10 years later. Please view the film in advance at your leisure and join us for the discussion. Films are avail-

able to stream for free on Kanopy, accessible with your library card online at <https://monroetw.kanopy.com/video/page-turner>. This program will be held via Zoom. Registration is not required. Please visit the Library's website at <http://www.monroetwplibrary.org/virtual-programs> for meeting ID and password information.

Coffee and a Book Discussion

Tuesday, October 19 at 10:30 a.m.

Join a book discussion about Hotel On the Corner of Bitter and Sweet by Jamie Ford. Reserve a copy on the library website or by calling the library. This program will be held in person. *Registration is required. Register in advance online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Library Board of Trustees Meeting

Tuesday, October 19 at 6:30 p.m.

What You Need to Know About Hereditary Cancer Risk

Wednesday, October 20 at 7 p.m.

Medical and genetics experts will discuss how to determine and reduce hereditary cancer risk. The panel of speakers includes Dr. Michael Nissenblatt, medical oncologist and clinical professor of medicine at Rutgers Robert Wood Johnson Medical School, Melissa Gandhi,

genetic counselor at the Rutgers Cancer Institute of New Jersey, Abby Grayson, licensed professional counselor, BRCA1-positive and a "previvor," and Scott Lanman, Peer Navigator with FORCE (Facing Our Risk of Cancer Empowered). Knowledge is power. This virtual program will be presented via Zoom in memory of Sheryl Lanman Nichols, who died of hereditary breast cancer in 2015 at age 34.

Page Turners

Thursday, October 21 at 11 a.m.

Looking for something to read or add to your reading list? Library staff will present and recommend a variety of titles pertaining to a different topic, both new and old titles. The theme for this session is Books about Food. This program will be held in person. *Registration is required. Register in advance at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Medicare Workshop

Thursday, October 21 from 2:30 p.m. until 4:30 p.m.

Hosted by Michael Salum, Medicare Supplement/Advantage Specialist. Topics

Covered include:

5 Biggest Mistakes Made by Medicare Beneficiaries
Original Medicare Versus Medicare Advantage Plans
How do Medicare Supplement Policies Work?

How do Medicare Prescription Programs (Part D) work?

What are some of the Proposed Changes to Medicare in the future?

This program will be held in-person at the Library. *Registration is required. Register in advance at the Welcome Desk, on our website at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

In-Person Early Voting

Saturday, October 23 through Sunday, October 31

In-person Early Voting enables all registered voters to cast their ballot in-person, using a voting machine, during a nine-day period prior to Election Day at any early voting location within Middlesex County. You may choose to vote in person, when it's most convenient for your schedule. The Monroe Township Library has been designated as an Early Voting location. In-person early voting locations will be open Satur-

(Continued on page 23)

Email your news to:
news@rcainj.com

Contact Waste Management
609-587-1500
ID# 61565342007
for pick up of household items
NO electronics
NO upholstered furniture
No mattresses

Recycle information from 
Waste Management

- No caps on glass bottles/containers in the recycle bin.
- No lids on plastic bottles.
- Only #1, #2, and #5 plastic is acceptable in the recycle bin.
- Plastics numbered #3, #4, and #7, etc. must go in the household trash bin.
- Other plastic items as well as plastic bags, plastic wrap, shipping film, and Styrofoam go in the household trash bin. Please, no plastic bags in the recycling bin. You can use a plastic bag to dump your recyclables, but take the plastic bag away with you. (Recycle it at the supermarket.)
- Shredded paper cannot be recycled by Waste Management with their current equipment so put it in the household trash bin.
- Aerosol cans must be empty *and* punctured before being put into the recycle bin.

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 and following the links Facilities, Clubhouse and Activities, and Bus Info.

Our hearts and prayers go out to the 110 families who suffered loss from Tropical Storm Henri

PLEASE HELP US to HELP THEM
by donating to the

ROSSMOOR COMMUNITY CHURCH

FLOOD RELIEF FUND

Your tax-deductible check payable to
Rossmoor Community Church
(with "Flood Relief Fund" on memo line)
may be placed in the RCC Drop Box
in front of the Meeting House
or mailed to:

Rossmoor Community Church
1 Village Mall
Monroe Township, NJ 08831

Donations may also be made online at
<https://secure.myvanco.com/L-YZH7>
Select the "Rossmoor Flood Relief" option

Donations will be accepted through Wednesday, December 15th
100% of your donations will go to those affected by Tropical Storm Henri
NO DONATION TOO SMALL!
THANK YOU AND GOD BLESS YOU

BOOKTRIB'S BOOKBITES

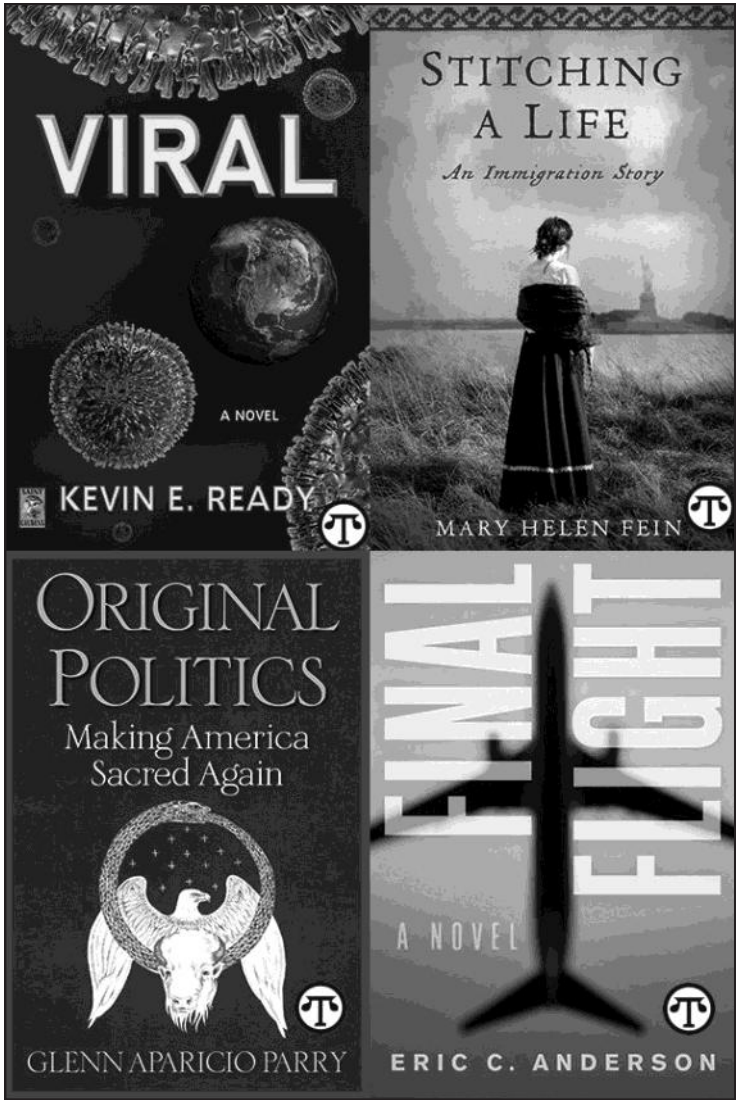
Four Great Reads: Fictional Pandemic All Too Real; Making America Sacred Again; An Immigration Story; Disappearing Jets

“Viral” by Kevin E. Ready
(NAPSI)—A story of hope and the indomitable will of the human spirit. This is a popular fiction saga of a pandemic—written well before the COVID-19 virus was ever heard of—and the actions taken by people around the world to fight it. The story is told from the viewpoint of several key characters in various countries and walks of life. It includes realistic descriptions of the disease and heartfelt sub-stories of the characters as they deal with the pandemic.
A woman of science must step up and become a leader and, hopefully, a savior. A first responder finds himself fighting for the lives of thousands. Valiant medical workers face near-impossible tasks while risking their very lives. Sounds only too real. Purchase at <https://amzn.to/2AieoiT>.

“Original Politics: Making America Sacred Again” by Glenn Aparicio Parry

To recreate a whole and sacred America, it is important to piece together the forgotten fragments of history currently keeping the country divided. Just as a traditional Native American potter begins a new pot with shards of old pots, “Original Politics” re-constellates the nation as a whole out of the seemingly disparate shards from its origins.
Perhaps the most significant forgotten piece is the profound effect Native America had on the founding values of this nation. “Original Politics” demonstrates how the best aspects of America’s founding vision were inspired from Native American cultures: natural rights, liberty, and egalitarian justice. Native America has inspired bringing all the world’s peoples together on one soil in a harmonious cultural mosaic of unity and diversity. Purchase at <https://amzn.to/3bgwsHe>.
“Stitching a Life: An Immigration Story” by Mary Helen Fein
It’s 1900, and 16-year-old Helen comes alone across the Atlantic from a village in Lithuania, fleeing terrible anti-Semitism and persecution.

She arrives at Ellis Island, and settles on the Lower East Side. She finds a job and devotes herself to bringing the rest of her family to the New World.
A few at a time, Helen’s family members arrive. Each goes to work and contributes to bringing over their remaining beloved ones. Helen meanwhile, falls in love with a man who introduces her to a different New York—of wonder, beauty and possibility. From She Writes Press, purchase at <https://amzn.to/3cs356h>.
“Final Flight” by Eric C. Anderson
On a clear, cold night high above East Asia, a China Air passenger jet disappears from radar with all aboard. It’s an anomaly, a fluke. And then a couple of hours later, it happens again.
It’s 2023. Former Air Force maintenance officer Jason Montgomery and Rob “Ski” Kalawski have just landed the gig of their lives. China Air’s aging fleet of Boeing 777s desperately needs navigation hardware and software upgrades. It’s a multimillion-dollar contract, and they’re just the guys to do it. Right? Wrong. Jason’s



just the middleman, but he finds himself trapped between yakuza gangsters, a tattooed dragon-lady sales exec and murderous Russian mobsters. Purchase at <https://amzn.to/3ba9Qbc>.

BookBites is a continuing series bringing readers information and ideas for their next read. For more reading ideas, visit BookTrib.com and subscribe to the weekly newsletter.

Tips to help you stay active and become a healthier you

(NAPSI)—Following a challenging year, it may be difficult to get back into a healthy routine. Now is a great time to think about what you can do to improve your health. Wherever you are on your journey to active and healthy living, there are things you can do to help you get or stay on track.
Try these tips to help manage your weight and stay active.
• Try to be active every day. Make physical activity a part of your daily. Invite a friend or family member to make it more fun and to help you stick with your goals.
• Think small. Small changes can add up to big results if you stay consistent. You don’t have to run a marathon or go on a strict eating plan to lose weight. Taking just a 10-minute walk every day or replacing your bowl of ice cream with a piece of fruit are great choices that can improve your health over time.
• Look for creative ways to be healthier. There are many ways to form healthy habits. Walk around a local park, take the stairs instead of the elevator, or try a hobby that keeps you moving, like gardening or dancing. Look for snacks low in added sugar and salt, like frozen or fresh fruit, hummus, and crunchy veggies.
• Reduce your “screen time.” We may not realize how much time we spend sitting still watching television, playing online games, or being on social media. Try turning off devices and take a walk, try a new sport with your loved

ones, or create a playlist of favorite songs and have a dance contest.
• Be mindful of your eating habits. Keeping a food and beverage diary will make you more aware of what you eat and drink, which can help you make healthier choices. Many apps and online tools are available to help you track your meals.
Health is a lifelong pursuit and is more achievable when you turn healthy behaviors into habits. To do that, remember to:
• Be patient. Most people at some point in their lives try to become more active or lose weight. It’s not easy, but it is doable! If you stick to your plan, you can reach your goals.
• Be prepared for setbacks. It’s normal to have slip-ups on your health journey. Don’t feel bad or punish yourself. Instead, remember that creating new habits takes time.
• Celebrate successes. Losing weight and becoming more physically active are big achievements. Be proud of yourself for wanting to become healthier and for doing what you can each day to make that happen.
If you are not sure where to start, visit the NIDDK’s Body Weight Planner tool at www.niddk.nih.gov/bwp to set some calorie and activity goals. Also talk with your health care professional about appropriate goals.
To learn more about weight management and healthy living, visit the NIDDK website at www.niddk.nih.gov.

Time to return to regular screening: It is important for men to be vigilant about their routine health screenings



(NAPSI)—The COVID-19 pandemic took its toll on lives in more ways than many realize. For example, it meant too many Americans neglected getting the regular health testing—particularly cancer screening—they should.
According to the Journal of the American Medical Association, an estimated 41% of U.S. adults reported forgoing medical care early in the pandemic. If you or someone you care about is among them, now may be a good time to schedule a doctor’s appointment. Members of the medical community fear that in a few years, all too many men will be diagnosed with later-stage, less-treatable prostate cancer.
As it is, the American Cancer Society, reports about one in eight American men will be diagnosed with prostate cancer. Fortunately, it can be treated successfully, especially if caught early. If you’re 50 or older or have a family history of prostate cancer, speak to your doctor about screening.
Understanding Prostate Cancer
There are four stages of prostate cancer. Stage one is

diagnosed very early and confined to the prostate. At this stage, the patient is unlikely to have any symptoms and may not need treatment beyond regular follow-up tests—and the five-year relative survival rate is almost 100 percent.
Some Answers Testing: Prostate cancer can be diagnosed with a simple blood test, the PSA, which checks the level of prostate-specific antigen in your blood.
In the past, there was controversy about whether having a prostate cancer screening done was beneficial or if it produced more harmful effects due to complications from over-testing. PSA testing was the best thing available for a long time.
Now there are tools that provide much more information, giving predictability about the aggressiveness of the cancer and data to help urologists safely manage their patients’ disease. This lets urologists keep more patients on active surveillance regimens and put off more aggressive treatment. Using tests such as the Gleason grade score, overall patient health and risk factors—age, race, ethnicity, family history and exposure to Agent Orange—doctors can determine with confidence how aggressive the cancer is and which patients will do well on active surveillance. They’ll also know which therapy options will be the optimal for the patient.

Making it easier for doctors and their patients to do this testing is the full range of diagnostic equipment and supplies available through the trusted advisors at Henry Schein Medical, a provider of medical and surgical supplies to healthcare professionals.
Treatments: There are many ways to treat prostate cancer, including hormone therapy, surgery, chemotherapy, radiation and cryoablation. The newest innovation is immunotherapy, which uses your own immune system to identify, target and destroy the cancer cells without harming the body’s own “good cells.” Your doctor can help you decide what’s best for you.
It’s important to remember you have the most options available when prostate cancer is diagnosed early and in the most treatable stage.
Paying: Many insurance policies will pay for diagnostic tests and there’s no co-pay or co-insurance cost sharing responsibility for diagnostic prostate cancer screenings (with such policies). This puts PSAs on the same level as mammograms.
Learn More
For further facts, visit the American Cancer Society at www.cancer.org and Integrated Medical Foundation (IMF) at <https://imfcares.org/>. IMF provides free screenings, education and support services.

Library

(Continued from page 21)

day, October 23 through Sunday, October 31. Hours will be Monday-Saturday, 10 a.m.-8 p.m. and Sunday, 10 a.m.-6 p.m. No appointment is necessary.

Early Voting Centers are for in-person voting for any registered Middlesex County residents. Vote by mail ballots may be mailed via USPS or deposited in the secure drop box located outside of the library, accessible 24/7.

On Election Day, Tuesday, November 2, 2021, voters should report to their regular polling place to cast an in-person ballot.

The Voter Registration Deadline for the General Election is Tuesday, October 12th. For more information please visit Vote.NJ.Gov.

Octoberfest

Saturday, October 24 from 12 p.m. until 4 p.m.

Going to Octoberfest at the Rec Center? Come out and celebrate with the community. Visit the Bookmobile to browse the collection, play games, enter a raffle and take home some goodies. This event will be held at the Monroe Community Center located at 120 Monmouth Rd.

Short Story Discussion Group

Thursday, October 28 at 2 p.m.

We will discuss the next two titles in The Best American Short Stories of the Century, "The Golden Honeymoon" by Ring Lardner and "Blood-Burning Moon" by Jean Toomer. This program will be held in-person at the Library. *Registration is required. Register in advance at the Welcome Desk, on our website at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Lobby Display Case

Matchstick monuments by Myron (Mickey) Kaplan will be on display.

Fine Arts Gallery

Works by local artist Siripala Ranaweera will be on display in the Fine Arts Gallery through October 2021.

Late Fees

On August 1, 2021 late fees were reinstated for overdue American Girl Dolls, DVDs, Museum Passes, Tablets, Video Games and WiFi Mobile Hotspots. We no longer charge late fees on printed materials, audiobooks, or music CDs.

Drive-Thru Window

Pickup service through the Library's Drive-Thru Window remains available by appointment for those who prefer it. Place items on hold with your library card and pick them up when they're ready. Schedule your appointment on our website at www.monroetwplibrary.org/curbside or by calling (732) 521-5000.

Returning Materials

Return library materials to the book drops at the Library's Drive-Thru Window or in the parking lot of the Senior Center at any time, as they are accessible 24/7. The book drop at the Rec Center is now open. Return library materials to the book

drop at the Rec Center during the building's operating hours.

Electronic Resources

Download and stream a variety of media, like audiobooks, ebooks, magazines, music and movies, at any time of the day, from wherever you are! Our digital library is available 24/7. All you need is your library card number. Visit our website at www.monroetwplibrary.org/resources/digital to get

started.

Bookmobile

The Bookmobile is on the road with our bus full of books, bringing the Library to you! Visit our website at <https://www.monroetwplibrary.org/bookmobile> for a schedule of stops and for information about requesting materials.

The Library will be closed on Monday, October 11.
www.monroetwplibrary.org

Ten tips to recognize ripe fruits

Keeping fresh fruit around the house provides a healthier alternative when your sweet tooth comes calling. Understanding how and when to buy at the peak of ripeness (or just before, in some cases) can help you avoid food waste while keeping your doctor happy.

Consider these simple tips for recognizing ripe fruits:

- **Strawberries:** Check the area at the top of the berry near the stem and leaves. A ripe strawberry is fully red; green or white near the top means the fruit is underripe.
- **Watermelon:** The "field spot," or the area where the melon sat on the ground, should be yellow, and a tap on the rind should produce a hollow sound.
- **Cherries:** Flesh should appear dark with a crimson color and feel firm.
- **Blueberries:** Similar to cherries, color should deepen to dark blue. A reddish or pink color may be visible in unripe berries.
- **Blackberries:** Look for a smooth texture without any red appearance. Because blackberries don't ripen after being picked, they



tend to spoil quickly.

- **Cantaloupe:** You should detect a sweet smell, and the melon should feel heavy upon lifting.
- **Peaches:** A sweet, fragrant odor should be apparent. Skin should feel tender but not soft.
- **Pineapple:** Smell is again an important factor for pineapple – a sweet scent shows it's ready, but a vinegary one likely means it's overripe.
- **Raspberries:** Generally follow the same rules as blackberries. Best eaten within a couple days of purchase, a bright red color represents ripe berries.
- **Bananas:** A ripe banana features a peel lightly spotted without significant bruising. Your best bet may be to purchase bananas still slightly green and allow them to ripen at home.

Find more food tips, tricks, recipes and videos at Culinary.net.

Classified Advertising

Home Improvement & Services

THE PAINTER – 30+ years experience, residential/commercial Rossmoor resident. Free estimates. References available. Call (908) 208-4062.

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.

PAINT KING NJ — Concordia Resident. Fast service. Experienced. Ceiling & Wall specialist. NJ LIC 13HV10937500. Call (609) 598-2221.

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

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.

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Miscellaneous/Services

TECH BUDDY – Simple step-by-step help with smartphones, 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. \$5 off setup. Free quote. (732) 589-4974. techbuddybarb@aol.com

COMPUTERS CUSTOM BUILT & REPAIRED - RJF Sales Company LLC.* Time to clean your computer and get educated on protecting yourself from scams. Desktop and laptop repair in your home. I am fully vaccinated; I use a mask. Virus removal and protection. Monroe resident with over 20 years of computer experience. (732) 723-9537 or (732) 967-3400. Please leave message; most calls returned same day.

Help & Health Services

NON-MEDICAL CARE-GIVER— Call Lillian. I am a Monroe resident with many references. (908) 208-2215.

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) 917-4208 or (908) 337-7462.

LEASE A NIECE HOME CARE AGENCY. Assistance w/personal and household activities – cooking shopping, appointments, local transportation. Companions. CHHAs, RNs. (732) 521-HOME or (732) 521-4663.

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.

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LIMO GUY — Our 20th year. We go almost anywhere. Late model Lincolns. \$85 to Newark Airport. \$165 Philadelphia. \$185 JFK. We go almost anywhere. 24/7. Call (732) 452-9222 or (732) 803-2521.

ARNIE'S DRIVING SERVICE. Anywhere. Anytime. 609-751-1612.

AAA TRANSPORTATION— Monroe area. (Encore resident.) Transportation to airports, trains, piers, NYC, and I will drive your car to and from Florida. Reasonable rates. Call Howard (732) 979-3085.

BOB'S RIDES FOR CASH is back for good. Local, airports, cruises, NYC. Call Bob at (609) 819-1240. Concordia resident. Reasonable prices!

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HOME CLEANOUTS AND DISPOSAL, HOUSECLEANING. Free estimates. References available. Call Kimberly at (732) 664-6738.

WANT COMPLETE, DETAILED CLEANING? Call Saile. Free estimates. (732) 621-9985.

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