



Rossmoor IN News



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A late-summer scene in Rossmoor

Photo by Stephanie Lupo

Second ANCHOR tax relief payments coming in October

By Carol De Haan

This past spring, the State of New Jersey sent ANCHOR tax relief payments to eligible residents to reimburse them for municipal taxes they paid for the year 2019.

Now, the State intends to send a second ANCHOR tax relief payment to eligible residents by Nov. 1 to reimburse them for taxes paid for 2020.

In August, the State sent 1.3 million confirmation letters to recipients of the first distribution to tell them that this second distribution will be done automatically: no action needs to be taken unless a recipient's personal information has changed.

If personal information has changed

If, for example, a person's name or direct deposit infor-

mation has changed, that person should have updated the State using the Treasury Department's link: www.nj.gov/treasury/apps/homeowners/

Failure to have notified the State agency by Sept. 30, 2023, will result in payment being made using the information already on file. This deadline was specified in the State's August confirmation letter to benefit recipients.

What about other changes?

If you bought your home in 2020, or if you altered an existing deed, or underwent certain life changes such as divorce or death of a spouse, you will need to file a new application by mail. The application form can be printed from the Treasury Department's website, mentioned

above.

What about new applicants?

In August, the State mailed
(Continued on page 2)

Trenton Brass Quintet Plus One opens Music Association's first concert

By Linda Bozowski

Do you recall how much we all loved Herb Alpert and the Tijuana Brass? Well, here's your chance to relive all that joy: The Music Association is pleased to present the Trenton Brass Quintet Plus One at its first concert of the season, scheduled for Sunday, Oct. 8, at 3 p.m. at the Meeting House. Founder and renowned tuba player Karl Megules will lead his players through a lively performance, sure to bring smiles to all. Please be sure to join in the festivities!

New Season Program

The 53rd season of the RMA offers a variety of programs that it hopes will offer a little something for everyone. With a mix of genres and many Sunday afternoon performances, the Meeting House is the place to be on the dates below.

- Friday, Nov. 10, 2023, at 7:30 p.m. – Marty Eigen and the Amani Group – All That Jazz
- Sunday, March 10, 2024, at 3:00 p.m. – Chorus of the Atlantic Barbershop

Quartet and a capella singers

- Sunday, April 7, 2024, at 3:00 p.m. – Eva Friedman and Roberto Pace, flute and piano
- Sunday, May 5, 2024, 3:00 p.m. – Richard Dowling, piano selections of Joplin and Gershwin
- Sunday, June 16, 2024, 3:00 p.m. – St. Peter's Brass, six bold and brassy musicians

Honor our students

In addition to the traditional subscription series, the Music Association will be offering two additional programs this season. Students from Monroe Township Schools will entertain us on

- Dec. 3, 3:00 p.m. – Welcome the Holiday Season. High School Percussion Ensemble
- (Springtime date to be determined) - Vocal presentations from our school system

The two student programs are not included as part of the series, but are being offered as donation-offering
(Continued on page 2)

We need dark sky places

By Anne Rotholz

Millions of people all over the world never see the Milky Way. Children do not get a clear view of the stars. The reason for both is light pollution.

Light pollution is an excessive or inappropriate use of artificial light. It is a form of waste energy that degrades the quality of the environment and steals our view of the night sky. Artificial light adds excessive heat to the air. This heat usually comes from burning fossil fuels.

Scientific evidence suggests that light pollution has turned night into day with adverse effects for all living things. It affects the health of humans and of wildlife. It has a negative effect on ecosystems and on the environment in general. It leads to climate change. It also wastes money.

Light pollution is made up of (1) glare, which causes



The Aurora Borealis as seen by a friend in Ireland

Photo from Anne Rotholz

visual discomfort, (2) skyglow, which brightens the night sky over inhabited areas, and (3) light trespassing, or using light where it is not needed.

Glare

It is a strong and sometimes dazzling light that hurts and may harm the eyes. It can cause discomfort and distraction and so diminishes

the quality of life for many people. Glare also affects birds and animals. The American Bird Conservatory estimates that four million birds are killed in the U.S. each year by colliding with brightly lighted towers or other objects.

Skyglow

It's a bit more complicated.

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What the Health Care Center offers

By Jean Houvener

The August meeting of the Computer Club featured a presentation by Elizabeth Caruso, MSN, RN, COHN-S, Nurse Manager of Community Health Services from St. Peter's Hospital, which manages our Health Care Center. Karen Rispoli, RN-BC, Charge Nurse, was also there to add information and answer questions. Karen has been central to our Health Care Center for many years. Harriet Wijaya, RN-BC, is the evening nurse.

Those of us who have used the Health Care Center know how valuable a resource it is for all of the residents. The Center is open 365 days a year from 7 a.m. to 7 p.m. They perform many valuable services for us. As you probably know, in the event of an emergency your first call should be to 9-1-1. In addition to alerting the township's EMS, who will send an ambulance, the 9-1-1 center will notify the North Gate and the Health Care Center of the information from 9-1-1.

Our nurses, like the EMTs are American Heart Association Basic Life Support and automated external defibrillator (AED) certified. They also will bring with them your chart which residents are advised to keep current. If you have managed 20-some years without needing to go to the Health Care Center, good for you, but be sure your current information is on file with them. Both the nurses and the EMTs find it to be a valuable resource.

In addition, the Center will do blood draws and urine collection prescribed by your doctor. To schedule an appointment, bring your script to the Center at least a day ahead of time so they can prepare for the needed supplies. The samples can be sent to either St. Peter's University Hospital Laboratory or to Quest. Results will be sent to your doctor and can also be picked up at the Center.

They will also do wound care, but you need to bring a

script from your doctor and supplies. You can also make an appointment for certain injections after two injections with no adverse reactions at your doctor's office and a prescription from the doctor to that effect with instructions. The nurses at our HCC have also done nurse navigation to help locate visiting nurses for nursing care after discharge from hospitals.

The HCC has worked with Saint Peter's to run flu-vaccine clinics each fall. This year the first clinic was Sept. 29 from 10 a.m. to 2 p.m. The second one will be Oct. 3 from 2 to 6 p.m. They also can give Prevnar-20, the newest pneumonia vaccine with a doctor's prescription, and the COVID-19 bivalent vaccine. Other possible vaccines may also be available

in the future.

Most of us have found useful information at the Health Fair, which is held every spring. They hope to resume the monthly health lectures, which were a valuable resource for information on particular health problems as well as a potential source for doctors. They also hope to expand screening possibilities.

For years, someone from Community Health Services has written an article on health issues for the Rossmoor News. This article covers only some of the many services our nurses do for us. If you have questions, call them at 609-655-2220. As we continue to return to more activities, be alert to more possibilities from our Health Care Center nurses.

Trenton Brass

(Continued from page 1)

events to help fund the Music Association's student awards to be presented next May to 2024 MTHS graduates. We hope that attendees will be generous in supporting our talented musical students.

Please join us

Subscription forms have been sent to previous subscribers and to many newcomers and are also available in the carousel near the E&R office in the Clubhouse. Please watch Channel 26 or

check your email for concert reminders. Tickets for individual events will be available at the door for each program at the current \$15 per concert fee.

Additional volunteers are always needed! If you would like to help, please send a note indicating your interest to our new email address RossmoorMusicAssociation1971@gmail.com or speak with one of our Board members.

We hope that you will be part of our exciting new season, our 53rd year of offering music to our residents.

Tax relief

(Continued from page 1)

more than two million new application packets to homeowners and renters who have not yet been part of this program. They have until Dec. 29 to apply. A State spokesperson warns that not everyone who receives a mailer will prove to be eligible for this benefit.

How much is the benefit?

If you're 65 or over and earn less than \$150,000 you will receive \$1,750, which includes the recently announced \$250 extra.

If you're 65 or over and earn between \$150,001 and \$250,000 you will receive \$1,250, which includes the recently announced \$250 extra.

Homeowners under age 65, earning \$150,000 or less, will receive \$1,500.

Homeowners under age 65, earning between \$150,001 and \$250,000 will receive \$1,000.

Any questions?

Additional information about the ANCHOR program can be found at www.anchor.nj.gov

The ANCHOR hotline is 877-658-2972.

Bits & Pieces

By Sue Ortiz

Announcer:

"The Columbia Broadcasting System and its affiliated stations present Orson Welles and the Mercury Theatre on the Air in 'The War of the Worlds,' *"

Orson Welles introduced the episode with a quick overview of current world events and a mention of Earth being watched. The announcer came back on to give the weather and told the listeners that they would now be "entertained by the music of Ramón Raquello and his orchestra." Cue music.

"Ladies and gentlemen, we interrupt our program of dance music to bring you a special bulletin from the Intercontinental Radio News ..."

So began the infamous radio broadcast production that played out live on Oct. 30, 1938, and scared the bejeezus out of countless Americans that fateful night. Many actually believed there was a terrifying alien invasion from Mars that was overtaking a farmer's field in Grovers Mill, only a few miles from the Monroe Township and Jamesburg borders. As the radio play progressed, the Martian attack was reported on by a cast of characters: "journalist" Carl Phillips, "Professor" Pierson from the Princeton Observatory, Grovers Mill resident "Mr. Wilmuth," "General Montgomery Smith" (who mentions that Jamesburg was under martial law), several other "military personnel," and even a lonely survivor who witnessed ... well ... spoilers!

Those who tuned in late or didn't pay attention to the introduction got lost in the "breaking news" format, believing it an all too real emergency of extraterrestrial origin. Musical interludes gave the broadcast a we-interrupt-this-program sense of realism.

Even though Welles took a break in the middle to explain this was a piece of fiction (because reports of alarm were being called into the station by then), it was too late. Panic had set in; mass hysteria ensued. People packed bags and left the cities; bridges were supposedly crowded with people escaping a fictional enemy. Americans were spreading the news, calling friends and neighbors as fast as if social media was a thing back in 1938.

Someone even shot at the Grovers Mill water tower thinking it was the tripod-

legged Martian craft!

Welles ended the program by restating that the Columbia Broadcasting System had just presented a dramatization of "The War of the Worlds," by H. G. Wells.

Not until Welles himself held a press conference explaining that his radio show was, exactly that, did the hysteria calm down. But letters of complaint still poured in to the station.

It was believed that the panicked listeners were blamed for their failure to listen correctly; they argued back that they expected truth from radio. But the panic spread far and wide; even non-listeners joined in the melee, not bothering to check facts before reacting.

It's like the telephone game. What one person hears changes as the message is passed from ear to ear until finally, the last person in line hears an entirely different version than the first. All heck breaks loose. Rumors spread. Untruths told. Aliens invade. Wars begin.

Be informed, read the rules, don't jump to conclusions, and don't panic. Remember, the answer to life, the universe, and everything is 42. (If you know, you know.) Don't become part of an angry mob, rushing in with torches. Relax. Take a chill pill.

If aliens, be they Martians, Vogons, Daleks, or Cybermen are going to invade us, there's really nothing we can do. (Maybe call a good Doctor?) With any luck, they'll be friendly. If not, well, we can hope our microbes will eliminate them, like in War of the Worlds. Oops ... spoilers again.

B&P

"For every minute you remain angry, you give up sixty seconds of peace of mind." – Ralph Waldo Emerson (American philosopher, 1803 – 1882)

"I'm the type of bloke who gets a flatpack cabinet from Ikea, puts it together without reading the instructions, then gets the drill out because the holes are in the wrong place." – John Bishop (British comedian, b. 1966)

"Everyone's quick to blame the alien." – Aeschylus (Greek poet, 525 BCE - 456 BCE)

**The War of the Worlds'* radio script from October 30, 1938 - [Wellesnet](https://www.wellesnet.com/the-war-of-the-worlds-radio-script/), <https://www.wellesnet.com/the-war-of-the-worlds-radio-script/>.



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 considered as space permits. **Unscheduled**

volunteer writers should contact Rossmoor News Chair about any submission. **We reserve the right to edit, limit, or reject any materials/submissions according to the directives of the Editorial Board and Publisher.**

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Open RCAI Meetings in October

**Board of Governors Meeting
 Thursday, October 20 - 9 a.m.**

**It will be an in-person meeting and
 will probably be held via Zoom**

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

Town Hall meeting explains new tax relief for seniors

By Carol De Haan

A heavily attended Town Hall meeting was held at the Senior Center on Aug. 23 to explain the new real estate tax legislation that will benefit New Jersey seniors over 65 and under \$500,000 in yearly income.

Assembly Speaker Craig Coughlin (D-Woodbridge) recently proposed a bill to help seniors remain here with family and friends, rather than needing to look around for a state with lower real estate taxes. It

passed in August with overwhelming bipartisan support and was promptly signed by Governor Murphy. The program is called "StayNJ."

Now, according to Coughlin, "over 90% of New Jersey seniors will see their property taxes cut in half."

The program will go into effect in 2026, when its first payments will go out to homeowners.

The evening's program leaned heavily toward audience questions with answers

coming from Assemblyman Coughlin, from State Senator Linda Greenstein, from Assemblyman Wayne DeAngelo, and from Mayor Steve Dalina.

Under this legislation, effective in 2026, New Jersey seniors will see up to a 50% property tax reduction, up to \$6,500 in direct property tax relief, and expanding access to and increased benefits of both the Senior Freeze and the ANCHOR programs. Until that time, eligible homeowners will continue to benefit from both the Senior Freeze and the ANCHOR program.

Since this meeting was held in the early evening (supper time?), the Senior Center graciously provided many trays of deli sandwiches, several salads, bottled water, and hot coffee. A worthwhile evening in every respect.



David and Linda Appleby and Steve Biehl deliver some of the many cartons of school supplies for youngsters in need. See more photos on page 11.

Thanks for making School Supplies Drive a great success

By Alyce Owens

The Benevolence Committee of the Community Church thanks all the very generous residents whose donations helped to make the annual School Supply Drive an overwhelming success.

Many, many happy children whose parents might have difficulty affording these necessary items were able to enter this school year well-equipped with the tools they need for learning.

County will shred your paper

By Carol De Haan

Middlesex County has set two events for local residents to deliver their accumulated household paper to be shredded and disposed of:

- Saturday, Oct. 14, 9 a.m. to noon, at the Cranbury School, 23 North Main Street, Cranbury, and
- Friday, Nov. 3, 9 a.m. to noon, in Thompson Park at the Manalapan Lake lot.

This event is for residents only, no business papers will be accepted. Five file boxes, or up to 100 pounds per car will be accepted and should be in manageable containers (no plastics). Paper clips and staples are no problem. Materials should be in the trunk of your

car or in the cargo area of your truck bed and the staff will remove them from your vehicle, with no need for you to get out.

What is not acceptable? In addition to no business papers, please do not bring newspapers, magazines, hardcover books, junk mail, photographs, X-rays, CDs, already shredded paper, and no garbage. Also, no batteries, no plastics, and nothing metal.

If you have questions, you can call 732-745-4170, or send an email to solidwaste@co.middlesex.nj.us

This is a service sponsored by the Middlesex County Board of County Commissioners with the help of the host locations.



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Spaghetti Dinner coming soon



By Meryll Hansen

You've waited all year for this ever-popular, oh so delicious Spaghetti Dinner and it's back again. Sponsored by the Community Church, dinner will be served on Thursday, Oct. 26, at 6 p.m. in the Clubhouse Ballroom.

For the amazing price of only \$20—including tip and tax—you'll be treated to a mouthwatering and abundant meal of tossed salad, spaghetti and meatballs, Italian bread and butter followed by a variety of delectable desserts, and coffee or tea.

As in the past, this feast will be cooked and served by Patrick Donnelly and his congenial staff from Top Hat Caterers. It's a BYOB affair but sodas and setups will be available.

Open to all Rossmoor residents, family and friends, this Spaghetti Dinner always sells out quickly so get your tickets early to get a seat.

Tickets will be sold in the Clubhouse Red Room Oct. 16 to 20 between 10 a.m. and noon. Checks are preferred, please, made out to Rossmoor Community Church.

Tables of 10 (or even smaller groups) can be reserved in advance by calling Alyce Owens at 609-860-0866. Since seats will be assigned, please provide names of those in your party when making your table reservations.

Mark your calendar now, buy tickets early and plan to be part of this always fun and memorable evening, while supporting the Community Church and its worthwhile benevolence endeavors. There will be a 50/50 raffle too. Definitely a winner of an evening.

We look forward to seeing you and your friends.

Dark sky

(Continued from page 1)

It comes from the use of artificial sources including electrical lighting to illuminate houses and other buildings, billboards, etc. In some cases, these lights are directed upward rather than at the object to be illuminated, causing even more light pollution. Astronomers have long been worried about skyglow. It makes their work much more difficult and it prevents all of us from getting a good look at the stars and other heavenly bodies.

Light Trespassing

Known as spilled light, it falls outside the boundary of the property where it is installed. It can cause problems for other properties, or for the sky. Light pollution affects all living things. Artificial lights have altered the natural day/night cycle for all creatures, including humans.

Some negatives

Many animals, amphibians and insects hunt and get their food during the hours of darkness. Artificial light frequently shortens their time for getting food. Night creatures like bats are severely affected because it delays or prevents them from coming out of their roost. Many of these species are pollinators, which causes an additional problem as they are hampered from carrying out that important task.

Migrating birds look to the moon and the stars to guide them to destinations thousands of miles away. Light pollution confuses them and makes their journey that much more difficult.

Humans are affected by light pollution. It has interrupted our natural day/night cycle. We are frequently advised by medical personnel that darkness is conducive to a good night's sleep. They also tell us that the

production of our body's sleep-inducing melatonin may be negatively affected by artificial light.

In recent years people in several countries have begun to take notice. Dark Sky Places are becoming a topic of conversation indicating that there is a renewed interest in the skies and a light pollution-free environment.

In recent weeks I noticed that newscasters talked about the Blue Moon, the Super Moon, and the location of Jupiter. One would not have heard something like this on the news a few years ago.

Dark Sky International

The International Dark Sky Association is a worldwide organization that was set up to combat light pollution. Its aim is "To restore the nighttime environment and to protect communities and wildlife around the world from the harmful effects of light pollution." The organization has approximately 300,000 members in 70 countries. After Flagstaff, Ariz., was designated as a Dark Sky city in 2001, the movement became more active.

Dark Sky International certifies dark sky places around the world. It works with communities and governing agencies to protect them. It has several different designations namely Dark Sky Parks, Dark Sky Reserves, and Dark Sky Preserves, etc. There are some Dark Sky places in N.J. The most prominent one is The Delaware Water Gap.

I could not help but think as I was doing this article that I grew up in a Dark Place country. In Ireland we had really dark nights. The moon and the stars always looked brilliant. We learned the names of many stars. We saw the Milky Way and watched shooting stars and meteor showers. On most nights we saw the Northern Lights and we watched comets come and go. The attached picture will show you the Irish night sky as it appeared one night last spring. The night sky in Ireland is still a magnificent sight.

A reminder

On Oct. 14 we will see The Ring of Fire. This solar eclipse will be visible all over North and South America. There will be a ring of fire or *annulus* of the brightest sunlight around the moon. A similar eclipse will take place next year but it will be visible only in Chile and Argentina.

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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.

What to do with egg shells? How about composting?

By Linda Bozowski

Back in the old days, e.g., the 1950s, before the introduction of garbage disposals, we dealt with household waste in different ways. We put the eggshells, orange peels, coffee grinds, and more into the trash container, threw them into the field (we farmers did that!), or spread them on our flower beds. Not being a city or town girl, I would guess that folks who lived in more urban areas used method one as their primary disposal methodology. We farmers used methods two and three, or may have even used the kitchen remnants as a supplement to the animal feed for our chickens, horses, or pigs.

But time has passed and many or most of us live in homes with garbage disposals that live underneath our sinks. They make noise and happily pulverize the eggshells and orange peels or even chicken bones. So long as we follow the directions that come with these devices and are careful to ensure that silverware and bottle caps don't slide into the grinding wheel recesses, we can proudly say that we have disposed of our kitchen wastes in a clean and non-odiferous manner, without saving these kitchen remnants in the kitchen trash

can, awaiting transport to the waste sheds near the carports.

However, we have alternatives for kitchen waste disposal. We can place our non-meat and non-dairy remains, like eggshells and peels and spoiling grapes, in a container that may look like a mini-trash container that might be attractive enough to rest on the counter and which is lined with a biodegradable bag.

Or if we don't wish to invest in another kitchen pseudo-appliance, we can collect these remnants in some other closed container like an empty ground coffee container that might live under the sink, on the patio, or in the garage where pets and varmints cannot spill or eat them.

When the container, attractive or mundane, is nearing its capacity, we can then dump the contents onto a section of a flower bed, where the remnants will con-

tinue to decay.

For those of us who may be more recycling-oriented, we could make a small area in our small yards where we can segregate our compost contributions, and we could add leaves, twigs, or other organic materials, which will need to be blended in with the kitchen waste materials. However, an easier way to dispose of kitchen waste is, rather than emptying our composting storage containers' contents into the flower bed, we can, as I do, pulverize the contents in the blender and make a soupy mix which can then be poured on the flower beds. This method offers no unsightly non-mulch décor to our flower beds, and also offers no tasty menu items to squirrels or other yard critters. The liquified kitchen waste is readily absorbed into the ground, nourishing the soil beneath, which is one of the purposes of this whole exercise.

The repurposed kitchen waste offers bountiful nutrients to the soil – calcium, phosphorus, and whatever else, all of which are beneficial to our landscaping. Of course, we will have to dispose of some kitchen waste in the trash can – all those bones and dairy remnants –

but in the meantime, we will have repurposed a good deal of usable waste. And of course, the other benefit of this minimally labor-intensive exercise is that it also lessens our demands on our sewage systems. Think about it and maybe give it a try.

Just Say Prunes

By Allen Kobezak

Look on your nightstand or wherever you keep a portrait of your loved ones. Perhaps it's a photo of your grandchildren. Now, look at a book containing portraits of people who lived in the 1800s. What's in the picture of your grandchildren but missing from the photo of the people in the book? No, I don't mean your granddaughter's nose ring. I'm talking about the smiles on their faces.

The people without smiles in the book didn't smile because the photographers forgot to tell them to say the word "cheese."

In the 19th century, you wouldn't want anyone to smile for a picture because the exposure time needed for the early images was very long. The subject would need to stay still to keep from blurring the photo.

That means there couldn't be any facial expressions that couldn't be held for about 15 minutes. This wasn't a problem with the landscape shots, but the subject would surely spoil the image for a portrait, attempting to hold a smile for so long.

Eventually, photographers would instruct their subjects

(Continued on page 6)

Let's stop bluffing and install telecoil technology

By Betty Anne Clayton, Ed.D.

Are you a bluffer? Bluffing is a habit shared by almost every person with hearing loss. You know you are a bluffer when you pretend to understand what is being said but don't hear what the person is saying to you.

I have been a world class bluffer! For many years, I would smile, and nod affirmatively when someone was speaking to me. The person would assume that I was following the conversation when I could not hear a word they were saying. Bluffing is what happens when you fall into a communication black hole. There are many reasons why those of us with hearing loss bluff and many good reasons why we should not bluff. Rather than becoming a better bluffer, let's find ways to become better communicators.

One option for better communication would be the installation of telecoil technology in our Meeting House, Ballroom, Gallery, and Administrative Building. When these rooms are equipped with telecoils, Rossmoorites with telecoil equipped hearing aids will hear speakers clearly and background noise will be eliminated.

I have been hearing from readers and welcome your thoughts and support. I may be reached at bettyanneclayton@yahoo.com.

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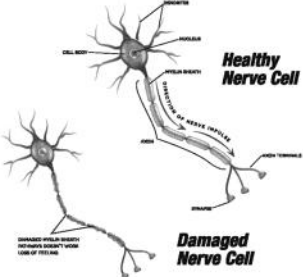
Peripheral Neuropathy is a condition that affects millions of Americans, commonly resulting in pain, tingling, numbness, and other painful symptoms in the hands, legs and feet. This pain changes your life and affects how you work, how you play and how you live.

NEW FDA-CLEARED TREATMENTS PROVIDE HOPE

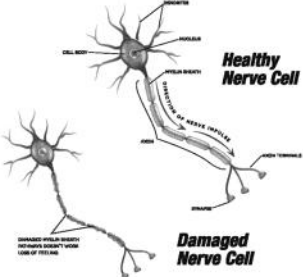
AllCure Spine and Sports Medicine is pleased to announce their new program for treating Peripheral Neuropathy, which includes a combination of advanced FDA-cleared treatments with breakthrough technology that aids in healing the damaged nerves. The effects of this program can be felt on the first few visits. This treatment restores, stabilizes, and rebuilds the nerves in your extremities. Treatment has also been effective in addressing painful symptoms of arthritis, MS, and other forms of chronic pain. Patients generally feel relief physically throughout the treatment period and even feel better emotionally after experiencing a reduction in pain.

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.



Healthy Nerve Cell



Damaged Nerve Cell

Another way to cast our ballots – ranked choice voting

By Linda Bozowski

On Monday, Aug. 28, the audience at a presentation by the League of Women Voters had an opportunity to learn about a voting method used in some other countries and in some locations here in the U.S. – ranked choice voting. Herb Tarbous, co-founder of Voter Choice New Jersey, walked attendees through the method behind ranked choice voting and how the process gives voters more control in election outcomes.

What is ranked choice voting?

This voting method provides that the person with the most popular support becomes the winner – simple as that. Our current method in New Jersey and in most other states goes by plurality, that is, if three persons are running for a position and the vote tallies are candidate A, 315 votes, candidate B, 317 votes, and candidate C, 316 votes, candidate B will win, because that person had the most votes. However, not one of those candidates won a simple majority of the votes.

In a Ranked Choice Voting, each voter will indicate on his or her ballot which candidate is the voter's first choice for a particular office,

which candidate is the voter's second choice, and which is the voter's third choice.

If the least favored person, candidate A, got 315 votes, those votes would be taken away from candidate A and reexamined for the voter's second choice. Those second choice votes would then be recast in favor of either candidate B or candidate C, as the voter instructed. It could end up with candidate C as the winner if more voters had chosen candidate B as their second choice and candidate C as their third choice. So long as one of the candidates got 51% of the votes, that candidate would be declared the winner.

This is confusing. What's the point?

For the most part, in New Jersey voters generally have two choices for each office – one from each of the major political parties. Although there may be other candidates in an election, their candidacies are regarded as "spoiler" positions, in that they may be taking votes away from another more favored choices.

We can look at past elections and can easily think of Ralph Nader, a minority candidate in 1996, 2000, 2004, and 2008, who drew votes away from well-known candidates during those elections. Was it likely that Nader might have been successful in his efforts? Who can say? However, he did help keep the large-party candidates from achieving 51% in each of those races. Those elections were determined by the plurality method – who has the most votes, not who has the majority. Another way of evaluating this is to ask "who is the most widely selected?"

Many regard Ranked Choice Voting to be similar in its logic to the caucus system used in some states like Iowa, in which likely voters actually stand together to indicate their support of one candidate or another. The candidate with the majority is identified as the winner of that state's caucus.

Mailing Addresses

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

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

So what about New Jersey?

New Jersey does not support Ranked Choice Voting, although there are two bills pending in the legislature that would make this method legal in the state: S3369 and A5039. The passage of these bills does not mean that N.J. will adopt this method, but it does permit counties and municipalities to change their voting methods if voters in these entities petition the county or local governments to permit this election format.

In some states, this has already happened, e.g., Alaska and Maine have used this method for several years, and Missouri will implement it this year. Fifty-three cities and counties vote this way, and much overseas and military voting is conducted this way as well. A growing number of other states, counties and municipalities are giving consideration to this method as well. The method is used in a number of other countries outside of the U.S.

What are the advantages?

Proponents of Ranked Choice Voting offer several benefits: reduced costs, because runoff elections would be unnecessary, less negativity during the campaigning timeframes, less party promotion, and greater cooperation among candidates. Any guarantees that these benefits would occur? Who can say, but we could all hope so.

Is Ranked Choice Voting something that should be considered in New Jersey, in Middlesex County, and in Monroe Township? Yes, because it would give voters a greater opportunity to be heard and to make their choices known.

Until about 100 years ago, Ranked Choice Voting was the most widely used election method here in New Jersey. Maybe it's time to take another look at the concept. Information can be found at voterchoicenj.org

Say Prunes

(Continued from page 5)
to say the word "prunes." This will give you the proper expression for a 19th-century portrait. Try saying the words "cheese" and then "prunes." You'll see for yourself.

Around 1860, with advances in photography, a few seconds of exposure time might be adequate to capture an image. But, even then, it was a slow transition for the smile to be commonplace in portrait photography.

When the change did come, most of the credit went to George Eastman and the introduction of his Kodak Brownie camera in 1901. With this camera's ease of operation and low-cost roll film, photography was now available to everyday people. Eventually, the average Joe and Joann learned they could smile for the camera, and cheese went better with a photo than prunes did.

A trip to West Point

By Ken Thomas

We were going to West Point to see the academy and an Army football game. West Point offered a Scout weekend annually. Our campsite was not near the academy, but less than ten miles away. Signs on the official Army base road let us know we weren't in Kansas; rifle range, artillery range, battalion #334, bivouac area, etc.

In the field near our tents, two Army helicopters were practicing maneuvers. Our boys ran toward them, but the motor noise and wind from spinning blades prevented my "too close" concern. The helicopters landed and the pilots and crews let the excited boys climb on. All their questions were answered and some uniform patches were distributed. The armed forces always treated my boys royally.

After supper, I described our itinerary for tomorrow; the assembled corps, museum visit, band, flag ceremony, marching cadets, and a West Point lunch with them. The football game was the final part of the day. West Point would be on display for us. Unfortunately, the display would be wet. The rain and wind during could have knocked down the goal posts.

At breakfast, our eggs

floated in the frying pans. My coffee surpassed decaffeinated. Water-proof was an opinion not a fact. Everyone dressed in uniform, an entry ticket for the day's events. We confirmed that tents, tarps and uniforms can't survive rain in an open field.

Our car brigade found the parking lot and a cadet met us as a guide. Even wet, he looked military. Would the rain cancel the cadet parade? The West Point commandant said, "NO"! Everyone sat in the bleachers and prayed for the sun. The sky released more rain and the cadets assembled in puddles. Marching was sloshing! A change in the commandant's decision was not difficult and the cadets went back to their barracks.

Lunch with the cadets celebrated hearty Army entrees as plebes shared the tables with us. After a quick museum visit, we started down a road toward the football field, sloshing like the cadets. Army wasn't playing a Big Ten football team, so none of us knew the opponent, Coastal Carolina?

The teams played the same type of football; run the ball, don't fumble, run the ball, don't fumble. The first quarter ended without a touchdown. Our scoreboard, most of our baseball type

scout caps and everyone's jockey shorts were waterlogged.

Finally, West Point scored and the game was over, unless the other team could swim. The commandant should have canceled the game from the bleachers. Two cadets from their Eagle Scout Society provided a bus back to our cars in the water covered parking lot. The boys listened intently as the cadets described military life at West Point. A few high school graduates might consider an application to the military academies.

There was nothing military about breaking camp and the trip home. "West Point" should have been called "Wet Point." Some parents questioned our sanity. The weatherman was nominated as a dog catcher. No one said anything about the trip to the Naval Academy next month. We may still be wet.

Think about this

People who think they know everything are a great annoyance to those of us who do.

Isaac Asimov
Professor of Biochemistry
Prolific creative writer
1920-1992

The Eagle's Tree

By Allen Kobezak

We all know that Rossmoor is a well-maintained community. However, there is one beautiful tree I wish was left to die of old age rather than cut down while it had a useful purpose and years of life ahead.

At one time, from my window, I could see this large, graceful weeping willow tree on the golf course. It was near the lake's edge, where the soil is moist and willows thrive.

One of the symbols of our country, the bald eagle, finds

its favorite food in bodies of water. Frequently, I would see an eagle or two perched on this willow. The tree had a few dead branches close to the top. This made for a better view of the eagles for myself and a good vantage point for them to look over their dinner table below. When it was hungry, an eagle would swoop back and forth across the lake, almost touching the water's surface, ready to grab a fish. They can put on quite an aerobatic show.

(Continued on page 8)

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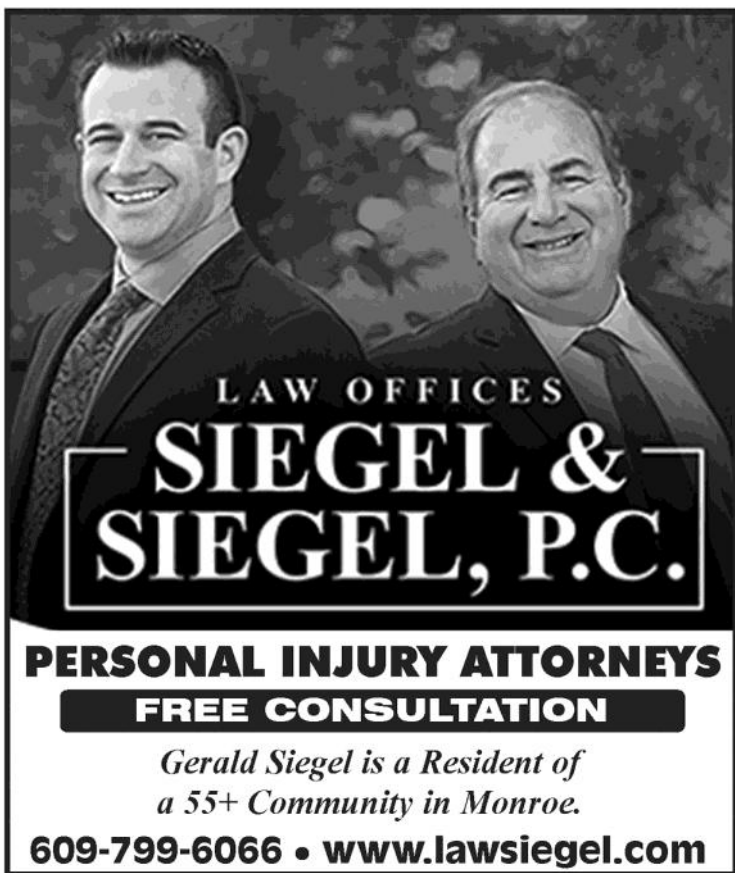
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Understanding Investment Risk, AI and Human Nature

An investment's risk is usually defined as its standard deviation in the financial press and advertising. Reducing the concept of risk to a single statistic makes it easy to understand. So, the media and marketers cannot be faulted for defining risk in this way. However, standard deviation expresses only one aspect of investment risk. It totally misses the central element of investment risk: how you behave in reaction to seeing your wealth disintegrate in a crisis or other unexpected change, like the 2008 global financial meltdown when the S&P 500 stock index lost 48% in six months.

Human behavior is what really matters in managing investment risk.

Standard deviation measures the risk of price fluctuations in stocks, bonds, cash, and other assets, which is helpful but your reaction is more important. Investors obviously love the upside of standard deviation. No one complains when investment values surge. Negative volatility, however, when risk assets are subject to 50% drops, is intolerable to some individuals.

Watching the destruction

of your wealth in a matter of days or months is the psychological equivalent to waterboarding for some people. For others, it's a matter of waiting out the storm. One investor's acceptable unrealized loss is another's worst financial nightmare.

Statistics like standard deviation are a window into visualizing an unrealized investment loss but do not capture the full picture. Psychological fallout can trigger an investor to turn an unrealized loss into a real one. This is why financial planning works. It prevents an investor from selling at, or near, a price-bottom, resulting in missing the rebound and return to normalcy that historically followed past financial-economic crises.

Risk and return data provided in online tools from financial services companies and financial media make it easy to overlook their bias toward simplifying investing. A respected institution speaking in an authoritative voice can make it sound easy to allocate and rebalance a portfolio annually. Always remember, it is in their financial interest to convince you investment management is simple.

Over the past two decades, a new generation of improved investment advice apps made securities trading cheap, easy, and ubiquitous. Now, artificial intelligence (AI) is expected to supercharge knowledge transfer.

A quarter of the tasks performed by American workers before the generative AI breakthrough by ChatGPT in

2023 are expected to be automated by AI in the years just ahead. Labor productivity is likely to surge through 2030, transforming the U.S. labor force. AI already is touted in advertising as yet another new generation of powerful online financial advice tools.

However, AI is still no substitute for a relationship with a professional, who knows you and can assess your investment personality characteristics to test how large a loss you can take before abandoning a strategic plan. Put simply, AI cannot be trusted to replace human judgment on crucial decisions affecting your health and financial well-being.

On May 1, 2023, the "Godfather of AI," joined a growing list of AI experts worried about the release of AI applications. Geoffrey Hinton, a computer science professor, whose company was acquired by Google for \$44 million in 2013, announced he was leaving Google, so he could speak freely about AI's dangers without concern for how his comments might impact Google. Google had launched an AI-powered search engine chat feature in March 2023, disclosing it was not always accurate. Meanwhile, Google's rival, Microsoft, launched an AI-powered search engine chatbot that reportedly is prone to hallucinations and fell in love with a tech reporter.

AI is expected to increase knowledge transfer exponentially, but nothing compares to getting advice from a trained professional, who knows you. Investment risk is not a single statistic and it still takes a human who understands you.

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.

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Eagle's Tree

(Continued from page 7)

I'm sure one of the reasons for this tree's removal was the safety of the golfers. A golfer's safety comes before an eagle's dinner. However, I do miss seeing them, the bald eagles, that is.

Since this tree was cut down, I have only seen a few eagles, and they were flying high in the sky over Rossmoor. Maybe they were searching for another fishing hole in a community more welcoming to nature. Of course, a new tree was planted in place of the eagle's tree, and it is about 12 feet tall now, a nice size for a robin or two.

Many years from now, when this new tree is mature, another Rossmoor resident may be looking out this same window. If this person is lucky, another bald eagle may be perched high in this tree. I hope this resident enjoys the show as this bird swoops across our lake, looking for a meal while dodging those little white balls that occasionally go astray and sail into the water.

Rise and fall of nutmegs

By Jean Houvener

A book I read recently, “The Cargo from Neira” by Alys Clare, piqued my curiosity about the origins of nutmeg. (The book is the fifth in a series.) In the early 1600s the competition was fierce between the English and the Dutch for control of trade from the Spice Islands, also known as the Banda Islands, now part of Indonesia at the far eastern end.

Spices were central to trade across the Silk Road and the camel trains through the Middle East. The Arabs were careful not to reveal the location of the islands so as to maintain their hold on this lucrative trade. The islands were the sole source of the much-sought spice, nutmeg. Nutmegs were worth more than their weight in gold. Many expeditions were sent to bypass the Arabs and to locate the islands directly. In 1492 Columbus sailed the ocean blue not to find new continents, but to find the Spice Islands. We all know how that ended.

The Portuguese were the

first to find the islands in 1513. While they tried to create a presence there, the local people rejected their efforts at colonization. Then the Dutch drove out the Portuguese, initially setting up welcomed trading posts. In 1609 the local rulers – *Orang Kaya* – rose against the Dutch who had tried to establish a monopoly in nutmeg. In response the Dutch East India Company (VOC – *Verenigde Oostindische Compagnie*), sent Jan Pieterszoon Coen to lead a campaign against the *Orang Kaya* and their people, which became essentially a genocide. Those who survived were enslaved to teach imported slaves from southeast Asia how to grow and process the nutmegs, overseen by Dutch planters.

By this time the English had also discovered and conquered some of the Banda Islands, leading to tension and conflict between the Dutch and the English. Originally the Governor and Company of Merchants of

London Trading into the East-Indies (the Company for short, later the British East India Company) was the English competitor with the Dutch East India Company. The two companies, VOC and the Company fought militarily, strategically, and in cloak and dagger encounters.

As a surprising turn, the Treaty of Breda on July 31, 1667 between the Dutch and the English, ceded two small Banda Islands (and their valuable nutmegs) of Britain to the Dutch in exchange for a swampy little island where the Dutch had founded New Amsterdam (destined to become Manhattan, financial capital of the world). At the time it seemed to be a terrible deal for the British and a great boost to the Dutch, however by the time of the trade, the British had already exported nutmeg trees (and surrounding soil) to various other British colonies, eventually breaking the Dutch monopoly.

The Banda nutmeg is still considered the best nutmeg. The outer fruit, inner seed coat, and seeds are all used as culinary ingredients. Of course, nutmeg itself is obtained from the inner seed by grinding. The seed coat (aril) is the source of mace, another valued spice, with a similar flavor but more delicate than nutmeg. The fruit is used to make jams and candy. Essential oils can be distilled from the nutmeg spice, and are used in pharmaceuticals and perfumes. While nutmeg and mace can now be found in virtually any supermarket, its history is full of twists and turns, exploitation and adventure.

Humor

By Ken Thomas

After thousands of words, I have learned a truck load about humor. My admiration for comedians, sit-com writers, cartoonists, slap-stick artists, authors, or any humorist has tripled. Humor is very difficult. The variety of humor is like ice cream, unending flavors. Some humor gets grins. Some humor earns smiles. Some humor hears hearty laughs. “I wet my pants” is the ultimate response. Personally, I have tried to create humor in my written pages and the words were a test for my pen. How is humor included in anecdotes, satire, essays, poems, lyrics or any other genre? Is it possible to create every type of humor? Am I humorous? The process is staggering, but a successful result is entertaining.

My close friend Jack was a very funny stand-up comedian and inspiration, but a variety of funny people have taught me humor.

“She” had a huge bag of jokes, quoting every punch line without pausing. Her best joke was my best joke. She could roast a saint or toast a hero with resulting smiles.

“He” could change serious titles, rearranging serious. His urologist analyzes “pee-pee performance.” His proctologist is a “bum barbarian.”

“Her” descriptions defy language definitions. Is “belly button spasms” or “hormonal hemorrhoid halitosis” in the dictionary?

I have no personal type of humor, but comedians would probably use me as their straight man. Anything I say, the other he or she can turn into more humor with their response. He and she have strange words for a Roget’s Thesaurus consideration; septuagenarians, feedmeister, bleeding burp tattoos,

coach ka-ka, or inegrievous inspectors. These humorous humans have taught me laughter.

Within all my paragraphs is an education in humor. I laugh, others grin. I smile, others frown. I laugh at “Knock-Knock” jokes, others don’t. Rated “X” humor turns me off. Humorous life experiences tickle my funny bone. All kid humor is acceptable ear time. I asked my grandson if he had to do #1 or #2 in a bathroom visit? He said, “#3”?

I’ve discovered that many people have barrels of out loud humor, while others have grin cups. Put me in the barrels. My “Make it fun” goal needs quantity. In a beginners’ writing class years ago, the teacher said, “Read it out loud” before the words end, a writer’s quality check. For humor, “Did you laugh” should be added.

Sometimes squeezing humor-type words into paragraphs are not required. The subject matter is the humor. Just watch me dance or hear me sing. Measuring humor is not difficult, watch readers. Their reactions will calculate humor for you. “Be a clown” is not required. “Make me laugh” is acceptable. If you really need a humor rating, ask your husband as a female. Ask your wife as a male. A smile is enough for me.

Humor is a word search in any paragraph on any written page. Would newspapers be more readable? Would textbooks be less boring? Would magazines miss garbage cans? Would Hallmark cards cost less? Could non-fiction writers keep their expert status? Everyone and everything has humor somewhere. Each human’s humor is homogeneous. Smile, you’re on “Candid Camera”!

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Most attendees choose to make an appointment at the end of the presentation, so please bring your calendar with you.

CULINARY CORNER

By Sidna Mitchell

Try this Eggplant Casserole

This year, thanks to Ken, we had a wonderful garden – rather two sites (at our age I hesitate to say plots) in the

Monroe Community Garden down on Applegarth. Although he didn't plant corn this time, we had plenty of lettuce, tomatoes, peppers, summer squash, okra and eggplant along with some

radishes, acorn squash and beets.

In fact, we had so much lettuce (two varieties), tomatoes (three varieties), peppers, yellow squash and eggplant that we were giving those veggies to any friend, neighbor or doctor who would take them. Often I supplied an appropriate recipe or two to go along with the specific vegetable.

I shared a squash cake with croquet players, two of whom swore it was an apple cake. Known as the substitution queen, years ago I made a spice cake for a picnic, using squash instead of apples.

I also made breads and cookies to take to the Attitude Adjustment time after our Golf Croquet games on Friday night. Everyone really seemed to enjoy these treats, even one player who claims he doesn't like eggplant or white onions. Little did he know that the veggie bread he ate included those two vegetables along with summer squash, peppers, and tomatoes.

Maybe I'll have to have Dan and Kathy over for dinner sometime and serve eggplant parmigiana. This is a delicious entree; serve with a tossed salad and garlic bread.

Eggplant Parmigiana

- 1 medium eggplant, thinly sliced
- 2 chopped garlic cloves olive oil
- 4 slices prosciutto

Culinary Corner

- 7 slices mozzarella cheese
- 1 or more cups pasta sauce
- ½ cup or more grated Parmesan cheese

Salt the eggplant slices and place in a colander to drain for at least 30 minutes.

Drain and pat dry.

Place enough olive oil in a skillet and quickly sauté the garlic; do not burn.

Add the eggplant slices and sauté until tender.

Remove the eggplant slices and place in a quart baking dish.

Layer the prosciutto slices over the eggplant and then top with the mozzarella cheese.

Spread pasta sauce evenly across the top.

If needed, repeat the layering, ending with pasta sauce and spread with grated Parmesan cheese.

Bake in a 350-degree oven for about 15-20 minutes.

Makes about two or more servings.

NOTE: Of course, I made a substitution: smoked deli ham instead of prosciutto and shredded mozzarella cheese to cover instead of the cheese slices. Also, the last couple times I made this recipe, I didn't bother to saute the eggplant slices; I just put them in the baking dish, simply put the the olive oil and sauteed garlic on top and started the layering. This casserole is also very tasty leftover.

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

New Neighbors

By Christina Smith, Resident Services Manager

Salvatore and Martha Curcurato, 650B Old Nassau Road, formerly of East Brunswick, N.J.

Julia Markunas, 582A Old Nassau Road, formerly of Old Bridge, N.J.

Urmila Patel, 256C Old Nassau Road, formerly of Kendall Park, N.J.

Lenke Koncz, 54D Old Nassau Road, formerly of Monroe Twp., N.J.

Jayant Patel, 624B Windsor Way, formerly of Morris Plains, N.J.

Jaipreet Chawla, 434B Newport Way, formerly of Montclair, N.J.

Patricia Bennett, 279N Milford Lane, formerly of Parlin, N.J.

Diane Nagy, 273A Old Nassau Road, formerly of Edison, N.J.

Joanne Beck, 194B Madison Lane, formerly of Westwood, N.J.

Tamara Chestnoy, 410A Oxford Lane, formerly of Union, N.J.

Thomas and Donna Tantuccio, 404B Newport Way, formerly of Brooklyn, N.Y.

Sergey Kim and Zoya Lyan, 153B Providence Way, formerly of Westfield, N.J.

Kan and Theresa Chang, 727A Mt. Vernon Road, formerly of North Brunswick, N.J.

Joan DeMarco, 140C Plymouth Lane, formerly of Parlin, N.J.

Antoinette Santangelo,

251C Mystic Lane, formerly of Staten Island, N.Y.

Leonard Grayson, 311C Sharon Way, formerly of Elizabeth, N.J.

Anastasia Tsetsekas, 274C Milford Lane, formerly of North Plainfield, N.J.

Belmira Pacheco, 34-O Old Nassau Road, formerly of Parlin, N.J.

David Rinz, 91C Greenfield Lane, formerly of Hamilton, N.J.

Letter to the Editor

I am a new resident at Rossmoor. I currently run an online group called the Socrates Café. We meet once a month, usually on the second Tuesday of the month for an hour to an hour and a half.

Our purpose is to discuss the "world of ideas." This should be of interest to people who enjoy intellectual discussions of topics varying from politics, religion, history, science, philosophy, creative activities, etc.

Currently, we have regular participants joining us on Google Meet from different parts of the country. Anyone interested in trying out a meet can email me at shlomoh.sherman@gmail.com.

Simply let me know if you are from Rossmoor and would like an invitation to the meet of Socrates Cafe.

Meetings are moderated. No ad hominem is allowed. Courtesy and civility are expected from attendees.

Shlomoh Sherman



Dr. Peter DeFazio

What you should demand from your dentist:

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When you first meet the Doctor, it's a good sign if you get to do most of the talking. After all, who knows you better than... you! Your needs and concerns are VERY important to us!

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Nowadays, your dental care can be surprisingly comfortable. Even anxious and nervous patients are put at ease. You will be amazed at how easy dental care can be!

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We know how valuable your time and money are to you. That's why our goal is "on-time" appointments, "Interest Free" financing, and reasonable fees.

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— Peter DeFazio, D.M.D.

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- MOST INSURANCE PLANS ACCEPTED



Dr. DeFazio has been practicing for over 30 years, is married, and has three daughters and three grandchildren. He enjoys spending time with his family and at his favorite pursuits which include golfing and vintage cars.

Dr. DeFazio is a graduate of Temple University and UMDNJ. He is a past Clinical Instructor at JFK Medical Center and a past Board Director for the American Red Cross.

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This month in pictures

The Community Church School Supplies Drive



Supplies boxed and ready to go



More supplies collected



Pastor Robin blesses the school supplies before they were distributed.

Around the campus



An abundance of flowers Photo by Stephanie Lupo



Leaf in the sunlight Photo by Youngae Lee



Fall is waiting under the bench. Photo Youngae Lee



Butterfly meets flower



Shuffleboard

Above: Allen and Rosemarie Kobezak were the winning team in the Mixed Doubles Shuffleboard Tournament.

On left: Glenn Harmer and Rosemarie Kobezak were the First-place winners of the Men's and Women's Summer Singles Shuffleboard Tournament



Clubs and Organizations



Veterans Group Welcomes Members

All Veterans, come join us at 10 a.m. on each second Tuesday of the month in the Ballroom.

Computer Club

By Babs Burford-O'Reilly

My husband Ray and I joined the Rossmoor Computer Club last spring, and I thought I would share some of the benefits. The Computer Club has monthly meetings with speakers. One month we had a speaker talking about scams and how to avoid being taken advantage of. The St. Peter's nurses from the Rossmoor Health Care Center were at the last meeting to let us know all they have to offer. The topics are always interesting and informative. There are also yummy snacks to keep our taste buds happy. The meetings are open to anyone, both members and non-members.

In addition to the meetings

the computer lab is open most days (there is a schedule outside the door of the lab) where you can use the computers, printers and scanners. In order to use the lab, you must be a member. Membership is \$20 for the year (\$30 for a couple).

On Tuesdays from 11 a.m. to 4 p.m., Kristin Michaelson will provide Basic Windows Navigation. She is happy to help you navigate websites, email and general web surfing. This is a free opportunity for Computer Club members. Ray and I are enjoying the meetings, assisting in monitoring the lab, and enjoying meeting new people. If you are interested stop by the lab or join us for a meeting and see what we are all about. The Computer Club meets on the third Monday of the month in the Gallery at 10 a.m. Hope to see you at a meeting.



Nurses Elizabeth Caruso and Karen Rispoli presented information at the Computer Club meeting.

Computer Club non-tech fun

By Steven Gray

For those who wonder what a computer tech does when he is not handling a problem, obviously he writes limericks:

*I look outside, it is raining,
I guess inside I am staying.
My plans for today
Have gone quite astray
So on my computer I am playing.*

*I once had a computer from eMachines
I had it 'cause it was fast and lean
I hit start with care
Got a big red ERR
The darn thing made me scream.*

*Remember the system called Univac
It was a computer from way back
It used lots of tubes
Not one I would choose
It is old, it is slow, that's a fact.*

There was a huge company called IBM

That was staffed mostly by men.

*Jackie Harper in fact
Was a programmer with tact
Whose story should be told again.*

Since Rossmoor has a championship golf course, not everything is about

computers:

*There once was a golfer from Rossmoor
Who sliced when he yelled,
"Fore."*

*He did have a fit
When he saw where it hit
Right through the Clubhouse patio door!*

The Republican Club is back!

By Gail Staiti

The Republican Club was established in 2000 under the leadership of Sidna Mitchell. The Club's mission was to promote and support Republican values and candidates by offering public forums, community social gatherings and fellowship among neighboring Republicans.

As with many businesses, clubs, and committees, Covid played a major role in the health and vitality of the club.

On July 5, 2023, the reins were handed over from former President Ron Haas to me, Gail Staiti, as the new president of the Republican Club.

I have lived in Rossmoor for six years come November. I am a professional, licensed Real Estate Salesperson for Re/Max Edge in New York and have been in the real estate industry for over 47 years. In my free time, I enjoy politics, helping animals with several rescue groups, watching forensic/detective shows, reading, and I enjoy vacation cruising and fine dining.

I have several exciting new and fresh ideas for getting the Club to thrive. "There are so many conservatives, like-minded residents here at Rossmoor who would appreciate fellowship, sharing be-

liefs and rallying around candidates who share our beliefs." I have created a Facebook Page "Rossmoor Republican Club" that is open to all to "Like," "Join," and "Invite" friends and residents.

The Republican Club invites you to become a member. We welcome residents from all political backgrounds. We work to promote the principals, objectives and policies of conservatism and the Republican Party. The RRC is a social and educational club. Club members will develop relationships through the Club meetings, stay informed on key issues, engage with local leaders, and party representatives, and make our voice heard on issues that are important to us. We are members of a party offering a stronger, freer, and more promise for America.

Join our Club and help us make a difference. For residents wishing to become a member of the RRC, contact me, Gail Staiti at 917-862-2140 or email me at gail.staiti@gmail.com for membership details.

The Club will meet on the first Tuesday of each month at 6:30 p.m. in the Hawthorn Room, located in our beautiful Clubhouse. Refreshments will always be served.

UPCOMING EVENT:
Come and meet the Monroe

(Continued on page 13)

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Players events

By Sue Archambault.

Our performances of a new original musical comedy titled "Stick with Me" will take place on Thursday, Oct. 19, and Friday, Oct. 20, at 7 p.m. There will also be a matinee performance on Saturday, Oct. 21, at 2 p.m.

Jim Wilson wrote the book and the songs. He will also direct the play.

Admittance to the play will be \$15 per person, payable



at the door. Refreshments will be served.

Our general meeting for October will be our annual Halloween party on Monday, Oct. 23, at 7 p.m. in the Gallery. Join us for a fun evening including prizes for costumes and prizes for various games as well.

Italian American Club

By Tony Cardello

The month of September was a busy month for the club. In addition to our regular membership meetings and Bingo, there was the trip to the Shore Club in Spring Lake for the San Gennaro Festival and our popular event the Rossmoor Downs.

October will bring us Bingo, which will be played on Friday, Oct. 13, at 6:30 p.m. in the Ballroom and our regular membership meeting on Wednesday, Oct. 18, at 7 p.m., also in the Ballroom. The club will be sponsoring a Catholic Mass on Thursday, Oct. 12, at 1:30 p.m. in the Meeting House.

October Dance Club Halloween Party

By Judy Perkus

On Saturday, Oct. 28, the Dance Club will celebrate Halloween starting at 7 p.m. in the Clubhouse Ballroom. All Rossmoorites, singles as well as couples, are welcome. Refreshments include coffee, tea, and cake (sugar-free available).

There will be prizes for Halloween costumes. DJ Danny Pesce will be playing all kinds of dance music.

Please leave your check made out to the Rossmoor Dance Club in an envelope in the Dance Club folder in the Administration Office/Village Center or mail it to Armen DeVivo at 449B Roxbury Lane. The cost is \$10 a person for paid-up members and \$12 a person for non-members. The reservation deadline is Oct. 19.

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

Dance Club October 28 Halloween Party

Name_____

Phone #:_____

Address: _____

PAID-UP Member(s):___ @\$10 = _____

Non-member(s):_____ @\$12 = _____

Total:_____

RESERVATION DEADLINE: October 19th

Please send check made out to the Rossmoor Dance Club to:

Armen DeVivo at 449B Roxbury Lane. 609-655-2175

or leave in an envelope in the Dance Club folder in the Administration Office/Village Center.

Mutual News

Mutual 4B

By Lori Moses

Here's hoping everyone is well; there has been a lot going on in our Mutual.

We have started the residing of homes, five this year and six a year over the next five years. It's very exciting to see, and we are keeping our buildings in good shape.

We moved a dumpster area on Sturbridge to make it easier for residents to throw out garbage and recyclables.

Stratford Lane carport will be painted in October.

The repaving of Sunset Circle was way overdue; concrete was put in the car area. Also new curbs were

installed.

We started repainting some of the common hallways; this will continue again next year as needed.

The ladies of 4B continue to gather once a month at Sal's Deli for dinner. Please join us if you haven't already. Contact Pat Egan at 908-812-1428 for more information.

We had a wonderful BBQ Party on Sept. 17. If you didn't join us, please consider coming next year.

Finally, mark your calendars for the next Mutual meeting, an important budget meeting. It will be Nov. 13 at 10 a.m. in the Gallery at the Clubhouse.

Republican Club

(Continued from page 12)

Republican candidates for our first meeting on Tuesday, Oct. 3 at 6:30 p.m.. Food and fun will be provided. This is an excellent time to come and meet neighbors, fellow Republicans and meet the 2023 candidates. Door prizes and fun will be had! This meeting is open to all Republicans, Independents, and disenfranchised Democrats. Please RSVP to this event by calling me, Gail Staiti at 917-862-2140 or email me at gail.staiti@gmail.com.

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Community Church October schedule

- **Oct. 1, 11 a.m., Holy Communion Service**
World Communion Sunday
Pastor Robin will preach: "God Still Loves Us"
- **Oct. 8, 11 a.m., Worship**
Pastor Robin will preach: "Breaking Commandments"
- **Oct. 15, 11 a.m., Worship**
Rossmoor Chorus Sunday
Guest Pastor: The Rev. Harry Taylor
- **Oct. 22, 11 a.m., Worship**
Laity Sunday
Pastor Robin will invite conversation around our shared ministry.
- **Oct. 29, 11 a.m., Worship**
Guest Pastor: The Rev. Sue Goodwin

Religious Organizations

Catholic Society news

By Lucille Conti

Father Tom Smith, S.J., will visit us once again to celebrate Holy Mass on Thursday, Oct. 12, at 1:30 p.m., in the Meeting House. The Italian American Club will host this Mass and provide refreshments and fellowship in the Italian tradition. Our Cantor will be Carole Baldessari.

We have postponed the Sept. 13 event to Wednesday, Oct. 25, at 11 a.m., in the Gallery. It will be called "Mary, the Pilgrim Virgin," narrated by the author, Maryanne Sullivan, who has been here before for a Day of Recollection. The program will be followed by a light luncheon at noon. The cost will be \$15 per person. Reservations will be on sale on Wednesday, Oct. 4, from 1 until 3 p.m., in the Red Room.

Our next Council Meeting will be on Tuesday, Oct. 10, at 1:30 p.m., in the Gallery. The Prayer Shawl Ministry will gather on Thursdays, Oct. 12 and 26, from 1:30 to 3:00 p.m., in the Craft Room. The Chapel of Divine Mercy will be recited on Tuesday, Oct. 17, at 3 p.m., in the Narthex. Join us for the recitation of the Rosary on Friday mornings at 10 a.m., in the Cedar Room. Stay safe in good health and pray for peace.

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• Services – The Meeting House

Friday, Oct. 13, at 7:15 p.m. – New Member Recognition Service

Friday, Oct. 27, at 7:15 p.m.

• Torah Studies – The Dogwood Room

Saturday, Oct. 14, at 10 a.m.

Saturday, Oct. 28, at 10 a.m.

• Semi-Annual Membership Meeting – The Gallery in the Clubhouse

Wednesday, Oct. 11, at 1 p.m. Refreshments served.

• October schedule – Meeting House

Simchas Torah party - Saturday, Oct. 14, at 10:30 a.m.

• Annual Tailgate Party – Jets. Vs. Giants

Sunday, Oct. 29
Ballroom – Doors open at 12:30

MAINTENANCE NEWS

By Dave Salter

Helpful reminders

As the weather starts to become colder, it is important that homeowners prepare for the winter.

1. Make sure all windows are closed properly.
2. Check all window weep holes, make sure they are open.
3. Drapes and electrical cords should not hang on the baseboard heaters.
4. All outside hoses should be disconnected and drained.
5. If you have an inside shut off valve for your outside faucet, you should turn it off.

6. Have a can of deicer on hand, for those frozen door locks on both your cars and manor doors.
7. Test your baseboard heaters to ensure they function properly.

P

lease schedule your winterizing as soon as possible; the calendar is already getting full

Rossmoor's 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.



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YOUR SHOW OF SHOWS PART 2



Sunday, Nov. 5 in the Gallery from 2 to 4pm

For those who liked Part 1 (or anyone who wants to laugh), come and listen to our own Rossmoor resident Barry Jacobsen.

Barry worked for the producer of the Show of Shows, Max Liebman. He researched for the book *Show of Shows* by Ted Sennett and provided material for "Sid Caesar and Your Show of Shows" as well as the film "Funny You Should Ask." He certainly has first-hand experience to give us.

Dessert and drinks will be offered.

Reserve now for this fun time!

Please make checks payable to Rossmoor Jewish Congregation.

\$5 in advance if received by October 30.

\$7 at the door.

Name(s) _____

Phone _____

Send form and check to

Cindy Sigl, 536A Thurman Ln, Monroe Twp, N.J. 08831.

Around the Township

Monroe Focuses on Affordability for Seniors



By Mayor Stephen Dalina

On August 23, Assembly Speaker Craig J. Coughlin (D -19th Dist.) led a town hall at the Monroe Senior Center to highlight the state's StayNJ tax break program and how it can benefit our local seniors in the future.

Monroe is an obvious venue for such a forum, as we have been focusing on property tax relief for some time. As your Mayor, and while on the Township Council, I have been continually pushing for new tax-saving programs such as the expanded ANCHOR Program, the further expansion of Senior Freeze Program next year, and the Retirement Income Exemption --- which took a lot of hard work and advocacy. I joined these fights to ensure our senior citizens can afford to live here in Monroe and New Jersey for as long as they wish.

StayNJ is the next legislative initiative on the horizon. It is not here yet. This spring, I testified in Trenton before

the Legislature on behalf of StayNJ which would cut seniors property in half (up to \$13,000.) As your Mayor, I will keep fighting to make sure this program happens as soon as possible, like I did with ANCHOR and Senior Freeze.

But it's not all about Trenton. I am doing everything I can to keep Monroe affordable while continuing our strong commitment to public safety and creating numerous amenities for both seniors and families. We have many programs and facilities to be proud of in Monroe, and we are doing this with the second-lowest municipal property tax rate among the 25 municipalities in Middlesex County.

We have not raised municipal taxes in three years. That trend continues as part of the 2023 budget, adopted in June. We also have the lowest residential water and sewer service fees in the region. As I have said before, over the past three years, the overall tax rate has been stable.

I am pleased Speaker Coughlin chose Monroe to visit to talk about property tax relief. Our strong relationships with state lawmakers continue to make a positive impact in Monroe, as I urge Trenton to focus on affordability for seniors and all our residents.

Finally, I want to remind every resident who may qualify to take advantage of the ANCHOR program. I have designated Township staff at the Tax Collectors office (732-521-4405), Library (732-521-5000) and Senior Center (609-448-7140) to help in applying for this program. If you would like to schedule an appointment, please call the library.

As always, if you have any questions about these programs or others, please contact my office at town hall at 732-521-4400 ext 114. We are always here for you.

Monroe Township Boasts Second Lowest Tax Rate in Middlesex County Mayor Dalina Credits Careful Budgeting with Focus on Affordability

Monroe Township Mayor Dalina and the Township Council announced last month that the Township once again has the second lowest overall effective tax rate in Middlesex County according to the 2022 Abstract of Ratables released by the Middlesex County Board of Taxation.

The report lists Monroe Township's effective tax rate of 1.936, the second lowest in comparison to the County's 25 municipalities.

Monroe's Overall Effective Municipal Tax Ranking in Middlesex County			
Taxing District	Overall Effective Tax Rate	Taxing District	Overall Effective Tax Rate
Cranbury	1.706	South Amboy	2.455
Monroe	1.936	Metuchen	2.536
Piscataway	2.021	Middlesex	2.541
Old Bridge	2.040	Perth Amboy	2.643
South Brunswick	2.042	East Brunswick	2.659
South Plainfield	2.058	North Brunswick	2.689
South River	2.170	Woodbridge	2.727
Edison	2.173	Spotswood	2.819
New Brunswick	2.239	Dunellen	2.840
Sayreville	2.305	Milltown	2.849
Plainsboro	2.390	Jamesburg	3.170
Helmetsa	2.454	Highland Park	3.564

*Source: Middlesex County's 2022 Abstract of Ratables.

"Working together with Administration and support of the Township Council, we carefully evaluated finances and made the adjustments necessary to provide excellent services while focusing on affordability," said Mayor Stephen Dalina. "The 2023 municipal budget kept the municipal tax rate flat at \$.489 per \$100 assessed value, slightly below the municipal rate in 2020 (\$.493 per \$100)."

The state defines an effective tax rate as "a statistical study that enables the comparison of one district to another based on the assumption that all districts are at 100 percent valuation. This rate is not to be used to compute the tax bill."

"Our flat rate for 2023 is attributable to our AA+ bond rating which is the second highest rating assigned by Standard & Poor's and only awarded to 10% of municipalities nationwide," added Mayor Dalina. "We also continue to have among the lowest residential water and sewer service fees in the region."

A reminder

When you are ordering goods to be delivered or a taxi to come to your home, please remember to tell the person who takes the order that the driver must use the North Gate (Forsgate Road) entrance. It would be helpful for the driver to put "1 Rossmoor Drive" into his or her GPS.

Only bar-coded resident vehicles can use the South

Gate (off Prospect Plains Road) and East Gate (Applegarth Road). Big delivery trucks have a terrible time trying to back out if they mistakenly enter these resident-only gates. (Remember the broken fence at the South Gate a few years back?)



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Notice for residents

A Flu shot clinic will be held on:

- Tuesday, Oct. 3 from 2 p.m. to 6 p.m.

Watch Channel 26 for details and how to make an appointment.

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REASONABLE RATES

Monroe Township Cultural Arts Commission Presents *Artrageous - An Electrifying Art and Music Circus*

By Cathleen Norback

Please join us for our upcoming performance of *Artrageous - An Electrifying Art and Music Circus*. Who or what is *Artrageous*? *Artrageous* are multi-talented live performance artists. Their high energy performance combines all of the arts on one stage; live music, speed painting, comedy, puppetry,

audience participation in each scene or musical number, and so much more. Additional information about *Artrageous* can be found on their website: www.ArtrageousShow.com.

The program, sponsored by the Monroe Township Cultural Arts Commission, will be offered on Sunday, October 15 at 4 p.m. with

doors opening at 2 p.m. at the Monroe Township High School Performing Arts Center, 200 Schoolhouse Road, Monroe Township. Ticket information is available on the website: www.MonroeTownshipCulturalArts.com.

Please join your neighbors for this upcoming Electrifying Art and Music Circus Show. There is something for everyone.

League of Women Voters – Use and Reuse – recycling options

By Linda Bozowski

On Monday, Oct. 23, the League of Women Voters will offer a program on a topic that has received only limited publicity so far – using and reusing items that come into our households. We'll talk about several methods of composting and how other items can be repurposed for different uses instead of being discarded. Lots of ideas are posted on the web, and we'll be happy to offer some

take-home lists of suggestions that might be of interest. We'll even bring some sample items to think about.

Scheduled for 1 p.m. at the Municipal Building, this meeting can offer thought-provoking ways of reducing our trash and reusing ordinary items in our homes. League presentations are free, non-partisan, and open to the public. Membership is not required. Please join us for this lively discussion.

Looking Out for Your Lungs Five Ways to Keep Yours Healthy

The lungs are the centerpiece of your respiratory system. When you inhale, air enters your lungs and oxygen from that air moves to your blood. At the same time, carbon dioxide, a waste gas, moves from your blood to the lungs and gets exhaled. This process is essential to life.

Millions of Americans are living with lung diseases such as chronic obstructive pulmonary disease (COPD) and asthma, which make breathing difficult and can lead to other related problems.

To help protect your lungs from injury or disease, consider these tips from experts at the National Heart, Lung, and Blood Institute:

Limit exposure to air pollution. You may be exposed to more pollutants indoors than outdoors. Ventilate indoor spaces and clean often to prevent buildup of mold and dust. Avoid cleaning products and air fresheners with strong odors. If you're exposed to pollutants at work, use protective gear. Be sure to check the Air Quality Index before taking part in outdoor activities.

Be physically active. Exercise helps make your lungs stronger and lowers your risk of lung injury or disease. Aim for at least 2 1/2 hours each week, alternating between moderate activities like brisk walking and vigorous activi-

ties like running.

Aim for a healthy weight. Losing just 5-10% of extra weight can help improve overall health. To get and stay motivated, consider setting specific and realistic goals, exercising with a friend, tracking your progress and celebrating when you meet your goals.

Quit smoking (or don't start). Quitting smoking offers many health benefits, including reducing the risk of developing COPD and other conditions as well as reducing lung infections, asthma symptoms and breathing problems. Avoiding second-hand smoke reduces those risks, too, so steer clear of areas where smoking is allowed and ask loved ones who smoke not to do it around you.

Get regular check-ups and keep vaccines up to date. Regular exams can help spot problems early. Talk to your health care provider about any breathing problems you may be experiencing as well as what to do to quit smoking, create healthy eating and exercise plans and get vaccinated for flu, pneumonia and COVID-19.

Visit nhlbi.nih.gov/BreatheBetter to learn more about lung health and steps you can take to keep your lungs healthy.

Coming soon – NJ Festival Orchestra – “A Woman of Affairs” starring Greta Garbo

Please join us for an exciting performance as the NJ Festival Orchestra, conducted by internationally acclaimed Maestro David Wroe. They will perform with split-second timing and precision, a NEW live soundtrack, composed for the original 1928 movie – “A Woman of Affairs” - starring Greta Garbo, while the silent film is projected above the orchestra.

The score is an exquisitely beautiful masterpiece by Carl Davis (UK's John Williams) – a rhapsodic fantasy based on one of Liszt's piano preludes, but composed for an orchestral ensemble, which then accompanies the movie.

The program, sponsored by the Monroe Township Cultural Arts Commission, will be offered on Sunday, November 5 at 3 p.m. with doors opening at 2 p.m. at the Monroe Township High School Performing Arts Center. Ticket information is available on our website: www.MonroeTownshipCulturalArts.com.

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October at the Monroe Township Public Library

The Monroe Township Library offers a mix of in-person, virtual and hybrid programs for adults, children, and teens. Please read the program descriptions carefully. Many programs require registration. Register on our website at www.monroetwp.library.org/calendar, at the Welcome Desk, or by phone at (732) 521-5000.

Scam Prevention

Tuesday, October 3 at 4 p.m. Are you getting phone calls from unknown numbers, texts from people you don't know, too many emails, or junk mail delivered to your home? Learn how to identify scams and protect yourself from fraud. Light refreshments will be provided. Presented by Caregiver Coach Kat Verdi. Sponsored by The Gardens at Monroe. This is an in-person program. Registration is required.

Horror Book Discussion

Tuesday, October 3 at 6 p.m. Meet up with fellow horror-enthusiasts and share your favorite books and/or movies from this horrific genre. Please note: This genre is noted for graphic content and scary moments. You've been warned! This is an in-person program. Registration is required.

A Walk in Thompson Park

Wednesday, October 4 at 10 a.m. & 1 p.m. Join a Middlesex County Parks Naturalist for a walking tour of Thompson Park to learn about its autumn plants and animals. Please meet at the dog park in Thompson Park. Registration is required. Please sign up for one session only.

Book Café

Wednesday, October 4 at 11 a.m. & 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 is a hybrid program. Join us via Zoom or in person. Registration is required.

Juried Art Show

Thursday, October 5 through Saturday, October 14. Visit the annual art show during library hours. Presented in partnership with the Cultural Arts Commission. Registration is not required.

Book Theme

Thursday, October 5 at 3 p.m. Welcome to the Book Club with a twist! Each month, a book is selected based on a theme (space, western, animals, etc.). For the first half we will have a brief book discussion. In the second part, participants are encouraged to bring their own selections that match the theme or word. Is the theme 'heroes?' Bring in a book on superheroes, your personal hero, or perhaps a cookbook on making subs (AKA heroes). The key is to have fun and think outside the box when sharing your favorite books. October's

theme is "Space". The selected book is "The Martian" by Andy Weir. This program is held in person. Registration is required.

From Vine to Glass: Touring the Fine Wines in New Jersey

Thursday, October 5 at 6:30 p.m. Wine author and hobby vintner Bart Jackson will guide you around the Garden State's wine offerings, explain what grapes thrive in three growing regions, and what winery events not to miss. Learn tips on selecting, tasting, and growing, as well as some of the best ways to launch your own wine trail explorations. This is a hybrid event. Participate in person or via Zoom. Registration with email is required for virtual login details. Participants must be 21 years or older to attend.

Sit-N-Stitch

Fridays, October 6 & 20 at

10:30 a.m. Socialize with stitchers & crafters of all skill levels. Bring your own supplies. This program is held in person. Registration is required.

Pop-Up Shops

Saturday, October 7 from 10 a.m. to 4 p.m. and Saturday, October 14 from 10 a.m. to 4 p.m. Start your holiday shopping early with handmade beaded jewelry from Creative Bead Designs on October 7 and handsewn gifts, home goods, ornaments & stocking stuffers from Busy B Barn on October 14. The Monroe Township Library Foundation provides Pop-Up Shop rental space on select Saturdays between 10 a.m. and 4 p.m. Local residents who have their own direct sales businesses are welcome to submit an application to sell their merchandise; Pampered Chef, Tastefully Simple, Mary Kay, crafters, etc. This space

is not intended to sell a service. Interested vendors should visit one of our service desks or download the application to rent the Pop-Up Shop space at the Library.

Caregiver Preservation: Expressive Meditative Art Session

Tuesday, October 10 at 11 a.m. This expressive meditative art session is a reminder for caregivers that you deserve time for yourself! This is a judgment-free, safe place to share, learn, or just listen to positive sentiments. It's a stress-free environment, respectful of everybody's level of comfort and pace of engagement. Presented by Caregiver Coach Kat Verdi. Sponsored by The Gardens at Monroe. This is an in-person event. For caregivers of loved ones, no solicitors, please.

Registration is required.

Photography Club

Tuesday, October 10 at 3:30 p.m. This monthly club is open to Township resi-

dents ages 12+ and welcomes all skill levels. No experience is necessary to join. Bring a camera (smart device is acceptable) and share your love of photography. This is an in-person program. Registration is required.

Virtual Author Talk:

Rick Steves

Tuesday, October 10 at 4 p.m. Join guidebook author and TV host Rick Steves as he shares the latest in smart European travel. In this entertaining, information-packed slideshow lecture, Rick will teach you the secrets of safe, smart, inexpensive travel — low on stress and high on fun. You'll learn how to travel smoothly and affordably by planning an efficient itinerary, eating, and sleeping well, avoiding crowds, packing smartly, and more. This is a virtual program. Registration is required.

Caregiver Support Group

Wednesday, October 11 at

(Continued on page 18)



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Telephone: 609-662-3272
Book on line:
390PrimeSteakMonroe.com

Monroe Township Public Library

(Continued from page 18)
Virtual Author Talk:
Ruth Ware

Wednesday, October 18 at 2 p.m. Tune in as we chat with New York Times best-selling author of *The Woman in Cabin 10* and *The It Girl* as she talks about her newest book, *Zero Days*. In the adrenaline-fueled thriller, *Zero Days*, Jack and her husband, Gabe, are hired by companies to break into buildings and hack security systems, and their best penetration specialists in the business. But after a routine assignment goes horribly wrong, Jack arrives home to find her husband dead. To add to her horror, the police are closing in on their suspect—her. Suddenly on the run and quickly running out of options, Jack must decide who she can trust as she circles closer to the real killer. Stop the suspense and register for the thrill now! This is a virtual program. Registration is required.

Page Turners
Thursday, October 19 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 It's OK to Read YA (Young Adult titles for Adults). This is a hybrid program. Join us via Zoom or in person. Registration is required.
Boheme Opera NJ:
"The Sound of Music"

Thursday, October 19 at 1 p.m. This lecture performance will feature songs from iconic shows from the Golden Age of Broadway composed by Rodgers and Hammerstein, performed by three professional Broadway singers. Registration is not required. Admission will be on a first-come, first-served basis.

All You Need is Love Book Club
Friday, October 20 at 11 a.m. Join our modern romance book group to discuss "Miss You" by Kate Eberlen. This is a hybrid program. Join us via Zoom or in person. Registration is required.
Life in the Last Frontier: Alaska

Wednesday, October 25 at 6:30 p.m. Ever wonder what it would be like to live in a tiny cabin in the middle of the woods in Alaska? This presentation will answer your questions about surviving winter darkness, layering for extreme temperatures, living with wildlife, outhouse etiquette and other everyday adventures in the far north. Presented by authors and outdoor adventurers Patrice and Justin La Vigne. This is a virtual program. Registration with a valid email address is required to receive the Zoom login details.

Short Story Discussion Group
Thursday, October 26 at 2 p.m. We will discuss "The German Refugee" by Bernard Malamud in *The Best American Short Stories* of

the Century edited by John Updike and "The Wolves of Circassia" by Daniel Mason in *The Best Short Stories 2022* edited by Valeria Luiselli. This program is held in-person. Registration is required.

Virtual Author Talk:
John Irving
Thursday, October 26 at 7 p.m. You are in for a treat when you join us for an intimate conversation with John Irving as he chats about not only his most recent novel, *The Last Chairlift*, but also about his prolific body of work and a lifetime spent writing. Don't miss this hour online with internationally bestselling author John Irving. Registration is required.
Diabetes Self-Management and Support Workshop
Mondays, October 30 to December 4 from 10:30 a.m. to 1 p.m. The Middlesex County Office of Health Services presents this 6-week program designed to provide tools for people at risk of developing diabetes, or already diagnosed with type-2 diabetes. Topics include dealing with pain and fatigue, healthy eating, medication usage, working with your health care professionals, and exercise. The program will be held in person. Registration is required. Please attend all 6 sessions.

The Library will be closed on Monday, October 9 in observance of Columbus Day.
www.monroetwplibrary.org

Contact Waste Management

609-587-1500

ID# 61565342007

for pick up of household items

NO electronics

NO upholstered furniture

No mattresses

TRANSPORTATION TIDBITS

Important phone numbers:

Rossmoor Bus.....609-655-4401

Call-in hours are: 9:00 – noon and 2:30 p.m.- 4:00 p.m.

Schedule is available at www.rcainj.com under "Amenities".

Monroe Township Transportation609-443-0511

Middlesex County

Area Transportation (MCAT)1-800-221-3520

Recycle information from Waste Management



- No caps on glass bottles/containers in the recycle bin.
- No lids on plastic bottles.
- All numbered plastics are acceptable in the recycle 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.)
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- Aerosol cans must be empty and punctured before being put into the recycle bin.

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