



Thursday, November 11

We Honor Our Veterans

Help continues for Henri Flood victims

By Linda Bozowski

Friends, neighbors, Rossmoor administration, and strangers continue to offer help to those residents who suffered home damage as a result of Hurricane Henri on Aug. 22.

Present at a meeting on Oct. 4 were General Manager Jane Balmer, RCAI Board President Dan Jolly, Robert Buskett and Adam Moralda from Maintenance, Controller Linda Rainey, Clubhouse Manager Melissa Barnard, and Marjorie Patten, chair of the Rossmoor Community Church.

The purpose of this meeting was to update the community about activities and programs available for as-

sisting residents in recovering from the damages they suffered as a result of that rainy event.

Jolly began the discussion with a brief explanation of how the church wished to offer help to those who need it. Balmer explained that Pastor Robin Bacon-Hoffman wanted to do fund-raising, and it was agreed, that even though Rossmoor is not a charitable organization, the community would partner with the church in its efforts to provide assistance. Solicitation letters and calls were made to vendors and residents, and communications were sent to flood victims advising them that assistance could be requested.

Financial assistance is available

Patten went on to explain how the assistance program will distribute funds. There will be three distributions of funds to residents who request help: the 15th of October, November, and December. Whatever contributions have been made until that date will be evenly distributed to those who have requested aid. Residents who completed the request before Oct. 15 were eligible to receive funds from the October distribution, as well as in November and December. Similarly, whatever funds are “in the pot” at each of the distribution dates will be divided

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Colors of the season

The Delta Variant of COVID-19

By Kaytie Olshefski, BSN, RN-BC

What is this Delta variant of COVID-19? It is a mutation of the COVID-19 virus first identified in India in October 2020. By March 2021, it was identified in the United States.

This variant mutated from the COVID-19 virus, not from the vaccine. Studies and research on the Delta variant indicate it is the worst of all the variants we know so far. It spreads twice as easily among the populace because the infected person has more of the virus in his or her body, usually referred to as the viral load. Studies show this viral load is 1,000 times higher than in previous variants. If one person has

the original COVID-19, this person can spread the virus to two people. If one person is infected with the Delta variant, the or she could spread this variant to up to eight people. That is six more people who could be a target for this illness. People infected with the Delta variant have a higher incidence of hospitalizations.

The Delta variant is highly contagious, especially for unvaccinated people who can then spread the virus to others. “Breakthrough” is the term used when fully vaccinated people contract COVID-19. Vaccinated people can also transmit the virus, but according to ongoing studies, vaccinated people spread the virus for a shorter

period of time compared to unvaccinated people. Viral load levels of vaccinated people drop in about five days while the viral load persists in people who are unvaccinated.

We are seeing in the news how this Delta variant is targeting children and adolescents. This variant is very highly transmissible, especially among children who are not yet eligible to be vaccinated – those under the age of 12. At this point in time, the only way to protect children is for everyone who is eligible to be vaccinated. There is ongoing research in developing the Pfizer COVID-19 vaccine for children between the ages of five and 11.

The COVID-19 Pfizer booster shot has recently been approved by the Federal Drug Administration (FDA) and the Centers for Disease Control and Prevention (CDC). There are guidelines for getting Pfizer’s third COVID-19 vaccine. It is recommended to get a Pfizer booster shot six months after having received the second Pfizer COVID-19 vaccine. As of this writing, the Pfizer

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Warm clothing collection for the needy to start Nov. 15

By Alyce Owens

Who ever dreamed last year when the collection of Warm Clothing for the Needy had to be done outside because all the Rossmoor public buildings were closed due to COVID-19 precautions, that the same restrictions would still be in place this year!

Unfortunately, that is the sad truth, but it’s not going to stop the Community Church from once again collecting all sizes of warm coats, jackets, sweaters, boots, etc., to be

shared with the truly needy throughout our state.

Starting Monday, Nov. 15, through Friday, Dec. 10, you are invited to bring your donations of gently used warm clothing to the Big Red Box that will be located in the sheltered area just outside the Fitness Center.

Thanks again go to Sal Gurriero and Greg Policastro for their help in this important collection effort. They will monitor and empty the box as necessary and store the

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Flood

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evenly among all who have requested help. Residents who complete requests after that initial distribution will qualify for help in November and December if their requests are received before Nov. 15. Those who delay their requests until after Nov. 15 will participate only in the December aid. Only homeowners may benefit from this program. Renters are not eligible.

Residents, businesses and others who wish to contribute to this financial assistance program should make their tax-deductible contributions payable to Rossmoor Community Church. (Please write "Flood Relief Fund" on the memo line of your check.)

Questions may be directed to Marjorie Patten at 609-655-0145.

Maintenance Department provides aid to many

The Rossmoor Maintenance Department has worked diligently since the flood, and actually began their efforts on that night. The Maintenance Department suffered serious damage, with three feet of water in the shop area. Three of the vans were seriously damaged and are out of service. The other vehicles were moved to higher ground before they were damaged.

Among the tasks that the Maintenance Department has done for affected residents is removing flooring and carpeting, helping dispose of damaged furniture and appliances, disconnecting sinks as needed, and most importantly, offering counseling and kindness to those residents whose

homes were damaged. They have worked closely with the Public Works Department of the Township in handling rubbish removal.

Staff from the Maintenance Department also worked with the adjuster regarding the 21 homes covered under Rossmoor's flood policy. Photos were taken so that damage assessments could be made.

Fencing at the eastern end of Newport that had been damaged during the storm was replaced. The large stones at that portion of the brook were replaced as well.

Monroe Township assistance

One of the most serious concerns that Administration, the Township, and JCP&L shared was the safety of residents regarding their electrical service. JCP&L would not restore power to homes until the crew of electricians from the Township evaluated each home to ensure that power could safely be restored. That largely meant that all electrical breakers that supplied the baseboard heating units were inactivated within the electrical panels. The electrical crews also checked the height of water that had entered flooded units to ensure that wall outlets had not, to the best of their knowledge, been submerged and would have been made unsafe. Air conditioning units were also examined, and residents were advised to turn them on to help evaporate moisture within the damaged homes.

Financial assessments based on damages

Rossmoor Controller Linda Rainey has maintained assessments of the damages in each residence so that the funds available under the

community's insurance policy could be allocated in a reasonable manner. ServPro was engaged to provide demolition and remediation work in all of the homes that needed such intervention. While some homes had little damage, others were severely damaged with more than one or two feet of water. Flooring, sheetrock, kitchen and bathroom cabinetry were removed in many homes by the ServPro staff. As noted above, the Rossmoor Maintenance Department also handled a large portion of the disposal effort.

Rainey's calculations have focused on the structural components, since furnishings and fixtures are considered personal items, not structural. The final calculations have not yet been completed. ServPro expects to conclude its efforts before the beginning of November. Evaluation of their work will be done, and final calculations can be made by the RCAI Finance Department.

Other help available to residents

A representative of the Township Engineering Department has contacted residents to advise of the COAH assistance program. This program offers financial assistance to those who qualify, based on their financial status and the degree of repairs that are needed.

The program, sponsored by the state of New Jersey, is part of the affordable housing program. The assistance consists of an interest-free, no-monthly-payments, forgivable lien placed on the home over a ten-year period. Interested residents are asked to contact the Engineering office to speak with Denise, the coordinator.

The West Windsor Lions Club donated non-perishable food and other supplies.

Closer to home, Melissa in E&R coordinated donations of furniture mainly from Rossmoor residents. Photos of the donated furniture are available in the Clubhouse, and residents may examine the pictures. The potential recipient provides personal and address information and

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Bits & Pieces

By Sue Ortiz

Just coming off of Halloween, November begins with a sugar rush. Either the kids have eaten every morsel of candy they collected on Oct. 31, or the adults are finishing off everything they didn't.

Hallmark holiday movies are well under way, starting mid-October through December. The formulaic stories are light and fluffy with a happy ending each week: Girl meets boy. They don't get along. They start to like each other. There's a misunderstanding. Girl (sometimes boy) leaves town, only to find out he didn't do what she thought he did. Girl comes back. Boy kisses girl. Merry Christmas. Credits roll. Simple entertainment, but I enjoy them while crafting or cooking. Plus, they get me in the mood for the holidays!

Daylight Saving Time ends the first Sunday in November. Days continually get shorter and colder. Dig out the winter sweaters and cozy pajamas and turn up the heat. November skies are usually dark and days are dreary with the threat of snow in the air. Will it? Won't it? The meteorologist adds the possibility to the daily forecast, just in case. Darn dreaded snow ...

Time to make up the Thanksgiving Day menu and dig out those family recipes for stuffing. Or is it dressing? How many people will be coming to dinner? Clean the oven, clean the house, wash and iron the extra-long pumpkin patterned tablecloth that fits the table only when the leaf is inserted. Polish the silverware. More chairs. It's two weeks away. Maybe we should just make reservations.

Back in the day, each Thanksgiving morning my grandfather, uncles, and, eventually, cousins went deer hunting. The ladies at home prepared the feast. The kids watched the Macy's parade till noon, awaiting Santa's jolly appearance at the end. After the men put away their gear and cleaned up, we ate, usually around two o'clock. The grand meal was followed by pumpkin pie and dishwashing (again, the ladies), while the men watched (ugh!) football. Seconds were eaten around seven. Leftovers were then packed up in air-tight Tupperware, and we did a do-over the next day!

Is it a stretch to wish for all

my holiday shopping to be finished before Thanksgiving? I try to shop year-round to leave me time to enjoy the season without the stress of looking for last-minute gifts. I am mostly done this year, though. I do send out a few Christmas cards, and I try to get them written and stamped, if not mailed, before Thanksgiving. My mother was good at doing this. Will it work for me this year? Time will tell.

After the tryptophan haze of Thanksgiving, it's time to get down to the business of decorating for Christmas. A tradition in my family, I always start trimming the tree the day after Thanksgiving. The artificial tree goes up, its entire three feet (yes, I've downsized) resplendent with vintage "Susie's Crafts" (a.k.a. "hand made by me" through the years) ornaments. It's not a simple task dragging the Rubbermaid Roughneck totes filled with the various and sundry garland, lights, ornaments, and wreaths up from the basement. Those boxes are heavy and awkward. It will take the better part of the Thanksgiving weekend to complete the decorating, inside and out.

As such, there is no Black Friday shopping for me. Of course, in a perfect year, there's no need (see above). Even if I do require a couple of extra gifts, I'll do Small Business Saturday or Cyber Monday. Oh, it's nice to get out and enjoy the sounds and sights of the season, but I'll do that another day, probably in December, winter coat and all.

There are quite a few family birthdays in November, as well. Me, myself, and I, though, will finish the month with a sugar rush of cake and candies ... and (lots of) presents!

November is a good month.

B&P

"Thanksgiving dinners take eighteen hours to prepare. They are consumed in twelve minutes. Half-times take twelve minutes. This is not coincidence." — Erma Bombeck (American journalist, 1927-1996)

"You know you're getting old when the candles cost more than the cake." — Bob Hope (American comedian, 1903-2003)

Open RCAI Meetings in November

Thursday, November 18
Board of Governors Meeting...9 a.m.

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



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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 Chairman Joe Conti about any article they wish to contribute. All copy and pictures are subject to editing and are accepted with this understanding.

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

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

In a hurry going nowhere

By Myra Danon

Could we all agree that every side street in Rossmoor shouldn't need a STOP sign to warn you to make a full stop before proceeding onto the main road? Many side streets are equipped with signs, but the original sign installers must have assumed that residents of an adult community would be smart enough to figure out that stopping to look around (even without a stop sign) is safer than barging out blindly.

The sign at the east gate has a distinct direction that doesn't permit turning right on red, and yet...

If one of those massive trucks from the Turnpike

comes on at a legal speed and expects a clear road ahead, the driver might not be able to brake soon enough, and the only evidence you were

there would be your Rossmoor sticker.



Wear something reflective

By Jean Houvener

My dear fellow early morning walkers, as we move into fall and winter, the sun comes up later and later. Even with the shift to Eastern Standard Time, it will still be dark in the early morning.

As someone who also

drives out of Rossmoor some early mornings, I can say that if you are wearing all dark colors, it is exceedingly difficult to see you.

Please purchase a reflective vest to wear as you walk to make it easier for drivers to see you. It will be safer for you and easier for them.

Township recovery efforts continue following Tropical Storm Henri

Monroe Township Press Release

Monroe Township continues to assist residents recovering from the devastating effects of Tropical Storm Henri that deluged nine inches of rain over several hours on Sunday, Aug. 22.

Tropical Storm Henri's impact was primarily limited to

Monroe Township, Helmetta, Jamesburg, Cranbury, Spotswood and East Brunswick. Despite efforts by every town, FEMA has indicated that damage from Tropical Storm Henri did not meet the monetary threshold necessary to qualify for federal (FEMA) disaster relief funding.

"I, along with my fellow Mayors, expressed our extreme disappointment and frustration to FEMA and our federal representatives that our residents have not qualified," said Monroe Mayor Stephen Dalina. "While Tropical Storm Henri was not as widespread as Tropical Storm Ida, our residents were no less impacted and deserved federal support."

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Flood

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may make arrangements to see the furnishings in person. If a match is made, the Maintenance Department may even pick up the pieces and bring them to their new home here in Rossmoor when the new owner is ready to receive them. Furnishings for all rooms have been listed so far – sofas, dining pieces, bedroom sets, and even several pianos. There is no charge for the furniture or for the delivery.

Looking ahead

One of the agenda items for the October Board of Governors Meeting was how Rossmoor may be better prepared for potential future disasters like the one we have just experienced.

No one can say at this time whether that means changes in insurance coverages, additional analysis of drainage systems, discussion with the County about the Cedar Brook, or other methods of notifying residents of potential hazardous events. Residents who have been impacted have had the caring and generous help of many, whether strangers or friends and family. And that help will be continued, thanks to the generosity of others.

Warm clothing

(Continued from page 1)

collected items in their garage until time to make the deliveries for distribution.

As in past years many of your donations will go directly to those in need through Your Grandmother's Cupboard, a caring non-profit organization in Toms River that collects and distributes clothing and other necessities at no cost to the truly needy in New Jersey — the working poor, unemployed, homeless and underserved adults and children in our midst with special needs.

As the COVID-19 pandemic continues, and the cold weather approaches, the prospect of a Merry Christmas or a Happy Hannukah are not bright or likely for these folks. Your donations of warm clothing can help warm the very heart and soul of a deserving person living a life we can't even imagine, and let them know that someone loves and cares about them.

This year some of the clothing also will go to St. Peter's Church in Spotswood and St. George's Church in Freehold, where it will be shared with individuals in need.

Last year, without the benefit of publicity in the Rossmoor News, which wasn't printed during the first year of the pandemic (although still online), we collected over 20 large plastic bags of clothing. Hopefully, with our great Rossmoor News back in print again, we can do even better than that. This is truly God's love at work.

The Community Church Benevolence Committee sincerely appreciates the generosity of all Rossmoor residents and extends sincere warm wishes for a very happy Thanksgiving, Christmas, and Hanukkah.

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

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

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

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Recovery efforts

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“Monroe, as a community, will continue to do everything we can to assist our residents impacted by Henri – several of whom have endured very significant property damage and are struggling,” Dalina added.

Monroe Township has taken the actions listed below to assist impacted Monroe residents:

- Mayor Dalina and Township Council authorized at last night’s regular township council meeting, the one-time use of federal funds available through the American Rescue Plan Act of 2021 to ensure health and safety of Henri flooding victims in the upcoming winter months. The newly established Winter Emergency Recovery Program will reimburse qualifying residential property owners impacted by Tropical Storm Henri flooding up to \$5,000 per household to repair or remediate critical life safety property damage.
- This program will help create a safety net to assist residents with heat, mold remediation, drywall replacement and electrical work. To apply, homeowners may download and complete the application available at <https://monroetwp.com/>

[images/pdfs/2021-09-28_inter_safety_application.pdf](#). Applicants should call Pamela Broskie at 732-521-4400, ext. 177. Completed applications with supporting documentation must be received by December 31, 2021.

- Monroe Township has approved 17 applications from flood victims for immediate repairs under the income-based Monroe Township Affordable Housing Rehabilitation Program. Please call 732-521-4400, ext. 166 for more information.
- Township staff, led by the building and code department, have worked along with JCP&L to restore power and air conditioning to the more 130 affected residents. As of today, 8 homes still need additional work before power can be restored.
- The Department of Public Works has removed almost 425 tons of debris placed at the curb by flooded residents, and the work continues.
- Monroe Township Office of Emergency Management established a command center within the Rossmoor community and hosted a resource and assistance fair on Friday, Aug. 27 at the Rossmoor Clubhouse.

- The Monroe Township Food Pantry has distributed 164 bags of food and sundries to flood impacted residents. Call 609-448-7140 for more information.
- The Monroe Township Library established a Community Donation Relief Fund that has collected and distributed more than \$25,000 in gift cards to township residents who were affected by the storm.

Residents who still require assistance may email the Office of Emergency Management at oem@monroetwp.org or leave a message at 732-521-0222, ext. 299 so OEM staff can contact them with the latest recovery information and resources.

While the Township assists in the recovery, Mayor Dalina has recommended that Township professionals begin to look at long-term mitigations in response to the steady increase in storm frequency and intensity. “While any community may struggle with a nine-inch deluge of rain, we must review and identify any potential long-term improvements and mitigations for our Township,” Mayor Dalina said. He has asked the Township Engineer and other related professionals to review the entire stormwater management

system in coordination with Middlesex County regional basins and the State of New Jersey.

“We will not forget our residents in need, and we steadfastly continue our recovery

efforts from the devastating effects of Tropical Storm Henri,” said Dalina. “Our OEM team will continue to keep the public informed of updates as they become available.”

The Great Hurricane of 1780

By Jean Houvener

In October 1780, a powerful hurricane that came to be known as the Great Hurricane of 1780 slammed into the islands of the Caribbean. It was the biggest of three destructive hurricanes that month.

Huracan was the name given by the indigenous people of the Caribbean to their god of storms.

At the time, numerous ships from European navies as well as commercial vessels were at various European colonies in the Caribbean. The area had lucrative economies, of great value to the European colonizers. At this time Europe was caught up in a broad ranging war between Britain and her allies and France and her allies for dominance in the English Channel, the Caribbean, the Mediterranean, and the Indian Ocean. It was also the middle of the American Revolution from Great Britain.

While not part of later record keeping of hurricanes, numerous written accounts have enabled scientists to learn much about the hurricane. Over 20,000 people lost their

lives. The wind, based on the written accounts, is estimated to have reached 200 mph, making it one of the most powerful hurricanes in Atlantic history, and marking the storm as at least category 4 hurricane and possibly category 5. It is also considered the deadliest Atlantic hurricane.

Loss of life was particularly heavy in Barbados, Sint Eustatius, Saint Lucia, and Martinique. The Great Hurricane, also known as Hurricane San Calixto, was one of three deadly hurricanes to hit the region that October.

On October 9 the hurricane hit Barbados with the highest wind speeds as it made landfall. It passed near Saint Lucia and Martinique October 11, and a slightly weakened hurricane reached Dominica on October 12, later making landfall again on Guadeloupe. From there it neared Saint Kitts, ran along the southern coast of Puerto Rico reaching its nearest approach on October 14, made landfall again on the Dominican Republic. It went into the Atlantic, passing

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Great Hurricane The Night of Broken Glass

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east of Grand Turk, south of Bermuda, and was last observed October 18 off Newfoundland. It left a path of devastation in its wake.

When the hurricane hit Barbados, it stripped bark off the trees and left none standing. It also destroyed the forts and virtually all the housing. Cannons were tossed into the air. Ships were destroyed at Saint Kitts, and 19 Dutch ships were destroyed at Grenada. Fifty ships ran aground near Bermuda.

The French colonies of Martinique, Saint Pierre, and Guadeloupe were hit by storm surges, which caused great damage and loss of life. In Kingston on Saint Vincent, of 600 houses 584 were destroyed. Other colonies suffered similar losses.

The British navy suffered the total loss of many of its ships off Cuba, Martinique, and Jamaica, including the loss of most of the crews. Other ships did not sink, but suffered severe damage. The French, while near Martinique at the time lost only one ship, although hundreds of soldiers and civilians did die. An earlier hurricane in October had caused great damage to the island of Jamaica and many of the British warships. Altogether that October the British lost 15 warships, as well as suffering damage to nine others, and suffered the loss of 23 merchant ships, plus their crews.

After repairing as many of their ships as possible, the French sent their fleet farther north to the Chesapeake and off Virginia, both to aid the American colonies in their revolution and to avoid another season of hurricanes in the Caribbean. While in September of 1781 the British moved their ships to engage the French, they were hampered by fewer numbers and by ships not yet really fit. While Britain's Admiral Sir Thomas Graves engaged the French, commanded by Comte de Grasse, at the mouth of the Chesapeake, the British were outnumbered. Graves determined that his fleet needed further repairs and he retreated to New York.

As a result, Lord Charles Cornwallis, after losing the Battle of Yorktown, was unable to escape by sea and was trapped on the Yorktown peninsula, where he ultimately surrendered on Oct.19, 1781. French soldiers, led by Comte de Rochambeau, joined with the American army, led by George Washington and the Marquis de Lafayette were critical to the winning of the final battle, but the Great Hurricane of 1780 was probably equally critical.

The Treaty of Paris (1783) and Treaties of Versailles (1783) established the victory of the French in the French-Anglo War of 1778 (although with few gains and great cost, leading directly to the French Revolution), and established the independence of the United States of America.

By Allan Kaufman

The hurt remains, that doesn't change, from year-to-year. There has been a rise in anti-Semitism, whether in this country or in foreign countries.

As an example, the Auschwitz-Birkenau barracks were vandalized with anti-Semitic graffiti in early October. We have to remain aware of this problem.

This Kristallnacht (or the Night of Broken Glass, also called the November Pogrom), was a pogrom against Jews carried out by paramilitary forces and civilians throughout Nazi Germany on Nov. 9 and 10, 1938. The German authorities looked on without intervening.

The name Kristallnacht ("Crystal Night") comes from the shards of broken glass that littered the streets after the windows of Jewish-owned stores, buildings and synagogues were smashed.

Jewish homes, hospitals and schools were ransacked as attackers demolished buildings with sledgehammers. Rioters destroyed 267 synagogues throughout Germany, Austria, and the Sudetenland (Czechoslovakia). Over 7,000 Jewish businesses were damaged or destroyed, and 30,000 Jewish men were arrested and incarcerated in concentration camps.

The pretext for the attacks was the assassination of German Diplomat Ernst vom Rath by a 17-year-old German born Polish Jew living in Paris. After this night, Jews started to be expelled from schools. Physicians and dentists were no longer able to practice. Homes and art work were being confiscated. Still, it's hard to believe that this one incident was the trigger to start Hitler's "Final Solution" that ended with the murder of six million Jews, but it seems as though it was.

On Nov. 9 and 10, the Jewish community will remember the Night of Broken Glass as they vow "Never Again."

I can be reached at alan.kaufman0125@gmail.com. Your comments and questions are always welcome.



Jewish shop in Berlin/History.com

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Going vegan . . . Really?!!?

By Carol De Haan

So many Americans have switched to a plant-based diet that nearly 20 million of us are now vegans. Several years ago, veganism represented an industry worth \$12.69 billion per year. Now it is projected to become a \$24.3 billion industry by mid-decade.

So, what is veganism? It's a method of nourishing oneself entirely on plant-based foods, with no animal food products whatsoever. This contrasts with vegetarianism, in which adherents consume eggs and dairy products along with plant-based foods.

Vegetarianism

Throughout history, there have been many compassionate vegetarians: Leonardo Da Vinci, Mahatma Gandhi, George Bernard Shaw, Paul McCartney, Albert Einstein, and — if you can manage to wrap your mind around this one — Adolph Hitler, who claimed to have loved animals.

Then there was my friend from New Delhi who insisted that hundreds of years of vegetarianism in India arose because so many animals were vectors for diseases that could sicken humans. He cited influenza, which is spread by birds and tuberculosis which thrives in cattle, among other common illnesses.

But veganism is so much more limiting. How did it become popular in the western world?

Veganism

There must always have been individuals here and there who lived as vegans. But, as a social movement, veganism took off after the publication of "The China Study," in 2005. More than 20 years earlier, author Professor T. Colin Campbell of Cornell University had earned his doctorate in animal nutrition. He saw parallels between poor nutrition and illness in animals and he wondered if that might also be true for humans. Alas, he was working in a medical atmosphere where genetics were considered the source for many illnesses.

Professor Campbell and

his son, Thomas Campbell, M.D., assembled a team of researchers consisting of an epidemiologist from Oxford University and several medical specialists from the Chinese Academy of Preventive Medicine. For 20 years, they went into remote farming villages in western China where the population was stable for generation after generation and the people ate what they grew, with no fancy imports. Year after year, the researchers kept records of illness and health. They made charts. What they discovered was astonishing.

They had more than 8,000 statistically significant associations between lifestyle, diet, and disease. The New York Times dubbed the study "the Grand Prix" of epidemiology. Here are some of their findings.

Breast Cancer

The researchers looked at consumption of animal-based foods and found it strongly linked to breast cancer development. (p.78)

Heart disease

This might be considered the American disease, with the rest of the world relatively

unaffected. The researchers found that heavy consumption of animal protein and saturated fat added greatly to the cholesterol that blocks blood vessels and causes heart attacks. (p.107)

Obesity

Vegans tend to be anywhere from five to thirty pounds slimmer than their fellow citizens, even though vegans tend to consume more calories than meat eaters. (p.128)

Diabetes

High fat, high protein, animal-based foods promote diabetes, whereas plant-based foods protect against this disease. (p.141)

The China Study also dealt with autoimmune diseases, eye diseases, and various forms of dementia. A tremendous amount of information is available in this book.

Interested persons can purchase a copy on the Internet or can request our Monroe Township Library to borrow a copy. (My copy came from the Edison Library.) Professor Campbell's book is endlessly informative. Obviously, he has me hooked: I ordered a vegan cookbook from Amazon.

International aura awareness day

By Anne Rotholz

In 2002, the fourth Sunday of November was established as International Aura Awareness Day. It was based on the belief that all living things are surrounded by an electro-magnetic energy field called an "aura." In ancient Greek and Latin, the word aura means *gentle breeze*.

An aura takes the form of a colorful glow emanating from one's body. The color, size and shape of the aura is determined by our mental and physical health and is reflected in our daily moods and in our interactions with others.

For years, the idea of an aura was considered completely ludicrous, even "wacky," and not suitable for a logical mind. Scientists today, however, acknowledge that a certain kind of energy is emitted by everything in the world.

In our own experience, we sense a particular feeling or "vibe" from the people we interact with each day. Some people make us feel anxious, while others bring out the best in us, making us feel safe and good. A lot of this has to do with one's aura which reflects one's attitude and overall disposition.

Understanding the emotional and spiritual nature of auras gives us insight into who we are, how we relate to others and why they respond to us as they do. If we have lots of positive energy, we show others that it is good to be happy and encourage them to develop a positive aura.

Negative auras diminish

one's opportunity for a healthy, happy life. A person with low self esteem or one who is constantly unhappy will be unable to sustain a good relationship with others. Having friends is essential to happiness.

A negative energy person can sometimes use that energy in a more subtle way in order to set up a controlling relationship.

The color of an aura

An aura emits a mixture of color and light. The shades tell a lot about how we are feeling at any given time. The color of an aura reflects our physical, emotional and spiritual health. Bright yellow indicates that one is feeling spiritually alive and energetic. Cloudy red could indicate that one is feeling negative and perhaps has buried anger. Many people are represented in myriad shades in between.

Bright colors generally indicate a healthy, confident person.

Thankfully, an aura is subject to change. Negativity pushes people away from us. Being in the company of positive people is an energizing and enjoyable experience. Keeping this in mind we need to do our part to help create a brighter-aura world.

Some people can see auras. Most of us do not have that gift, but I believe that with a little training and a fair amount of concentration, we could do it. We are always "reading" the energy that comes to us from others, so we are only a step away from seeing it.



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Leftovers

By Ken Thomas

The Thanksgiving meal is over. The dining room table has been cleared. Everyone ate too much. Remains of the side dishes have been packed into containers. Salad and rolls are protected in self-seal plastic bags. The pies have been covered with tin foil. The beautiful, brown bird looks like a besieged body of bones with barely any breast. Our next meal would be leftovers. Thanksgiving never ends until the leftovers are served and consumed. These remaining dishes of food set the standard for food labeled left-

overs. They may sound like an inferior meal, but holiday gourmets and Thursday turkey people would disagree. My taste buds know the correct conclusion to this debate.

Warmed turkey on a slice of bread covered with gravy and vegetables is not inferior. Turkey sandwiches with lettuce, tomato, cranberry sauce and coleslaw is not inferior. Turkey salad is not inferior. Adding stuffing to each plate is not inferior. Another slice of homemade pie is not inferior. Leftovers are not inferior, leftovers are superior, but should not be part

of another sit-down dinner.

Put the leftovers in a central location, so the diners can circle the food and pick. The picking part is almost a religious function of consuming leftovers. When turkeys enter the pearly gates, points are awarded for their leftovers contribution. Holiday guests will remain in your house until the leftovers are gone. These guests are always hungry. Only very small portions from the Thanksgiving dinner will remain for the host. Thanksgiving hunger may occur again on Sunday night or Monday morning.

Leftovers have always been a subtle part of Thanksgiving. The Pilgrims were very smart. They did not offer leftovers to their Indian guests. TV cooking shows concentrate on the Thanksgiving dinner. Chefs give out their stuffing recipe at no cost for the Thanksgiving dinner. Bakeries limit the number of pies per person for dinner. Wineries specify wines for the turkey dinner. All these people are trying to keep leftovers a secret. They are selfish, not evil, but criminal charges are possible.

I know a host, who hides a turkey leg for after Thanksgiving consumption. Would his family call a cop? Leftovers will remain a secret, because stores open their doors with sales opportunities, preventing thoughts of dining on leftovers. "The View" does not discuss leftovers. News channels aren't interested in yesterday's information. Oprah's Book Club doesn't have a selection. Do not let these criminals continue their evil. Start feeding your friends on Friday. Eat all your leftovers!

It's just not the same thing

By Allan Kaufman

Prior to the start of the 2021 New York Giants season, I was informed that as a season ticket holder, the only way I was going to gain entrance into MetLife Stadium was by presenting a "virtual ticket." No longer was I going to receive my season tickets in the mail.

When I first started going to sporting events, half the fun was having a ticket in hand, presenting it to the ticket taker at the gate, and then finding my way down to my seat. Often, especially, in the most recent years, with the Giants tickets, there was always a theme on the tickets. Whether it was acknowledging their Hall of Fame players with pictures of those players on the actual ticket, or a picture from their championship games, it was something to look forward to.

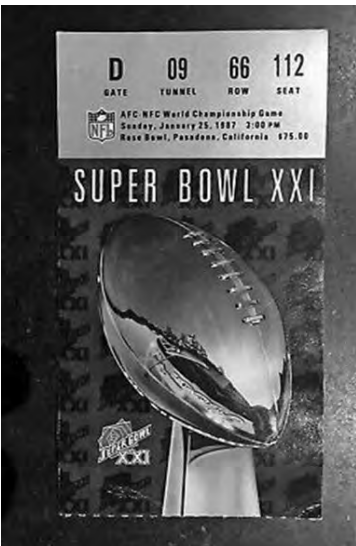
When I was 16 years old, my father was finally able to secure season tickets to the Giants. Those tickets were like gold. He had a contact in the Giants office and through that contact was told to expect the tickets a week before the first game. With anticipation I looked forward to those tickets. When they arrived, non-descript, light brown in color with only the section, row and seat location imprinted on each ticket along with the date of the game and the opponent's name. At the time, there were six home games. Two season tickets cost \$120.

Carrying those tickets into the stadium for the first time meant that we had arrived as season ticket holders to the hardest ticket to come by in sports. We by-passed over 50,000 on the waiting list for tickets.



Ebay.com

When the Giants finally moved into Giants Stadium, their tickets became alive. And when they went to their first Super Bowl, this is how my ticket looked.



My daughter Lori and her husband Shane are huge Phish fans. They must have seen the group over fifty times. The tickets tell a story.



Some ticket stubs have become very valuable. Take the 1955 World Series, game 5 when Don Larsen pitched a perfect game. The ticket stub is worth somewhere upwards of \$2,000.



Ebay.com

I had saved a number of ticket stubs from important games and concerts I've had the good fortune to attend. There was nothing like having a ticket in hand, asking for it to be torn at the perforation, so that the half of the ticket that goes home with you is in very good condition.

Now, you open your phone up to some App, let the ticket taker scan the bar codes and then you walk in. There is nothing to show that I've been to the Giants game, there is nothing for me to display on my shelf. It's just not the same thing anymore.

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

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Give them the bird

By Ken Thomas

For those drivers, who cut me off on the way to Grandma's house for Thanksgiving. **Give them the bird.**

To the Pilgrims, who had a urinary accident, when they saw all those Indians coming to dinner. **Give them the bird.**

To all those moochers, who always visit for my Thanksgiving Day Dinner again and again. **Give them the bird.**

For all those TV cooking shows, who for fifty-three days before the holiday demonstrate how to cook a turkey eighteen different ways, so they are brown. **Give them the bird.**

Also include all those TV cooks, who brag about their absolutely delicious gourmet turkey stuffing, which is 95% bread. **Give them the bird.**

To the Detroit Lions, who will probably lose another Thanksgiving football game. **Give them the bird.**

To all those "Aunts" who bring their special plate of Brussel sprouts made from their secret recipe, but still tastes like rotted cabbage. **Give them the bird.**

To those people, who freeze their buttowskis off watching the Thanksgiving Day Parade along the streets of New York City. **Give them the bird.**

To Uncle Jack, chosen to toast Grandpa and say Grace, but got confused. **Give him the bird.**

To all those relatives, who made me sit at the tiny, old, rickety card table instead of

the big dining room table. **Give them the bird.**

To relatives who gave me carving directions and demanded a turkey leg. **Give them the bird.**

To all those friends, who brought both red and white wine, because the correct color confuses them, then drink my good scotch anyway. **Give them the bird.**

To all those relatives who complain about the gravy, stuffing, salad dressing and lack of sweet potatoes, yet fill

their plates three times. **Give them the bird.**

To all those who couldn't decide between white meat or dark meat. **Don't give them any.**

To all those relatives and especially wives, who count calories for you and shake their heads when you add whipped cream. **Give them the bird.**

To all those experts who estimated the cost of the Thanksgiving Dinner at \$66.21. **Give them the bird.** Bill them the \$151.10 in additional costs.

To all those self-proclaimed "Homemade" desert bakers, who show up with pumpkin pies that look suspiciously like a Walmart out of the box special. **Give them the bird.**

To all the men who nap after dessert during the Detroit Lion game. **Give them the bird.**

To all the women, who request small slices of three different pies. **Give them the bird.**

To all those relatives with Tupperware containers in their hands waiting for leftovers. **Give them peanut butter and jelly sandwiches.**

To all the family and friends, who have shared a special occasion called Thanksgiving with me. **Give them the bird and a hug.**

This year when I say "give them the bird," I mean the turkey. HAPPY THANKSGIVING!

Letters to the editor

This is to express my admiration for the way Mayor Steve Dalina and his Department of Public Works responded to the flood that hit Rossmoor on Aug. 22.

Over 100 homes were affected. In the days that followed, we saw furniture and household goods put out at the curb in front of the flooded homes. It was all picked up within 24 hours. Then we saw piles of wet sheet rock and other damaged structural material set out front. Again, it was picked up right away.

In all, several hundred tons of flood-damaged goods were promptly hauled off. Sad as it was to see so much destruction of people's lives, the efficiency of our municipal government in a time of crisis has to be a consolation to everyone in this community.

Let us not fail to mention Manager Dave Salter and the nifty guys in his Maintenance Department who dropped whatever they were doing and instead went door to door to take up saturated carpeting and just help with anything they could do for people. What great guys.

I'm sure I express gratitude not only for myself, but also for so many neighbors, to all the generous people who came to our rescue, who helped alleviate our stress in this sad event. Your kind hearts have lifted us all.

Carol De Haan



NEW NEIGHBORS

By Christina Smith – Resident Services Manager

Debra Criscuolo, 33A Old Nassau Road, formerly of Milltown, N.J.

Floyd and Betty Hunt, 227C Manchester Lane, formerly of Stuarts Draft, V.A.

Pravinkant and Yogini Shastri, 465A New Haven Way, formerly of Howell, N.J.

Daxa Pandaya, 126B Lowell Lane, formerly of Chicago, Ill.

Mark Scott, 435-O Newport Way, formerly of Manalapan, N.J.

Anatoly and Sofia Zeltser, 510B Springfield Way, formerly of Staten Island, N.Y.

Manjula and Raojibhai Patel, 11-O Village Mall, formerly of Monroe Twp., N.J.

Christine Carswell, 193A Malden Lane, formerly of Woodstock, Ga.

Hector and Eunice Nieves, 161D Pelham Lane, formerly of Perth Amboy, N.J.

Patricia Bryan and Cynthia Sussman, 336B Newport Way, formerly of Jamesburg, N.J.

Linda Beegle, 220C Manchester Lane, formerly of Woodbridge, N.J.

Raymond Krainski, 106N Nassau Road, formerly of Old Bridge, N.J.

Harvey and Maxine Rubin, 54C Old Nassau Road, formerly of Boynton, Fla.

Michael and Diana Doran, 294A Stratford Lane, formerly of Hazlet, N.J.

Dove Momodu, 247N Old Nassau Road, formerly of Corona, N.Y.

Bennie Eure, 241B Mayflower Way, formerly of New York, N.Y.

Ming Luo, 31C Bradford Lane, formerly of Plainsboro, N.J.

Betty Rabold, 29B Bradford Lane, formerly of Raleigh, N.C.

Dennis and Kathleen Chinchar, 466A New Haven Way, formerly of Edison, N.J.

Michael Karris, 252N Mystic Lane, formerly of Princeton Junction, N.J.

Ella Almodovar, 119E Rossmoor Drive, formerly of Monroe Twp., N.J.

Catherine Rias-Hayes, 639A Yale Way, formerly of Iselin, N.J.

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In Memoriam



**Roberta Ambler, 100,
Rossmoor resident from
2004-2020**

On September 30, 2021, Roberta C. Ambler, 100, of Pittstown, N.J., passed away suddenly and unexpectedly while doing one of the things she loved the most, enjoying her daily walk on a beautiful fall afternoon.

Roberta grew up in Highland Park, graduating from Highland Park High School as class valedictorian in 1939. Upon graduation from the New Jersey College for Women (now Douglass College, part of Rutgers University) in 1943, Roberta went to work for General Foods in Hoboken as one of only a handful of women chemists. Some of Roberta's work involved research on how best to package and store coffee to keep it fresh and flavorful for our soldiers during the war.

Roberta married her husband Walter in 1950. He opened his dental practice in 1952 in Highland Park, with Roberta working occasionally as his dental assistant and managing their taxes and books. Behind the dental office was an apartment in which they lived until they built a home in Edison in 1955, where Roberta eventually became a stay-at-home mom.

The couple moved from Edison to Bridgewater in 1997, and then eventually to Rossmoor in 2004. Walter passed away in 2010. Since January 2020, Roberta has resided in Pittstown, N.J. with her granddaughter Erin (a nurse) and her family.

The couple loved music and instilled that appreciation in their children who remember singing at home as well as in the car on road trips. She learned to play the piano at a young age. Active and aware to

her last moment, Roberta loved music, community service, nature, gardening, birding, and the out of doors, and instilled those loves in her family. She was a member of Girl Scouts of America, PEO (Philanthropic Educational Organization), Quiet Hour, and various churches over the years, most recently Rossmoor Community Church, Bible studies, Choir, handbell choir, and clubs.

Even though she lived in Pittstown for the past 18 months, she was still an active member in Rossmoor Community Church activities via Zoom. Over the years Roberta served as Church deacon and elder, Sunday school teacher, and leader and treasurer of various clubs and organizations. She and Walter volunteered together for Meals on Wheels and Literacy Volunteers of America, and were active in their local AARP chapter and other service organizations. In addition to her clubs and activities, she enjoyed crossword puzzles, jigsaw puzzles, games, reading, photography, and knitting, often knitting hats and mittens to donate to those in need.

For her 100th birthday in August, family and friends gathered from as far away as Spain, Denver, South Carolina and Vermont to enjoy her company and celebrate her life and her blessed and wonderful milestone.

While we mourn the loss of this precious life, we know that she is in heaven in the presence of Jesus and her beloved husband. Roberta is survived by her loving and close-knit family: three children, Bobbi (and husband Glenn, South Carolina), Nancy (and husband Art, here in N.J.), and Dave (and wife Lola, residing in Spain), eight grandchildren, Pattie (Jake), Erin (Caleb), Josh (Jess), Lisa (Tony), David, Jon, Katie, Ben, eight beloved great-grandchildren (Tyler, Aidan, Anna, Landon, Remy, Carter, Belle, Claire), one niece (Jenifer) and one great niece, Kate (Darren).

The family appreciates so much your love and prayers. If you wish to make a donation in Roberta's name, please consider the N.J. Audubon Society, a cause dear to her heart.



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Letters

Dear Mutual 17 Friends,

Thank you for all the contributions given to Joel and myself to help with the rebuild of our home on Nautilus Court.

You have all touched our hearts in a way you cannot imagine.

**Love, and thank you,
Janet (Denny) and
Joel Kirschner
740A Nautilus Court**

Thank You

To Mutual 17 Residents, a sincere thank you for all your support and kindness after the flooding caused by Hurricane Henri. You gave me needed comfort at a very bad time. God bless you.

Maryann Lombardi

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This month in pictures

By Joe Conti and Walter Gryskiewicz

Shuffleboard members enjoyed lunch at Sal's Deli



From left are Paul Falcone, Jack Balic, Michael Fisezi, Angel Espinosa, Judy Gamache and Antonino Furnari.



Allen Kobezak, Kimberly La Gregor, Roger Kaucher, Bob Gleason, Linda Gleason, and Dee Hebert at the Shuffleboard Lunch.

Halloween around the manors



Scarecrows in the window!



Halloween is always with us.

Photo by Youngae Lee



Ghosts in the windows!



Skeletons on the stoop!



Fall colors: It's changing seasons



A group of Rossmoorites dined at the Waterfront Restaurant in Forked River before continuing to Surflight Theater for the show "Almost Maine" through the Monroe Twp Senior Center. Seated, from left, are Lyn Wall, Karen Seiden, Jane Praskach, and Fred Goodstein. Standing are Morty Wall, Steven Gray, Helene Gray, and Janet Goodstein. Submitted by Steven Gray

CULINARY CORNER

By Sidna Mitchell

Open your eyes for pea salad

Years ago, when I was running for the New Jersey State Assembly, photographers would often ask me to open my eyes. "My eyes are open," I answered, noting my eyelids seem to cover my eye lashes and give the appearance of my eyes not being fully open.

Over the years, the lids got heavier and my eyes seemed even more closed. Anne Montgomery, one of my Florida croquet friends, formerly of Sea Girt, N.J., suggested I have the eyelid surgery that she had last year.

"I can see so much better," Anne claimed, and said that I really should have surgery, recommending her Florida doctor. Although not convinced, I did ask my eye doctor here in New Jersey about such a procedure.

"You are definitely a candidate," my doctor said, noting insurance would cover the cost. So I saw the eye specialist and had the surgery, which seemed to be relatively simple. However, there were negatives: no alcohol, no showering, no nose blowing, no exercise, no bending, no lifting, no aspirin, no hot food or drinks for three days. Also, I had to put ice on my eyes every 20 minutes for two days. The surgeon and friend Anne suggested a bag of frozen English peas instead of ice because that was more pliable.

Actually, I was pretty diligent about following the advice although sleeping upright was a problem. And what was I going to do with those two bags of frozen English peas? I hate English peas. Then I remem-

bered my dear friend, the late June Brubaker, had a recipe for an easy and tasty salad. What a great solution and a favorite with my dinner guests! Here are June's written instructions as well as my substitutions.

June's Pea Salad

20 oz. frozen green peas, thawed
1/2 cup scallions, chopped

Culinary Corner

1 cup celery, chopped
1 cup Spanish peanuts
1/2 cup salad dressing

Mix all ingredients together and chill.
Use Good Seasons Zesty Italian or Ken's Lite Creamy Vidalia Onion dressing.

This will stay fresh and taste great for three to four days in the refrigerator.

NOTE: I usually cut the recipe in half which is enough for four. Additionally, I sometimes add 1/4 cup of chopped baby carrots to the pea salad for color and use cocktail peanuts that I add just before serving. Also, I usually use Ken's Balsamic Vinaigrette because that's what I normally have on hand for salads.

I can be reached via email at sbmcooks@aol.com.

League of Women Voters plans luncheon in November

By Judy Perkus

Save the Date: On Monday, Nov. 8 at noon, The League of Women Voters of Monroe Township is planning a luncheon at the Forsgate Country Club. Holiday Happenings, League's annual luncheon, was cancelled last year because of the Covid-19 pandemic. Information will be found on our website and Facebook sites. Members and guests are welcome.

Election Day, Tuesday, Nov. 2, in person voting at our usual voting places was preceded by Vote-by-Mail and in-person early voting at the Monroe Township Public Library. LWVMT is proud to have educated voters through vote411.org, social media, and candidates' forums. In addition to our local races for Mayor, Town Council and the Board of Education, there were races for governor, state senator, state assembly, and two public

questions.

The League of Women Voters is a non-partisan political organization which encourages informed and active participation in elections. It neither supports nor opposes candidates for office at any level of government. Its members include both women and men.

Rossmoorites may call Judy Perkus, LWVMT treasurer, for more information.

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Monroe Twp. Chorus presents "Welcome Back"

The Monroe Township Chorus was formed in September, 2013, by Sheila Werfel, founder, director, and conductor. Over the years, the Chorus rose from 18 singers to a membership of 72.

After being grounded for a while, we are happy to be back. Join us as we celebrate the dedication of all the first responders and all those who reached out to help others in need during the pandemic.

Mark your calendar for Sunday, Nov. 21, when Conductor Sheila Werfel and Music Director David Schlossberg will lead the chorus in song once again.

The concert will begin at 2 p.m. and doors will open at 1:30 p.m. at the Richard P. Marasco Performing Arts Center, located in the Monroe Township Middle School, 1629 Perrineville Road, Monroe Township.

This is a free concert. No tickets are required and everyone is welcome.

For additional information, call Director Sheila Werfel at 609 619-3229.

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Clubs and Organizations



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Reading, writing, and yoga still going on

By Norman Perkus

The Book Discussion Group is reading "Eventide" by Kent Haruf for its Nov. 18 meeting, at 3 p.m. The Group is continuing to meet monthly over Zoom on the third Thursday of the month until E&R figures out how to schedule monthly meetings on the app.

On Nov. 18, the third Thursday of the month (Thanksgiving will be on the fourth Thursday), the Writers' Group will meet virtually at 10 a.m. to discuss what they have written.

All Rossmoorites are welcome. Call Norman Perkus for Zoom access. If we can meet in the Clubhouse, you

will be notified. Watch Channel 26 for updates.

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

Computer Club news

By Erin Medlicott

Hello to all our Rossmoor Computer Club members and happy Thanksgiving! While we're waiting to hold regular monthly meetings with guest speakers, we can still continue to get smart.

Take a look at Senior Planet (SeniorPlanet.org), a website produced by AARP. They have free online classes via Zoom and discussion sessions on a wide range of topics. They

have everything from yoga to ballroom dancing to Spanish Club to morning stretch, and much more.

Here are some of the Senior Planet November 2021 online sessions you might be interested in, along with dates, times and the exact link for each session: BTW: Their website says these offerings are free and available to adults age 60 and over. We'd like to hear your feedback on these sessions. Enjoy, and we hope to see you soon.

Mondays in November:

"Tech and Innovation Discussion Group" - Nov. 1, Nov. 8, Nov. 15, Nov. 22, Nov. 29, from 3 to 4 p.m.

Discuss different topics related to the latest technology trends and news.

<https://seniorplanet.zoom.us/j/272115103>

"Getting Started with Zoom" - Nov. 1, Nov. 16, Nov. 28, from 4 to 5 p.m.

Come to this hands-on workshop and sign up for a free, basic Zoom account.

<https://seniorplanet.zoom.us/j/81344204997>

Tuesdays in November:

"Hosting a Zoom Meeting" - Nov. 2 from 4 to 5 p.m., also Nov. 17 from 2 to 3 p.m.

In this hands-on workshop, we'll cover the most commonly used Zoom meeting controls.

<https://seniorplanet.zoom.us/j/81344204997>

"All Things Zoom" - Nov. 9 from 2 to 3 p.m., also Nov. 22 from 4 to 5 p.m.

Learn how to use Zoom to chat with friends & family, and take virtual classes with Senior Planet!

<https://seniorplanet.zoom.us/j/81344204997>

Wednesdays in November:

"Intro to Hosting on Zoom" - Nov. 10, 2 to 3 p.m.

Thinking about hosting your own Zoom meeting? Learn what you need to start your first meeting, as well as some hosting tips to make it a success.

<https://seniorplanet.zoom.us/j/81344204997>



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

Once Upon a Time...

By Judy Perkus

Once upon a time in Rossmoor, there was a building called a Clubhouse. Some old-timers may remember it. In the olden days, Rossmoorites and their guests were able to enter any entrance without a mask and attend club meetings.

"What's a club?" you might ask. Who wants to be hit over the head with a bat-like object! Is that supposed to be a good thing?

One definition for a club is

"a heavy stick, generally used as a weapon," but I don't mean that kind of club. The definition I am talking about, from the "Cambridge English Dictionary," is "an organization of people with a common purpose or interest, who meet regularly and take part in shared activities."

Some old-timers may remember that there once was a group of people with the common purpose of enjoying dancing and socializing with other like-minded people in



the Clubhouse Ballroom.

I'll give you the definition of dancing and socializing in a future article. The Rossmoor News does have space constraints.

Clubhouse entry is still restricted although I can tell you that the Ballroom is still there and was used to administer flu shots to those Rossmoorites who made appointments in advance.

Dance Club President Armen DeVivo has submitted requests to book the Ballroom for 2022 Dance Club monthly parties.

Armen and the Dance Club Board wish you a healthy, happy Thanksgiving. We hope to be able to see you all in the Clubhouse soon.

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

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

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

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

Italian-American Club news

By Tony Cardello

Although we have not been able to have our monthly meetings and social events due to the pandemic, we have some good news that we all can share.

We will proceed with our annual Christmas Party to be held at the Forsgate Country Club on Sunday, Dec. 12, from 11 a.m. to 3 p.m. at a cost of \$50 per person.

In addition to brunch, music and merriment there will be a raffle and a snow ball fight.

Everyone attending must be vaccinated.

You don't have to be a member to attend.

Maximum at a table is 12.

Masks are optional.

Please advise if you will be attending by the end of November to Sal Gurriero at 732-803-9857.

Cooking Rut? These Easy Ideas Inspire Instant Creativity in the Kitchen

Due to quarantine and social distancing measures, Americans have found themselves cooking more at home than ever before. However, after creating some of the same meals week after week, many are starting to lack inspiration and hitting a home-cooking rut. To shake things up in the kitchen, consider these 10 ways that will add excitement and creativity to your future dishes.

Explore cultural dishes: Look to other cultures for food inspiration. Whether inspired by a book you read, a movie you watched, or a place you have visited (or want to visit), there are a lot of dishes that can open your eyes to the way people all around the world eat and enjoy food.

Use a new ingredient: "Try a new ingredient you've never cooked with before to expand your palate," says Celebrity Chef and Restaurateur Jordan Andino.

Host a virtual theme night: Invite friends for a virtual dinner party where everyone shows off their homemade creations. To add a little excitement to the virtual party, pick a different theme to create a meal around - a luau, a crawfish boil or decades night are a few examples. Don't forget to add some fun decor to make the virtual mealtime extra special.

Get inspired online: With cooking classes going virtual across countless social media platforms, look to some

(Continued on page 15)



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Members of the Jewish Congregation gathered on Sept. 25 for a Simchat Torah celebration. Seated, from left, are Marilyn Pollack, Marge Paterson, Norman Perkus, Sylvia Weshnak, and Lyn Wall Standing, also from left, are Cindy Sigl, Hadassah Aylat, Dolores Grieff, Janet Goodstein, Steve Gray, Rabbi Lauren Levy, Morty Wall, Heidi Weshnak, and Judy Perkus. Photo by Helene Gray

A very special woman

By Adrienne Brotman

Rabbi Lauren Levy is our congregation's rabbi. She has conducted Torah Study

and Simchat Torah celebrations for over 20 years. Harriet Ringel, a member of the congregation way back when, asked her to lead Torah Study classes.

Rabbi Lauren, as we

fondly call her, grew up in the suburbs of Philadelphia. She is the proud mother of three children and the even prouder grandmother of four grandchildren.

Rabbi Lauren contem-

plated becoming a rabbi when her Dad suggested it after he picked her up from a Jewish Youth meeting when she mentioned a friend, Marty Katz, was thinking about becoming a rabbi. Her Dad said, "What about you?" She also was influenced by her Temple's rabbi, Rabbi Waintrup, who led a congregation in Abington, Pa. Rabbi Lauren remained in contact with him for many years, until his passing.

Ironical choice of a career for the girl who was once expelled from Hebrew School!

Rabbi Lauren attended Rabbinical College in Phila-



Morty Wall and Rabbi Lauren

Photo by Helene Gray

delphia and continued graduate studies at Temple University where she studied religion. She is currently employed by Lawrenceville School, located in Lawrenceville Township, N.J., where she has worked for 35 years. She teaches religion and philosophy and is also the school's rabbi.

Rabbi Lauren led a Simchat Torah celebration here at Rossmoor on Saturday, Sept. 25, at the Sigl's garage on Thurman Lane. About 12 members attended where the Torah was unrolled and rerolled. Simchat Torah comes at the end of the holiday of Sukkot. Simchat Torah is one of the happiest days of the Jewish year. That is when the reading of the Torah, the Jewish Bible, is completed and begun again.

Members enjoyed home-made herring, made by Hadassah Aylat and a delicious spread of sweets including Janet Goodstein's mandelbrot and Helene Gray's apple cake.

Sabbath services will be on Friday, Nov. 5 and 19, at

(Continued on page 15)

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Special woman

(Continued from page 14)

7:15 p.m. at the Meeting House. All are welcome! Remember to make a reservation on the American Pool app or call E&R. If you need a ride, call Morty Wall at 732-299-7501 to make arrangements.

Torah Study will be at 10 a.m. on Saturday, Nov. 6 and 20, meeting place to be determined.

If you would like information about the Congregation, contact Vice President of Membership Allan Kaufman at 732-690-2145 or Alan.Kaufman0125@gmail.com.

Cooking Rut?

(Continued from page 13)

of your favorite foodie influencers and celebrity chefs for inspiration in the kitchen. Your favorite cooking brands, restaurants and chefs are probably hosting online cooking classes where you can learn some new tips and simple tricks to make a tasty new dish.

Get the gadgets and tools: Turn your culinary world upside down with a new kitchen gadget. Try out a vegetable spiralizer that'll help you make zoodles (zucchini noodles) or a dressing mixer to create homemade dressings, marinades and sauces. Pick up a sushi kit for a fun family dinner activity.

Try trending recipes: Try your hand at one of the latest food trends for more motivation in the kitchen. A few recipes that are gaining popularity include bread making, and cooking flavored gnocchi.

Add new spices: An easy way to enhance any dish is by adding spices. Try a new spice or make your own blend. Whether you're going for some heat or want to add a savory element, a spice you've never had before may do the trick. Furthermore, a new spice might even inspire new dishes you'll love.

Embrace backwards day: Try shaking things up and eat breakfast for dinner and dinner for breakfast. Flipping around the traditional awakens palates and is a simple way to keep meals interesting. Plus, who doesn't love waffles or egg bakes for dinner?

Share a favorite, find a favorite: Organize a virtual or old-fashioned recipe swap with friends and family. Discover new meal options and walk away with a pile of fresh recipes to cook at home.

Make your own bowls: Whether it's breakfast, lunch or dinner, make a "build your own bowl bar," where your family can choose their own base and toppings for their custom creations. For example, try a smoothie bowl by pairing yogurt, fresh fruit and extras like grains and nuts for a nutrient-filled breakfast. For dinner, try a rice bowls that can be customized to

Community Church to host Thanksgiving service for all faiths

By Alyce Owens

On Sunday Nov. 21, the Community Church will host a Thanksgiving Service for Rossmoor residents of all faiths at 11 a.m. in the Meeting House.

Please contact the church at 606-655-6887 if your organization or religious group would like to take part. For

the safety of all, participants and attendees will be asked to wear masks.

To attend the service, you can make a reservation from Nov. 15 through 19, by accessing the American Pool app (Meeting House) or by calling E&R between 9 a.m. and 5 p.m. at 609-655-3232.

November 2021 at the Monroe Township Public Library

Monday Meditation

Mondays, November 1, 8, 15, 22 & 29 at 9:00 a.m.

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

Book Café

Wednesday, November 3 at 11:00 a.m. and 1:00 p.m.

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

Sit-N-Stitch

Fridays, November 5 & 19 at 10:30 a.m.

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

Monroe in the early 1900s: A Step Back in Time

Friday, November 12 at 10:00 a.m.

Take a step back in time as we open a window to

Monroe in the early 1900s when Woodrow Wilson was running for president, Monroe was still a farming community, and Jamesburg was a manufacturing town. A box of old photographic plates was discovered in the basement of a local funeral home. Much of what these images show is still around! This program will be presented by the Monroe Township Historic Preservation Commissioner John Ryan. *Registration is required. Register in advance at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Non-Fiction Book Discussion

Monday, November 15 at 2:00 p.m.

Join us for a discussion about Tangled Vines: Greed, Murder, Obsession, and an Arsonist in the Vineyards of California by Frances Dinkelspiel. Reserve a copy through our online catalog or by calling the library. This program will be held in person. *Registration is required. Register in advance online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

International Book Discussion

Tuesday, November 16 at 10:30 a.m.

Join a book discussion about The Golden Son: A Novel by Shilpi Somaya Gowda (Canada). Reserve a copy on the library website or

(Continued on page 16)



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Also, always walk against the traffic (on the left however you are facing.)

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



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HEALTH CARE CENTER NEWS

Delta Variant

(Continued from page 1)
booster vaccine is recommended for people 65 years and older. It is also recommended for people with underlying medical conditions and workers who are at risk for exposure and transmission of coronavirus. This includes health care workers, first responders, educational staff, grocery store workers, postal service workers, and public transit workers. People with underlying medical conditions who are at high risk include those with a history of cancer, chronic kidney disease, chronic lung disease, diabetes, dementia, heart disease, high blood pressure, HIV, obesity, sickle cell disease, organ transplant, stroke, smoking and substance use disorders, and people who are immunocompromised.

The CDC does not recommend giving the Pfizer booster shot to people who have had Moderna or the J&J vaccine. The FDA and CDC are reviewing the research studies on Moderna and J&J booster vaccines. Their recommendations and guidelines on Moderna and J&J booster shots will be released shortly.

Booster vaccines may be given by your primary doctor and Urgent Care facilities. There are local pharmacies

in the area offering the Pfizer booster shot. Please call the pharmacy to make an appointment. The pharmacies include at the time of this writing

- CVS, 306 Applegarth Road, 609-395-4970,
- Texas Road, 355 Applegarth Road, 609-235-9368,
- Walgreens, 314 Applegarth Road, 609-655-3101,
- Franklin Pharmacy, 557 Englishtown Road, Suite 141, Monroe Township, 732-446-5445,
- CVS, 238 Forsgate Road, Jamesburg 732-521-4393,
- Point of Care Pharmacy, 333 Forsgate Drive, Suite 104, Jamesburg, 732-641-2664,
- ShopRite, 3880 Summerhill Road, Spotswood 732-251-5202.

The coronavirus is still circulating with contagious variants emerging. We can slow down the spread and protect ourselves and other people by continuing to wear properly fitted masks and socially distancing when in public, even if we have been fully vaccinated. We can also slow the spread of COVID-19 by continuing to wash our hands frequently. Coronavirus cannot mutate if is not spreading. Being fully vaccinated is another step in getting your life back to normal.

If you still need to get your flu shot, we have three differ-

ent flu vaccines: the standard, the high-dose, and Flublok. Please call the Healthcare Center at 609-655-2220 for more information and to schedule your appointment. If you are homebound and would like a flu shot, please call the Healthcare Center for more information. It takes approximately two weeks to get partial immunity from the flu shot and four weeks to get full immunity. We will give these vaccines throughout the fall and into the winter months.

As per the CDC, you can get your flu and COVID-19 booster shot at the same time. You no longer have to wait two weeks before or after to get either one of them.

We are giving pneumonia vaccines in the Healthcare Center with an appointment. We do require a prescription from your doctor indicating which of these two pneumonia vaccines, Prevnar 13 or Pneumococcal 23, your doctor would like you to have. Please call the Healthcare Center, 609-655-2220 for more information and to set up an appointment.

Get your flu shot and your Pfizer COVID-19 booster shot. Moderna and J&J will be offering their booster shots shortly. Remember YOU are the most important member of your healthcare team!

Library

(Continued from page 15)
by calling the library. This title is also available in both ebook and audiobook formats via Hoopla. This program will be held in-person. *Registration is required. Register in advance online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Library Board of Trustees Meeting
Tuesday, November 16 at 6:30 p.m.

Genealogy Club
Wednesday, November 17 at 2:00 p.m.

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

Page Turners
Thursday, November 18 at 11:00 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 Sibling Stories. This program will be held in person. *Registration is required. Register in advance at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Short Story Discussion Group
Thursday, November 18 at

2:00 p.m.
We will discuss the next two titles in The Best American Short Stories of the Century, "The Killers" by Ernest Hemingway and "Double Birthday" by Willa Cather. This program will be held in-person at the Library. *Registration is required. Register in advance at the Welcome Desk, on our website www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Charles Dickens: A Literary Lecture
Sunday, November 21 at 2:00 p.m.

Irene Curran, retired Monroe teacher, will present Charles Dickens. Dickens was one of the greatest writers of English literature. Irene will discuss the man, the writer, and how he came to write "A Christmas Carol", one of the greatest Christmas stories of all time. This program is sponsored by the Friends of the Library and will be held in-person at the Library. *Registration is required. Register in advance at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Friends of the Library Meeting
Tuesday, November 23 at 4:30 p.m.

Lobby Display Case
A Diwali display by Rupa Ranganath will be in the George Ivers Lobby Display Case through November 2021.

Fine Arts Gallery
(Continued on page 19)

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Covered egg mass

Spotted lanternfly eggs

Spotted lantern fly nests. Here is a picture of the spotted lantern fly nest along with a picture of the eggs. I didn't realize that the nest would look so much like a part of the tree. I think it would be helpful for all of us in this area, whether you are part of a community with a maintenance group or not, to check the trees and bushes on your own property for these nests and destroy them. They should be scraped off the tree and put in a plastic bag with something like hand sanitizer. They also should be removed before next spring. Each nest will have 30-50 eggs. The adults who laid them will die this year. If you can't do it, your maintenance group or perhaps a neighbor may be able to. And please share this picture with others.

Celebrate Family and Food



FAMILY FEATURES

Family traditions and in-person connections are important parts of gatherings of loved ones, and many of those get-togethers are centered on food. The entire family coming together around a table covered with warm, delicious food to share stories and create new memories is what makes mealtime special.

Forty chefs from around the nation came together to create “Come to the Table,” which offers a delicious mix of cuisines from a variety of cultures, including this sampling of classic family favorites, sweet indulgences and family-style creations all inspired by what family means to each chef.

“Sales from this book will directly benefit the families we serve, so we are so grateful for each and every chef that has offered their time and talent to this cookbook,” said Jill Cumnock, CEO of Ronald McDonald House of Dallas. “The way ‘Come to the Table’ has been created reminds me of a recipe that culminates in a feast for the senses. We can’t think of a better way to celebrate our 40th anniversary, particularly at a time when families are starting to reunite after the pandemic forced so many apart.”

Visit rmhdallas.org for more information and to order the cookbook.

Baked Stuffed Pasta Shells

Recipe courtesy of chef Kevin Curry
Servings: 6-8

- 6 ounces jumbo pasta shells
- 2 tablespoons olive oil
- 1 tablespoon fresh garlic
- 1 medium onion, diced
- 5 portobello mushroom caps, gills removed then diced
- 1 pinch sea salt, plus additional, to taste
- 1 pinch pepper, plus additional, to taste
- 2 cups shredded kale
- 3 tablespoons water
- 15 ounces skim milk ricotta cheese
- 4 tablespoons pesto
- 1 tablespoon The Fit Cook Land spice blend
- 1 1/2 cups reduced-fat marinara, divided
- 1 1/2 cups reduced-fat mozzarella
- fresh herbs, for garnish

Preheat oven to 420 F.

Bring pot of salted water to boil. Cook pasta shells according to package instructions. Drain then set aside.

Heat pot or cast-iron casserole dish over medium heat. Once hot, add oil, garlic, onion and mushrooms. Add pinch of sea salt and pepper as it cooks. Cook until onions turn brown and mushrooms shrink in size, about 3-5 minutes. Empty contents and set aside.

Place pot back over heat. Add shredded kale and water to create steam. Toss kale in pot until it turns vibrant green; set aside to cool.

In large bowl, mix ricotta cheese with mushroom mixture, kale, pesto and spice blend.

In casserole dish, spread about 1/2 cup marinara on bottom. Then one-by-one, stuff each pasta shell with approximately 2 tablespoons ricotta mixture and add to casserole dish. Repeat with remaining shells.

Cover shells with remaining marinara and mozzarella cheese. Cover casserole dish with foil and bake 20 minutes. During final 5 minutes, remove foil so mozzarella can brown.

Garnish with fresh herbs and salt and pepper, to taste.

Baked Stuffed Pasta Shells



Green Curry

Photo courtesy of Ink Phinyawatana

Green Curry

Recipe courtesy of chef Nikky Phinyawatana
Servings: 2

- 2 cups fresh spinach
- 1 cup water
- 1 tablespoon vegetable oil
- 2 tablespoons green curry paste
- 8 ounces skinless, boneless chicken, beef or pork, sliced thin
- 1 small Japanese purple eggplant
- 2 cups coconut milk
- 4 teaspoons granulated sugar
- 1/2 teaspoon salt
- 1/2 cup bamboo shoots, sliced
- 1/4 medium red bell pepper, sliced thin

- 8-10 Thai basil leaves, plus additional, for garnish, divided
- 2 cups cooked jasmine rice

In blender, blend spinach and water until mixture turns green and no leaves are visible.

In medium saucepan over medium-high heat, heat oil. Add green curry paste and stir to release fragrance, about 10 seconds.

Add protein and cook 3-5 minutes.

Add blended spinach water, purple eggplant, coconut milk, sugar and salt. Bring to boil. Add bamboo shoots and red bell pepper. Simmer 10 minutes.

Stir in basil leaves and turn off heat.

Serve with jasmine rice and garnish with additional basil leaves.

Daddy’s Birthday Flan

Recipe courtesy of chef
Ninamarie Bojekian Mendoza
Servings: 10-12

Caramel Sauce:

- 1 cup granulated sugar
- 1/4 cup water

Cake:

- 1 1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 3/4 cup unsalted butter, at room temperature
- 3/4 cup granulated sugar
- 2 large eggs
- 1/2 teaspoon vanilla extract
- 3/4 cup buttermilk
- 3 tablespoons rainbow sprinkles (optional)

Flan:

- 4 large eggs
- 1 can (14 ounces) sweetened condensed milk

- 1 can (12 ounces) evaporated milk
- 1 tablespoon vanilla extract
- ground cinnamon, to taste

In saucepan, heat granulated sugar and water over medium-low heat until melted.

Preheat oven to 350 F.

Grease and flour 9-inch Bundt pan. Set aside.

When sugar liquifies and turns golden brown, remove from heat and use silicone spatula or whisk to stir. While stirring, quickly pour into prepared Bundt pan.

To make cake: In large bowl, sift flour, baking powder, baking soda and salt. Set aside.

In another bowl, use hand mixer on medium speed to beat butter and sugar, about 3 minutes, until fluffy. Add eggs and vanilla. Beat well.

On low speed, gradually beat in flour mixture and buttermilk until combined.

Fold in rainbow sprinkles, if desired.

Pour batter into pans over caramel sauce.

To make flan: In blender on high speed, blend eggs, sweetened condensed milk, evaporated milk and vanilla until well combined.

Gently pour through strainer and onto prepared cake batter. Sprinkle cinnamon on top.

Place pan in water bath by putting it in larger baking dish, roasting pan, hotel pan or similar. Pour hot water halfway up sides to create water bath.

Bake approximately 1 hour. Cake should be golden brown and jiggle when shaken when done.

Remove cake from water bath and cool on rack 10 minutes.

Run knife or spatula carefully around edges to separate. Place plate on top of cake and, while holding it, flip over carefully and quickly.

Refrigerate at least 1 hour or overnight before serving.



Daddy’s Birthday Flan



Rossmoor Community Association, Inc.

Snow Policy and Procedure

POLICY

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

PROCEDURE

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

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

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

1. Pre-salting streets and carport lanes to prevent snow from bonding to the surface.
2. Plowing all main and secondary streets (see list of streets under "Priorities") continuously after an accumulation of 2" or more or as required by RCAI management.
3. **Once the storm ends**, separate crews and separate equipment will begin plowing lanes and carports; plowing perimeter and main sidewalks; plowing driveways and finally shoveling of the main, front entrance walks and stoops leading to the main entrance doors of the manors. Secondary walks and stoops on the sides or backs of manors will not be shoveled or treated with ice melt.
4. **Once the full snow removal operation is complete**, ice melt may be applied to perimeter and main sidewalks and the front entrances walks and stoops leading to the main entrance doors of the manors depending on accumulations, ice conditions, ground and air temperatures and the forecast for the next 24 hours. Reasonable efforts will be made to maintain the perimeter and main sidewalks and the front entrances walks and stoops leading to the main entrance doors of the manors and driveways after each storm and for the days to follow until the conditions clear, but it is impossible to be everywhere all the time. A full ice melt application takes approximately six hours and is not effective in lower temperatures and without sunlight. Secondary walks and/or on the sides or backs of manors will not be shoveled or treated with ice melt.
5. Reasonable efforts will be made to rotate the snow plowing schedule of driveways and carport lanes each storm.

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

COMMUNICATION
Fire/Police/First Aid Emergencies 911

Upon notification of a pending fire, police or first aid emergency requiring emergency personnel, the snow removal staff/contractor on site will make reasonable efforts to clear the road, walkway and/or driveway in the area where emergency personnel require access prior to or simultaneous with emergency personnel arrival.

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

access.

Snow Removal Operations Concerns

Maintenance Office
655-2121

Monday – Friday
8:30 a.m. – 12:00 noon
and 1:00 p.m. – 5:00 p.m.
North Gate 655-1868

After hours/evenings/weekends

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

Residents are responsible to leave accurate and pertinent information.

Snow Removal Operations Updates/Cancellations/Bus Service

Channel 26

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

RESIDENTS' RESPONSIBILITY

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

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

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

It is incumbent upon each resident to be attentive to the surroundings and exercise

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

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

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

PRIORITIES

The safety of Rossmoor residents is our priority. Supervisory RCAI personnel are on site during snow removal operations to lead staff and the outside snow removal contractor to oversee procedures and respond to emergencies. All main and secondary streets and entrance gates will be plowed

continuously to provide emergency access. Sidewalks to the Club House and Meeting House are continuously cleared and the buildings remain open during snow/ice storms for residents use in case of power outages and/or loss of heat.

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

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

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

**Revised by the RCAI Board of Governors
September 2016**

The following 26 main and secondary streets are cleared continuously after an accumulation of two or more inches or as required by RCAI management:
Stonaker Road (South Gate to Prospect Plains Road)

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

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

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

Library

(Continued from page 16)

Local artist Elaine Vinopal will display quilts and wood carvings in the Fine Arts Gallery through December 2021.

Late Fees

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

Drive-Thru Window

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

Returning Materials

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

Electronic Resources

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

Bookmobile

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

Closures

The Library will be closed on Tuesday, November 2 for Election Day and Thursday, November 11 for Veterans Day. The Library will close at 5:00 p.m. on Wednesday, November 24 and remain closed on Thursday and Friday, November 25 & 26 for Thanksgiving.

www.monroetwplibrary.org



Friendly reminder

- Pets must be leashed at all times
- Pets must be kept within 3 feet from any walk or curb
- Pet owners must clean up after their pets

CLASSIFIED AD COUPON

Check those publications that apply:

- ☐ The Clearbrook Courier ☐ The Concordian ☐ Encore Speaks
☐ GW Voice ☐ Regency Reporter ☐ Renaissance Reflections
☐ The Rossmoor News

☐ Check here for all seven publications

Classified deadline: Ads must be received by the 14th of the month preceding publication month.

MAIL TO Princeton Editorial Services, Inc.
 P.O. Box 70, Millstone Twp., NJ 08510

RATES

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

Sample: 10 words in two publications = \$14 x 2 = \$28.00

No discounts apply. All ads must be mailed with payment.

No classifieds accepted by phone or email.

- Note: Phone numbers count as one word. Do not count punctuation. Do not abbreviate.
- State category/heading, ie., "For Rent", "For Sale", "Help Wanted." You will not be charged for the heading.
- One check or money order must accompany insert.

MADE PAYABLE TO PRINCETON EDITORIAL SERVICES, INC.

- Phone number or address which appears in ad must appear on check or money order to ensure proper credit.

Name _____

Tel. # _____

(Above information is for Princeton Editorial purposes only if we need to contact you. Above information will not be published.)

PLEASE PRINT YOUR AD ON 8.5 X 11" PAPER

Email your news to:
news@rcainj.com

Contact Waste Management
609-587-1500

ID# 61565342007

for pick up of household items

NO electronics

NO upholstered furniture

NO mattresses

Recycle information from Waste Management



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

TRANSPORTATION TIDBITS

Important phone numbers:

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

Monroe Township Transportation 609-443-0511

Middlesex County

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

St. Peter's University Hospital

On Time Transportation 1-800-858-8463

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

Classified Advertising

Home Improvement & Services

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

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

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

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

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

Tax & Accounting Services

DON'T LET TAX QUESTIONS add to your stress. Call me for a free consultation. In-home accounting services at reasonable rates. Rebecca Bergknoff, CPA. 732-718-4359

Miscellaneous/Services

TECH BUDDY – Simple step-by-step help with smartphones, computers and tablets. Large print solutions for low tech problems. Beginner to Advanced. Patience and enthusiasm included. Wireless printers, Netflix, Amazon Alexa setup and training. Have Alexa remind you of your appointments, read audiobooks, more. \$5 off setup. Free quote. (732) 589-4974. techbuddybarb@aol.com

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

DOG WALKING & PET SITTING by Izabela. Monroe resident. Reasonable rates. Fully vaccinated. Very dependable. 732-718-3800. Call or text.

Help & Health Services

ANNA'S HOME CARE – Certified professional caregiver is looking for live-in/live-out job in Monroe Township. Experienced, references. Driver's license. Accepts long-term care insurance. Low prices. Private care option. Call Anna at (609) 917-4208 or (908) 337-7462.

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

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

Position Wanted

ROSSMOOR RESIDENT SEEKS part-time work from home. Proofreading, editing, etc. Call (609) 409-1939.

Wanted to Buy

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

Transportation

BOB'S RIDES FOR CASH— Local, airports, medical appointments, hair salons, NYC., cruises. Call Bob at (609) 819-1240. Concordia resident.

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

ARNIE'S DRIVING SERVICE. Anywhere. Anytime. Airport and NYC specialist. 609-751-1612.

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

House Cleaning

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

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



**CLASSIFIED
 ADS GET
 THINGS
 DONE!**

DO YOU HAVE ANY OF THESE SYMPTOMS?

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



YOU MAY HAVE

PERIPHERAL NEUROPATHY

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.

CBD OIL TREATMENTS NOW AVAILABLE!

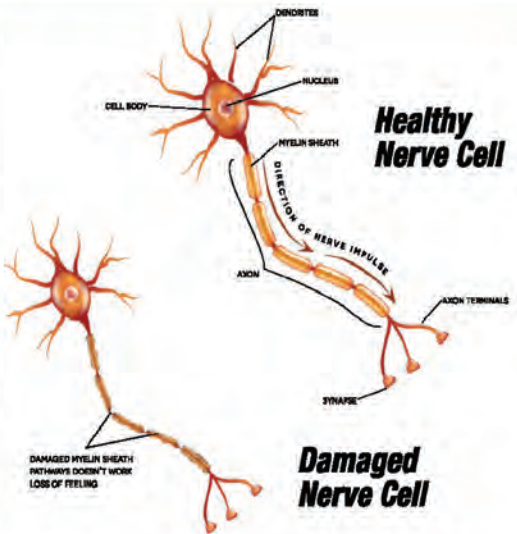
CBD oils have shown successful results treating patients with inflammation, muscle, joint, and nerve related pains. CBD is especially promising due to its lack of intoxicating side effects like other pain medications. The AllCure team will incorporate CBD treatments into your rehabilitation program, maximizing patient results. Please call us today and we will be happy to answer any questions!

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.



SPINE & SPORTS MEDICINE

732-521-9222
350 Forsgate Drive
Monroe Twp., NJ
08831

allcurespineandsports.com

We accept most major insurances & Medicare!

INTERVENTIONAL PAIN MANAGEMENT • SPORTS MEDICINE • ACUPUNCTURE • PHYSICAL THERAPY
CHIROPRACTIC SERVICES • POST-SURGICAL REHABILITATION